

HI-TECH'S NEWSLETTER

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Here is a free app
"St John Ambulance"
On First Aid
By St John Ambulance
Free at
www.itunes.apple.com
Logo below.



"Quote of the month"
*The greatest gap in
life is the one
between knowing
and doing".*

-Dick Biggs

Driving Safety Tip

The roads are getting busier and traffic is taking more of our time to get from place to place. Here are some tips on driving safely to help avoid accidents.

The most important thing when driving is to be alert. Don't drive if you are feeling sleepy. Taking the eyes off the road is a big no/no. Switch off mobile phones or other gadgets that could distract you while driving.

Plan the route with ample time to reach the destination so that you don't have to rush or panic that you'd be late for an important appointment. Avoid going too fast. Speeding and tailgating is highly discouraged.

Make it a habit to wear the seat belt daily.

Our new rental department

With the high request for portable testers, we have started a new rental department. We're, happy to announce that the first unit is ready to go into service. For more information please contact us at the office to see about availability. MARK 432-530-1166



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Thank you! for your friendship and business.

Respectfully, Mark Vicars 432-530-1166

Elk Chili “Food 52” By, AARGERI MAKES .

Serves 6-8

Thick slices of onion

2 tablespoons [olive oil](#), 1 pound [ground elk](#), 1/2 yellow onion - chopped

5 [cloves minced garlic](#), 2 teaspoons [cumin](#), 2 teaspoons [smoked sweet paprika](#)

2 tablespoons [chili powder](#), 1 [ancho chili](#)

1 dark beer (I used Abita Oktoberfest) OPTIONAL

8 ounces [unsalted tomato sauce](#)

2 tablespoons [masa harina](#)

1 can red kidney beans - rinsed

1/2 cup beef or veal stock

[additional beer](#)

[shredded sharp cheddar](#)

chili cheese Fritos (don't laugh - they're awesome!)

Put your slices of onion in a container and cover them with water - stick them in the fridge for later

Soak the ancho chili in the beer “optional”. When it is soft (I nuke mine for a couple of minutes to speed things up) remove the stem and seeds and chop it up. **SAVE THE BEER!** Heat the oil in a large pot to med-high. Add the elk, season with a bit of salt and pepper, and brown it for 7-8 minutes until the pink is gone.

Add the chopped onions (not the ones in water in the fridge!) and cook for several more minutes, then the garlic and 2-3 more minutes.

Add the cumin, chili powder, paprika, tomato sauce ancho chili and beer. Then add the rinsed beans. Dissolve the masa harina in the stock and add that to the pot too. If it's looking really thick (it should be a little soupy at this point) add some more beer.



HI-TECH established in 1976

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The 10 Things Successful People Live By Before They Make It

1. They didn't use excuses. We all have two voices. There's the voice that tells us to work hard, to focus on the task at hand and to finish it before we move on to the next. No matter who we are, we're going to be treated unfairly at some point. We can either feel sorry for ourselves, or push forward and put it behind us.

2. It wasn't just about them. 'Things' can be a motivator, they can even be a reward, but they can't be *the* motivator. The truly successful in life always get there because they created change in the lives of others, not just their own.

3. Early mornings and late nights. People who have achieved true success in their lives have worked for it. This might come at the detriment of other areas of their lives, such as family or social life. But their mission is first and foremost. Abraham Lincoln said, "*Things may come to those who wait... but only the things left by those who hustle.*"

4. The greatest commodity. Energy is a huge commodity that is often not talked about. The fact is that the more energy we have, the easier it is to focus, and the higher the quality of our work is. Keeping physically fit gives us greater blood-flow to our brain, enhanced alertness and improved focus.

5. Principles. What are your principles? All of us should have them, know what they are, and live our lives *by* them. Identify what principles you have that guide your life through tough times, and when things couldn't be any better. They shouldn't change, and at your core, neither should you.

6. Wavering, yet unbreakable faith. Have your moments of doubt. You're human. Just don't let that doubt eat you up. Instead let it motivate you to prove your optimism right.

7. A reason. Many of the greatest accomplishments in the world were accomplished by insecure men and women, people who had something to prove to others.

Understand *why*. You have that reason to work when others sleep, to sacrifice a safe life for a risky one with no ceiling. Find it by asking why, and not stopping until you hit your core, emotional reason for wanting to change your status, or the status of others.

8. They persevered when others didn't. What separates a lot of the great people we read about in our history books from those we've never heard of is the fact that they never quit. You can adapt, change, and evolve, but never, never, never quit.

9. Great people relentlessly studied their craft. Tony. Being a drone that simply goes through the motions is no way to achieve greatness. Assuming success is something you want, you have to study your craft, *whatever* it may be. Learn it inside and out. Build a wealth of knowledge. It'll help you create great, inspiring, and unique work.

10. Risk. No risk, no reward. Yes it's an over-used, cliché of a phrase. But it's true. Those who have achieved real success have often risked the most to get there.

Your dream might be to help millions live longer, healthier lives. Whatever your dream is, give it enough of a chance to be realized.

Risk if you truly want to see the reward.