

| **Ed. 10**
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principia NEWS
AUTOMATION, MANUFACTURING IT & TECHNICAL SERVICES





FROM MY POINT OF VIEW

by José De Jesús

One of my daily routines first thing in the morning is catching up with both local and international news. Imagine my surprise when a few weeks ago, our Island woke up with the following headline: *“Puerto Rico is the most expensive Latin American country to buy food. Can you live with a minimum wage?”*

Furthermore, the article presented this graphic, to visually understand and grasp the magnitude of this reality. That not only sounds alarming, but it can easily damage anybody's day.

(Source: [Primera Hora](#))

COSTO DE ALIMENTACIÓN BÁSICA EN PAÍSES DE AMÉRICA LATINA

	Leche (2 l)	Pan (10 barras)	Arroz (1.5 kg)	Huevos (20 un.)	Queso (1 kg)	Carne (1 kg)	Frutas (1 kg)	Verduras (1 kg)	Costo de la canasta
Argentina	\$7.80	\$10.10	\$1.36	\$2.23	\$5.78	\$30.54	\$7.39	\$6.61	\$71.82
Brazil	\$7.57	\$12.03	\$1.62	\$2.59	\$6.77	\$29.85	\$5.84	\$6.99	\$73.26
Chile	\$10.21	\$10.64	\$1.87	\$4.28	\$8.71	\$40.98	\$8.63	\$9.34	\$94.67
Colombia	\$6.95	\$8.34	\$1.34	\$2.28	\$2.98	\$23.65	\$7.20	\$5.84	\$58.58
Ecuador	\$10.30	\$15.80	\$1.98	\$2.88	\$4.49	\$33.99	\$8.38	\$8.78	\$86.60
Guatemala	\$16.20	\$20.99	\$2.07	\$3.11	\$4.79	\$44.96	\$12.96	\$11.27	\$116.35
Mexico	\$10.27	\$16.24	\$1.93	\$2.55	\$5.64	\$37.01	\$8.14	\$9.30	\$91.09
Paraguay	\$7.45	\$6.00	\$1.15	\$2.55	\$5.09	\$26.44	\$7.15	\$8.98	\$64.82
Peru	\$10.59	\$13.78	\$1.37	\$2.45	\$5.92	\$29.98	\$6.05	\$5.53	\$76.67
Puerto Rico	\$17.00	\$23.90	\$3.05	\$4.75	\$7.53	\$53.91	\$23.56	\$27.56	\$161.26
Uruguay	\$8.47	\$18.88	\$1.71	\$4.12	\$8.88	\$50.83	\$10.79	\$12.55	\$116.23

Canasta alimentaria es un ejemplo y cubre solamente las necesidades nutricionales mínimas de un adulto por un mes. Todos los precios son en USD.

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Check out this next headline....

“Puerto Rico Faces Staggering Covid Case Explosion: The island had a 4,600 percent increase in cases in recent weeks”

Source: [New York Times](#)

When you read the title, do you feel anxious?

Puerto Rico Coronavirus Cases



What about this one: *“Starbucks to raise prices again in 2022 after 2 recent increases amid inflation, labor costs”.*

(Source: AP)

No, it's not your imagination, your tall latte macchiato now will cost even more.



Starbucks coffee prices are higher. Matt Rourke, AP

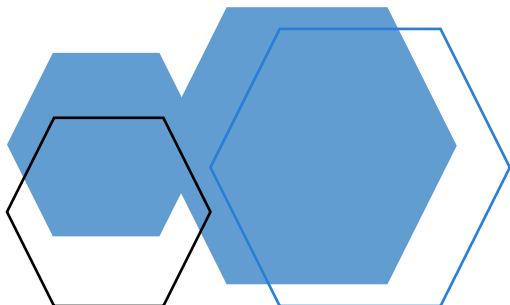
When you see all these negative news, you probably wonder if watching or reading news impacts our mental health. A recent study conducted in USA reported that 68% of people said the news have left them feeling anxious during the pandemic. (Source: NBC Nightly News)

To preserve my mental health, should I need to stop consuming the news? The answer is no. And this is why: staying informed on what is happening in your area is crucial for our safety, as simply as that.

So here are some tips that work for me:

1. Set a time limit – my time limit is approximately 60 minutes daily distributed during the day. This routine keeps me “well informed” and does not make me feel overwhelmed at all. PS, I like to watch NBC Nightly News with Lester Holts, 20 minutes version in YouTube Channel. For local news, I prefer to listen to radio (yes, I know, I’m getting old) and for international news, I read the BBC News on my smartphone with the push notification setting to “Only Important News”.
2. Avoid watching or reading news after dinner – I like to use this time to share with my family, watch a live sport or a series in Netflix.
3. Exercise - Go for a walk, do yoga, use your stationary bike, play golf, etc.
(Tip: Our Big Boss likes to golf. Go talk with him about this topic and most likely you will receive an invitation to play a round with him.)
4. Seek out good news sources - change the anxiety-provoking sources for accurate, objective and impartial news.
5. Do not overreact to a headline title and read the full article.
(Spoiler Alert: The title of the first article doesn’t reflect the real facts of the study. When you read the article, PR was ranked #12 (2nd best in America – Canada was ranked #7 best in America.)
6. Don’t go to Starbucks – We have plenty of places with good quality coffee, better taste, and cheaper than the \$5 latte macchiato.

If you have more recommendations, or if you like my article, send me an email. I’ll be happy to know that you read it.





NEW FACE IN IT DEPARTMENT

Last December, **Luis Ocasio** joined Principia as Senior IT Specialist. He will support Lilly's parenteral project in Indianapolis.

Luis brings over 17 years of validation, quality systems, EBR, and MES experience in medical devices and biopharma industries. He worked as contractor for companies such as Amgen, CR Bard, Mylan, and Medtronic, and more recently, as employee of Terumo Medical Corporation. He holds a B.S in Industrial Engineering from the University of Puerto Rico, Mayagüez Campus (RUM).

Please join us in welcoming Luis to Principia and wishing him all the best!



PRINCIPIA PARTNERS WITH INTELLIGENT PLANT

Principia is now offering Intelligent Plant, as a business intelligence tool to clients.

Intelligent Plant is home of the Industrial App Store, which allows clients to analyze data in the cloud without it coming to rest outside their organizational infrastructure. They specialize in real time data applications, alarm management, visualization and diagnostics, uptime, performance, efficiency, production, and predictive.

Intelligent Plant is an independent consultancy, software integrator and developer based in Aberdeen, UK. You can learn more at <https://www.intelligentplant.com/>



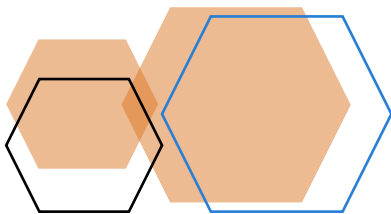
BANCO DE ALIMENTOS

Since the pandemic, Principia has supported Banco de Alimentos, a non-profit organization that collects food for distribution throughout the Island using community organizations and churches. Their programs address disparities and inequities in the food system. Forgotten communities living in rural areas are disproportionately impacted by food insecurity.

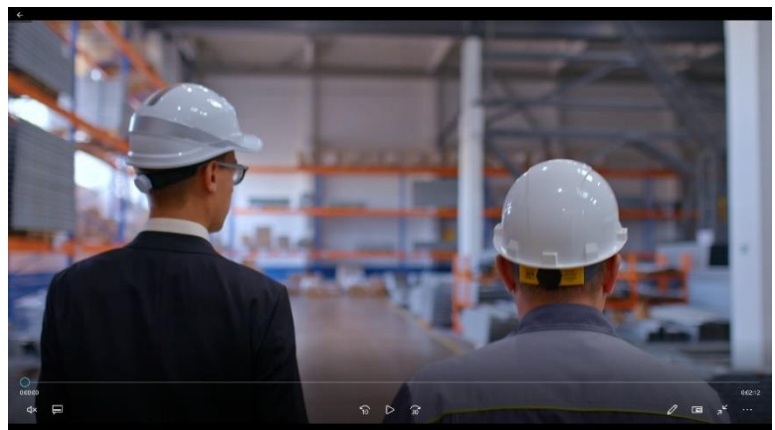
They have alliances with the food industry, public agencies, and private organizations through different food collection programs that work both permanently and during emergencies. In 2021, they reached a new time record where community members and leaders have played a crucial role in improving community food access during the COVID-19 pandemic:

- Over 13 million pounds of nutritious food secured for people in need
- Over 11 million meals distributed to families by network members
- Served more than 2 million people

To learn more, visit www.alimentospr.com



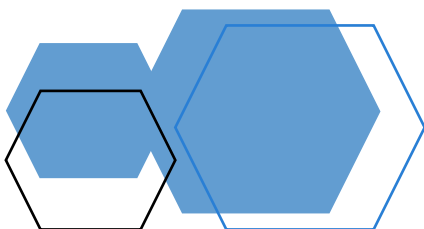
CHECK OUT OUR NEW VIDEO!



2022 EVENT CALENDAR

Event	Date	Time	Location
PLT Meeting	Every 2 months	8:30am-12pm	Teams
All Staff Meeting	Postponed TBD	1-5pm	TBD
IT Q1 Area Meeting	March		Teams
TS Q1 Area Meeting	March		Teams
AUT Q1 Area Meeting	March		Teams
IT F2F Meeting	June/July		TBD
TS F2F Meeting	June/July		TBD
AUT F2F Meeting	June/July		TBD
IT Q3 Area Meeting	Aug / Sept		Teams
TS Q3 Area Meeting	Aug / Sept		Teams
AUT Q3 Area Meeting	Aug / Sept		Teams
IT Q4 Area Meeting	December		Teams
TS Q4 Area Meeting	December		Teams
AUT Q4 Area Meeting	December		Teams
Xmas Activity	TBD		TBD

*****NOTE: Events marked TBD are dependent on current Government Executive Orders and CDC guidelines.**



IF YOU HAVE IDEAS FOR STORIES IN UPCOMING EDITIONS, WE WOULD LOVE TO INCLUDE THEM. PLEASE SEND THEM TO VICKY.PAZ@PRINCIPIAPR.COM.