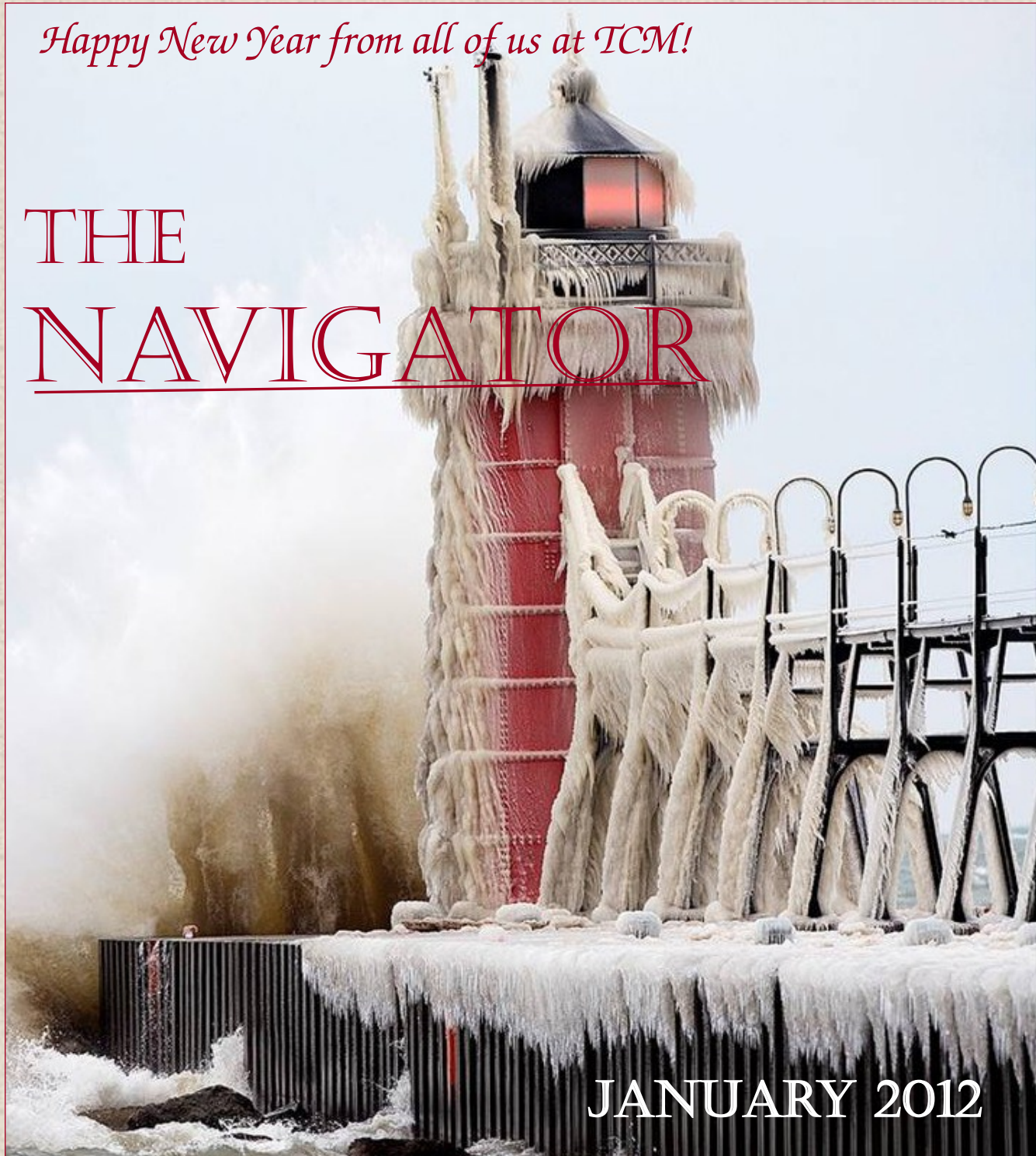


Happy New Year from all of us at TCM!

THE NAVIGATOR



JANUARY 2012

On a path out of depression, retired airman matches others with canines

BY STEVE HENDRIX

David Sharpe finally hit bottom on the bedroom floor of his apartment in Yorktown, Va. That's where he sat, legs folded, ready to finish the fight with the demons that had followed him back from the war zone: the sudden rages; the punched walls; the profanities tossed at anyone who tried to help. There was little in the room but dirty Air Force uniforms, some empty Jaegermeister bottles and a crushing despair. He took a deep breath. Shut his eyes. Closed his lips a little tighter around the cool steel. And then something licked his ear. He looked around and locked gazes with a pair of brown eyes. Cheyenne cocked her head to one side. "It was just one of those looks dogs give you," Sharpe recalls. "It was like, 'What are you doing? Who's going to take care of me? Who else is going to let me sleep in this bed?'" For a long minute, Sharpe stared into the puzzled face of his 6-month-old pit bull. And then slowly, reluctantly, he backed the barrel of the .45 out of his mouth. "There's no doubt about it," he says now. "I owe her my life."

(Continued inside)

On a path out of depression, retired airman matches others with canines (continued)



Sharpe served in the U.S. Air Force Security Forces where he endured several incidents that, at the time, didn't affect his personal relationships with his family, friends, and colleagues (or so he thought). However, a short time after his first deployment during November 2001 where a life-threatening situation occurred (one-on-one confrontation with a Taliban sympathizer pointing his weapon in Sharpe's face during Entry Control Point Checks), he began to act violently towards his family, friends and himself – all symptoms of Sharpe being diagnosed eight years later by the Department of Veterans Affairs (DVA) with having Post-Traumatic Stress Disorder (PTSD). Sharpe found himself waking up in the middle of the night with cold sweats, random crying, having outbursts while blaming and questioning himself how he had handled the life-threatening situations he had found himself in.

David Sharpe says he "felt like a 10,000-pound weight had been lifted off my chest" the first time Cheyenne licked his face.

Then, Sharpe was introduced to a little pit bull puppy, Cheyenne. Cheyenne witnessed one of Sharpe's many outbursts (hyper-arousal) shortly after he adopted her from an independent pit bull rescue organization. While Sharpe was in the act, he noticed this little pit bull puppy wagging her tail looking up at him with those playful puppy-dog eyes while turning her head from left to right, knowing that something was wrong with him. Sharpe found himself fixated on this new little puppy that had come into his life during his violent outburst and froze, picked her up and told Cheyenne (while crying) everything he was suffering with in his head.

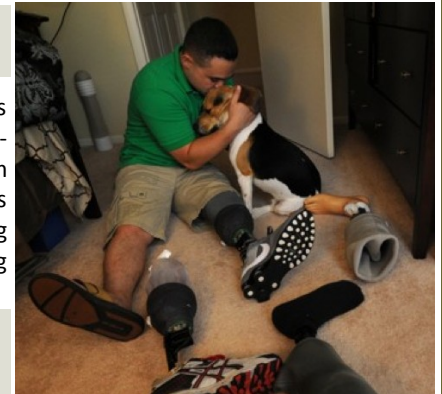
"Eighteen vets commit suicide every day in this country, and one animal is put to sleep every eight seconds. They can help save each other." David Sharpe, who launched P2V.org (Pets to Vets)



Immediately, Sharpe felt so relieved; like a 10,000-pound weight had been lifted off his chest. Soon after, Sharpe's family and friends noticed a significant change in his behavior – a reduced number of outbursts, better attitude, etc – all because of this little pit bull puppy.

So, in October 2009, Sharpe set out on a mission to share his personal struggles and success stories with his brothers and sisters-in-arms, firefighters, police officers, first responders and patients suffering with Post-Traumatic Stress Disorder or similar symptoms. Sharpe's hope is that **P2V** will aid them in their recovery while at the same time saving our nation's sheltered animals.

Today, **P2V** has aided dozens of our nation's heroes while finding loving homes for shelter pets in just under its first year of operations. For more information, please visit. <http://p2v.org/>



Tidus "really calms me down," says Jimmy Childers, a Marine injured by a bomb in Afghanistan. "The toughest thing is not the physical, it's the mental assimilation into society. People judge and a dog doesn't." Tidus came from the Washington Animal Rescue League.

Quality Matters

A recent survey reveals what's most important to buyers

By Craig Johnson—Staffing Industry Analysts

What's the most important factor to buyers when selecting a staffing service? If you guessed price, you were wrong.

According to a survey of buyers by Staffing Industry Analysts, 77 percent rate quality of workers as their top concern.

Only 12 percent cited speed of placement as the most important factor. And only 12 percent said that price was the top criterion.



"Quality was far and away the most common motivator for the majority of buyers in all groups surveyed," says Robert Balicki, research associate at Staffing Industry Analysts. "Even then, some groups stood out: managed service provider users, buyers in the pharmaceutical, biotech and medical equipment industry, and buyers of industrial and logistics staffing were particularly likely to be motivated by quality."

In addition, survey results suggest staffing buyers who value quality may be among the most likely to increase use of temporary workers.

"There is some evidence in the survey of a business opportunity for staffing firms that can consistently deliver quality candidates," Balicki says. "Buyers who cited quality as the most important aspect are more likely to say they will increase the use of agency temporary workers in the next two years, compared to those motivated by price or speed."

However, the survey found that staffing buyers have a fair to middling view of the quality of workers they are receiving from their temporary staffing providers.

When asked about the best way to find quality workers, 32 percent of buyers said staffing firms were the best way to go. In comparison, the same percentage said going with statement-of-work consultants was the top method to get quality workers. Twenty percent said bringing in independent contractors was the best way to get quality workers, and 17 percent cited internal pools of temporary workers as the best method.

Aside from quality, buyers resoundingly ranked staffing firms at the top in terms of other factors including reduced legal risk, time to fill and availability of workers.

(Continued on back....)

Fighting for talent in 2012

As companies try to balance the technical challenges and opportunities, they're also grappling with a shortage of skilled professionals. IT pros with application development, virtualization or cloud computing skills are in short supply, as are those with business analytics expertise.

The number of available IT jobs in the U.S. is up about 12% compared to a year ago, and demand for tech professionals is expected to get even stronger in 2012, according to Dice.com.

When the jobs site surveyed 1,200 IT hiring managers and recruiters, 65% said they're planning to add tech pros in the first half of 2012. Among those in hiring mode, 27% said they plan to expand headcount by more than 20%.

Tech pros with in-demand skills and relevant experience aren't having trouble finding jobs, says Jack Cullen, president of IT staffing and recruiting firm Modis. "If candidates have strong skills, robust backgrounds, and they communicate well, they're getting snapped up fast," he says. In fact, many hiring managers haven't adjusted to the new pace. "They're still slow to react, still very deliberate in the hiring cycle," Cullen says. "They're really looking for that quality hire."

Excerpt from *Mobility, cloud, analytics to reshape IT in 2012* - www.Networkworld.com



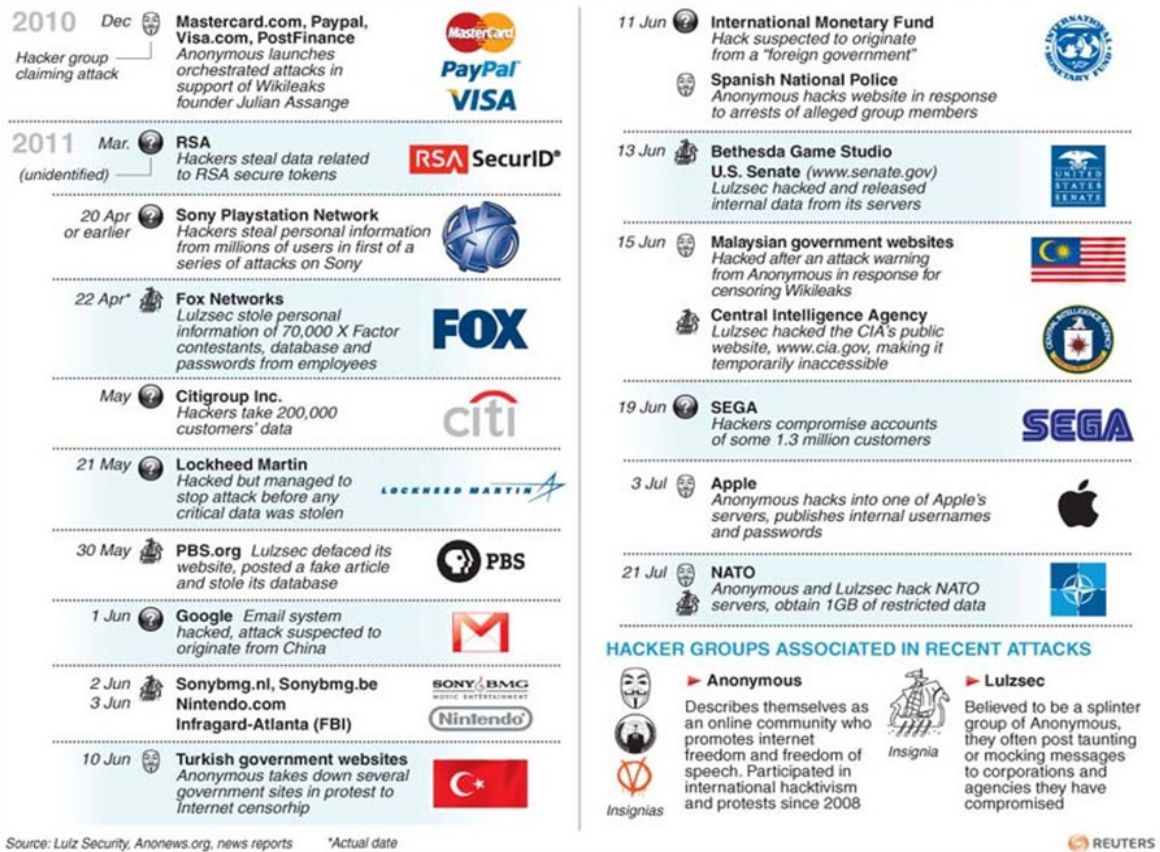
As 2011 begins to fade to black, let's look back at the biggest security snafus that made headlines, including data hacks attributed to everyone from the shadowy group Anonymous to China. Some might even want to label 2011 the year of the advanced persistent threat. www.Networkworld.com

"If that doesn't prove that [Facebook's] developers aren't thinking about security, I don't know what would."

-- An observer posting on Hacker News after Zuckerberg's personal photos were publicly revealed when a security flaw was exploited. Either Zuckerberg doesn't post his best photos at Facebook or the guy lives an incredibly boring life, playing with his dog and eating too much fried food.

CYBERATTACKS TIMELINE

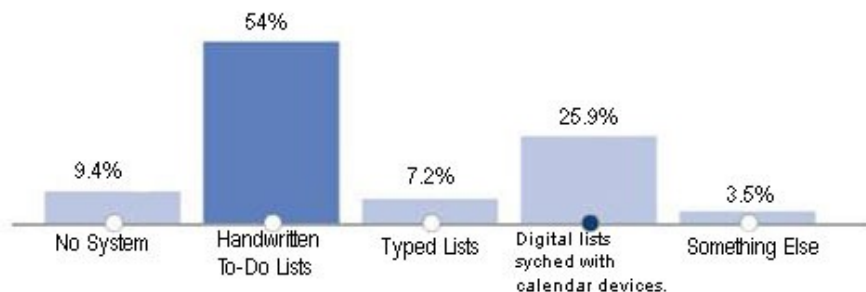
MAJOR COMPANIES/AGENCIES RECENTLY TARGETED (Date of attacks only indicate when they were first discovered or publicised)



Resolving to get things done this year? Conquering the To-Do List

With the New Year comes the urge to accomplish all the things that were meant to be done the year before, and it often starts with long to-do lists. The lists themselves can fuel anxiety, says Sasha Cagen, an Oakland, Calif., life coach and author of a book on to-do lists. She sees many new clients at this time of year and often advises them to put more tasks on their list that they genuinely enjoy. Different systems work for different people. Which one works best for you, or is it some combination of approaches? Surprisingly enough in the technology driven world, handwritten to do lists are the choice of most. (from WSJ.com)

What strategy do you use to keep track of things you need to do?



Tips to Getting it done:

1. Limit lists to concrete tasks
2. Assign a priority to each task
3. Plan time in schedule for each task
4. Group tasks by where they will be performed (home, office, while running errands)
5. List only as many items as can be realistically accomplished (in a day, week, etc)
6. Cross off or delete completed tasks
7. Start New List! Be sure to transfer any "straggler" tasks not completed to new list.

The findings come from the 2011 Contingent Buyers Survey, which took place in the second quarter of 2011 and included responses from 236 contingent workforce buyers at 187 large companies with 1,000 or more employees. The survey was conducted by Staffing Industry Analysts, the publisher of this magazine.

Twenty-six percent of the buyers in the survey had contingent workforce spend of between \$100 million and \$250 million.

Quality Also Mattered in the Past

This is the first year buyers were asked directly to rank factors in terms of importance when considering temporary staffing services. However, buyers have cited the importance of quality in previous surveys by Staffing Industry Analysts.

In the 2010 survey, 51 percent of buyers said difficulty in finding quality people tends to encourage the use of contingent workers.

Craig Johnson is managing editor, staffing publications, at Staffing Industry Analysts. He can be reached at cjohnson@staffingindustry.com. For more information on staffing buyer research, contact memberservices@staffingindustry.com.



Miscellaneous Facts About New Year's Resolutions.

As reported by Psychology Today

- 50% of adults in North America will make a New Year's resolution.
- The top two resolutions are behavioral commitments related to improving one's health namely to cease smoking and decrease one's consumption of alcohol.
- Some discouraging information: Most people fail in adhering to their stated New Year's resolutions. Specifically, 22% fail after one week, 40% after one month, 50% after three months, 60% after six months, and 81% after twenty-four months.
- Three reasons for failing to achieve one's stated goals.

- Unclear and vague goals. It is better to state "I plan on losing 20 lbs by June 1st" rather than "I plan on being more healthy."
- Failure to gauge one's progress toward the stated goals. It is better to weigh yourself every Friday morning as a means of gauging your weight loss rather than leaving it to how "well you feel in your pants."
- Weak self-control and self-regulation when facing challenges that impede one's ability to achieve the stated goals. It is better to state that once you go on vacation, you will only have a single plate at any meal at the all-you can eat buffet (irrespective of the offerings) rather than having to respond to the temptations at each meal void of a self-regulatory action plan.

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The Computer Merchant, Ltd.
95 Longwater Circle
Norwell, MA 02061-1616

Voice: 800-617-6172
781-878-1070

Fax: 781-878-4712

E-mail: RESUME@TCML.COM