



# FYI Newsletter



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Dear Associate,

In my January 2020 FYI, I wrote about the butterfly effect, i.e., the theory that a small change such as the flapping of butterfly wings in Brazil results in a tornado in Texas. I should have titled that FYI, *The Normal Before the Storm*, and told everyone to enjoy what may become known as *The Great Before* because nothing will ever be exactly like the pre-mask and lockdown days again.

So much has changed since last January. Schools and offices are as quiet as homes used to be, and Zoom means not going anywhere.

To prepare for the post-pandemic world, what if we intentionally designed a better place than we left?

Let's design a society the same way we would design a new multi-use building. What if we did so with the same level of detail and teamwork, making sure that our society design team is accommodating and polite (as we usually are), and that teammates coach each other for the greater good? I believe that we could make a glorious and more healthful world to thrive in.

If we are willing to design for money, which is about as lasting as a snowflake in Florida, then why don't we apply the same ethos to help plan a peaceful society?

Look at it as a restoration project, like taking a dilapidated circa 1917 building with great bones and restoring its beautiful features while enhancing it with our magnificent innovations! Construction will require a lot of demolition and clean up, and then real artistry to build it anew!

I remember a time when the public worked at peaceful coexistence.

## Change Agents – Ovens!

Come in out of the blizzard, shake off the snow, warm your hands by the fire, and then, around a cup of hot chocolate, let's talk about OVENS!

As a consultancy we are privileged to be a conduit that brings innovations from the lab into the kitchen to the benefit of both the Earth and business. Following are the major choices for our clients' consideration.

Convection Oven The convection oven, circa 1962, has long been the workhorse of ovens. An internal fan moves the heat around the oven cavity to strip off the insulating cold layer outside the food so the hot air can quickly heat it up. It is a single-purpose oven that uses either electricity or gas with equal results. Convection ovens are now limited to roasting and baking.

Combi Oven The cavity of this oven is tighter, which means less shrinkage of roasts. It uses less energy and can cook multiple types of foods simultaneously, e.g. meats, breads, and vegetables. This oven injects steam into the cavity and can bake, roast, and steam at the same time when in batch mode, using multi-stage timers that allow one person to operate it using the integral countdown timers so each food type sends a signal to the cook, "It's time to take me out!" However, batch loaded items need close watching to avoid overcooking. Sensors and the LED displays communicate with each other.

The sequential mode is an alternative to batch mode, where everything is loaded at once. When the cook introduces the foods in sequence, at the cue of the signal /timer everything can be ready at the same time.

High Speed Oven A high-tech microwave, the high speed oven uses both radiant heat (gas or electric) with microwave energy for very rapid cooking. But if the cook forgets to take food out, even for a minute, it will quickly over cook.

Indexing Oven This type of oven does not require the cook to watch. The cook loads the items onto a conveyor belt or a tray that draws it into the chamber, closes the door and when done, its pre-programmed memory timer

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Wintering  
with You

### EDUCATION

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Police Academy

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AA BA Lounge JFK

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Replacement Hospital

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Confidential in D.C.

**AECOM + Tetra Tech**  
Confidential in Saudi  
Arabia

**McCarthy Hitt Gensler**  
Confidential in MO

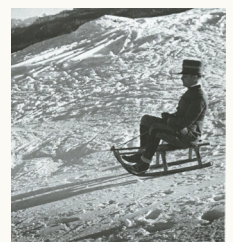
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Judicial Center

### ROOM FOR YOU!





In December, Daniel Hopkins, our Senior Designer and Revit specialist, earned his M.S. in Mechanical Engineering from Penn State. Over the last five years Daniel has been learning engineering and management skills that help make HOPKINS the best in food service planning and engineering. Congrats to Daniel.

**Letter continued...** We were told to speak only truth, to trust each other, and to answer offenses with forgiveness and tolerance. Enough said. Get the picture?

The programming phase, with its honing in on objectives and envisioning the finished product, would be the most interesting part for planners like me. For all its failures I respect the public discourse that occurred in ancient Rome and Athens. Identifying and achieving common goals by promoting listening skills is key.

The pandemic has shown us how quickly we can adapt to change! That is great. It means that we can easily adapt to a rapidly improved world where truth and justice, tempered by mercy, win the day.

The pandemic has also heightened our awareness that life is short. No one knows when the last day will be for you, me, or for a friend—more reason not to waste a minute on anything that doesn't lead to mutual respect, safety, and happiness.

Who's in? Want to start with a Zoom meeting?

With wintry food for thought,

*Lynn Hopkins*

Poem- Anyway

*This version was found written on the wall in Mother Teresa's home for children in Calcutta:*

People are often unreasonable, irrational, and self-centered. Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.

If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway.

If you are honest and sincere people may deceive you. Be honest and sincere anyway.

What you spend years creating, others could destroy overnight. Create anyway.

If you find serenity and happiness, some may be jealous. Be happy anyway.

The good you do today, will often be forgotten. Do good anyway.

Give the best you have, and it will never be enough. Give your best anyway.

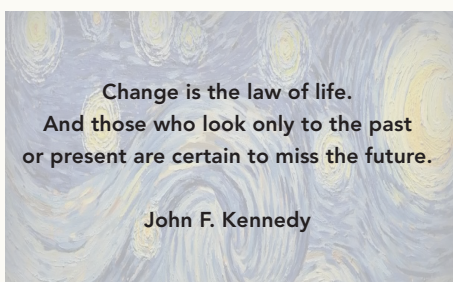
In the final analysis, it is between you and God. It was never between you and them anyway.

**Change continued...** automatically ejects the food. The trick is to make sure that the items are uniform in portion size. It can cook one or many items at the same time with uniform results. Also, to work best, the indexing oven cooks one type of food at a time; however, multiple indexing ovens with their own belts can be stacked on top of each other to increase throughput.

Typically, the high speed oven and some indexing ovens do not require energy-intensive exhaust hoods because they have internal catalytic converters that remove smoke and greasy air, venting only steam and warm air.

Hearth Oven The appeal of the hearth oven is its presentation. Hearth ovens cook pizza, casseroles, flatbread, or vegetables. Think of it as a door-less convection oven without the fan. However, the temperature may vary in the cavity of some brands, creating hot spots that cook faster. Fuel source can be electric, gas, or wood – heat is heat. The flame and aroma of wood burning can attract a crowd and may be worth the cost of the skilled labor required for timely insertion and removal of different items and for cleaning the hearth oven. If splitting logs is too much of a bother, some ovens can also burn wood chips, and a decorative flame is available on gas-fired hearth ovens.

If only we could take our pandemic-ridden society and pop it in the indexing oven, and then out pops peace and harmony. Ω



Credits Alfred Eisenstaedt Photos: Man at Prayer Mississippi, 1936. Martin Luther King, 1960. Italian Officer Enjoys a Sled Ride, 1933. Grant Wood: Daughters of the Revolution, 1932. Andrew Wyeth: Adam, 1963. Vincent Van Gogh: Extract of Starry Night, 1889. Lynn Hopkins: Daniel and his Degree, 2021. Keyes Pond in Sweden Maine, 2020.

