



“Piedmont Triad Manufacturing Facility News You Can Use!”

Janitorial Services Add Value All Year Long

Full service janitorial companies provide much more than cleaning bathrooms and emptying trash. Here are some examples of services they should be providing all year long.

Winter means snow, ice, mud, and salt tracked inside from foot traffic. We train our cleaning technicians diligence in keeping door mats clean to minimize these pollutants from your offices. Studies show frequent use of vacuums with beater brushes extract more debris and extend the life of your carpets.

When flu season strikes, employers minimize the spread of germs by encouraging their employees to wash their hands often and use hand sanitizers. At All Washed Up Cleaning, we train our cleaning technicians to wipe down counter and desk tops, door handles, light switches, faucets, and phone handsets with cleaners that kill germs and thus reduce infections.

When Summer rolls around many plan more time outdoors. Here is a quick tip before you head out to keep your office space clean. Our cleaning staff is instructed to clean the clear areas of your desk without disturbing any materials that may be on it. A simple reminder is to clear your desk before you leave to allow for proper wiping to keep it ultra-hygienically clean.

Spring and Fall are allergy seasons and extra care is needed to minimize dust and pollen in your work environment. Use of HEPA (High-Efficiency Particulate Air) filter equipped vacuums differ from conventional vacuums in that they trap extremely small, micron-sized particles. A true HEPA filter can trap 99.97 percent of all airborne particles larger than 0.3 microns. Frequently vacuumed walk-on mats with these vacuums are your first line on defense.

Antiviral Drugs Still an Option for Flu

The best prevention during flu season is following the standard advice: Get a flu shot and wash your hands before eating or touching your face.

But if you do get the flu, certain antiviral medications like Tamiflu (oseltamivir) and Relenza (zanamivir) are still available as a treatment, according to the Harvard Health Letter.

These antivirals must be taken within two days of onset of symptoms to be effective and might speed recovery by one or two days.

In June, the World Health Organization removed oseltamivir from its list of essential medicines, citing low effectiveness in clinical trials.

However, this drug and others in the antiviral category do help some people if taken early enough. Older people and those with chronic lung, heart or kidney disease, or compromised immune systems would be a candidate for the flu drugs.

Five things to know BEFORE inviting a contractor into your business at www.AllWashedUpCleaning.com



I hope you enjoy this month's newsletter!

Christine Hall, President
All Washed Up Cleaning, LLC

Turkey and sleepiness: It's about the gobbler, but not the one you might think

Millions of Americans eat turkey in November... and get sleepy. It has been said that the reason is because of all that tryptophan in turkey.

But is it true? Yes and no, but mostly no.

It is true that the amino acid tryptophan works as a precursor to other sleep-inducing chemicals. Turkey has lots of it. But cheese and nuts have more. Even Tofurkey has more, according to Wired.com.

In 1972 a psychiatrist named John Fernstrom looked into the tryptophan connection and found that tryptophan alone does not make you sleepy. Instead, he found that it's really a carb-heavy meal of mashed potatoes, pie, dressing, and bread. Those carbs create loads of sugar and force amino acids to go to work breaking it all down. With amino acids busy fighting sugars, the brain starts converting tryptophan into serotonin and suddenly you feel you just can't watch another third and 10 on the game. Snores ensue.

It's not just the chemistry of the meal, however. The parasympathetic nervous system also has a role to play. This little brain gadget does things in the background so you don't think about them; like breathing. When you eat too much, you have to digest a lot. The parasympathetic nervous system kicks in to give the body energy to digest and takes away energy elsewhere. You feel tired and it's because you ate a really big carb-loaded meal. Too late to do anything about it. Just kick off your shoes and don't blame the turkey.



Do You Know...

... someone with a facility that could use our services? Perhaps a colleague, friend, family member, or networking buddy?

When a new client signs up for commercial cleaning services at your recommendation; you will receive \$100!

Give them our name and phone number. Be sure to have them mention your name when they call so we can send your \$100 Bonus!

Did you know about our **24-Hour NO PAY Guarantee** ?

Visit www.AllWashedupCleaning.com for details

Thanks a Bunch!

“Kudos to **Gene**, our 'expert floor guy' for being such a pleasure to have on our team. Gene is always pleasant, cordial, and ready to go the extra mile to keep our clients content and happy with their floor care results. Besides all this, he just knows how to get the best results with the most efficiency and in keeping costs low.” Thanks Gene for being all the above and more!*

~ Management Team, All Washed Up Cleaning, LLC

* Kudos (from the Ancient Greek: κῦδος) is acclaim or praise for exceptional achievement.

Kid-friendly Podcasts

Podcasts have exploded on the internet to become one of the fastest-growing ways to consume content (and make content) quickly. Anyone with passion and a little technical know-how can get a show off the ground provided that they have an interested audience. This ease of entry ensures that there is a broad range of topics covered to suit all tastes and interests; and that includes the interests of kids.

Children are typically drawn to the games on smartphones and tablets, but kid-friendly podcasts can be a great way to help them learn in a way that interests them. Lifehacker breaks these podcasts down into three categories: parents listening alone, parents listening with kids, and kids listening on their own. Podcasts that fall into the second group are probably the most intriguing because they are designed to get parents and kids talking about topics together and asking questions. A great place to start is with Stuff You Should Know and Stuff You Missed in History Class, which are both from the popular site How Stuff Works. These podcasts are a great way to be a highly engaged parent helping to develop curious minds.

Turn left at the hen house; Imagine living without an address

We take for granted the orderly grid of streets and signs and numbers that locate us in the world. But what if there were no addresses?

You could get email on your phone, and maybe you could order something online but you couldn't get it delivered. You could tell someone where you live but not how to get there. You could call a repairman but he wouldn't be able to find you.



Four billion people in the world live in just that situation, but a new tech startup is changing that by giving every three-by-three-meter spot in the world a three-word name. What3words gives a memorable three-word name to every spot on the globe and then cross references that spot on maps using latitude and longitude.

This makes a huge difference in places like the Brazilian favelas. Favelas are the Brazilian name for shanty towns, spontaneous cities of make-do buildings. Favelas can have tens of thousands of people living in a colorful chaos of shacks, concrete homes, street vendors, and businesses. But the people living on the thousands of winding paths and streets don't have addresses.

Local delivery services once used creative directions: Go past three pink houses, then a hen house, then a vendor, then turn left. That system worked, but things tended to change over time. Like a pink house might be painted blue. Enter What3words. Now, even in the thick of a favela, residents can put a three-word sticker on their door and a delivery service can find them.

This system is even in use in Denver where the fire department uses it to find its 50,000 hydrants. It's also used in Lake Tahoe for ski rescue and by delivery companies who need to get packages to locations in the Middle East, North Africa and Southeast Asia.

You may not know it but even if you have a conventional address, you also have a three-word address. Check it out at what3words.com.



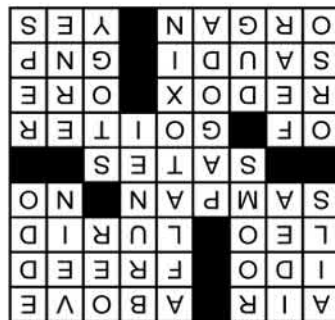
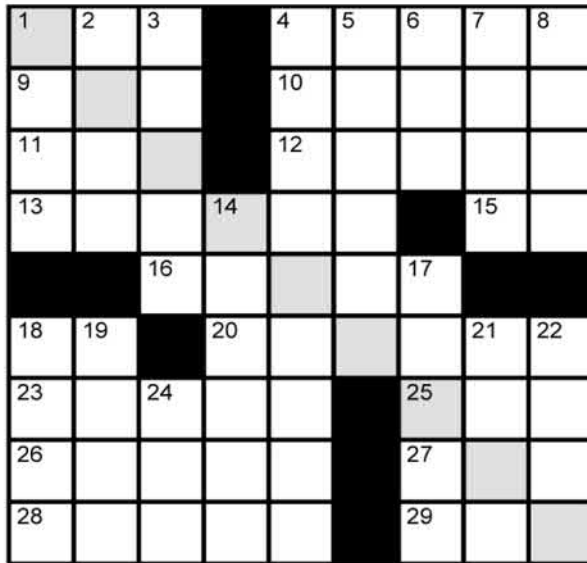
Second chance for children

Across

1. Tire filler
4. Overhead
9. Bachelor's last words
10. Let go
11. Sign after Cancer
12. Sensational
13. Yangtze River boat
15. Refusal
16. Fills up
18. "___ thee I sing"
20. Thyroid problem
23. Electron-transferring process
25. Raw rock
26. Riyadh resident
27. Econ. indicator
28. Church instrument
29. "Of course"

Down

1. Afflicts
2. Concept
3. Hotel offering
4. Fungal carcinogen
5. Sultanate on Borneo
6. "___ the fields
7. Style
8. Taro root
14. Chinese temple
17. Cheap cigar
18. Approximately
19. Alarm
21. Marine eagle
22. Agents, for short
24. Grooved on



The headline is a clue to the answer in the diagonal.

Trivia Teaser – On the Right Track

1. Who directed the movie thriller "Strangers on a Train"? a- H.G. Clouzot, b-Alfred Hitchcock, c-Elia Kazan, d-John Huston.

2. Who created, produced, and hosted the syndicated musical TV show "Soul Train"? a-Jermaine Stewart, b-Dick Clark, c-Don Cornelius, d-Bobby Womack.

3. "The Girl on the Train" is a 2015 psychological thriller novel by which British author? a-Tana French, b-Paula Hawkins, c-Karin Slaughter, d-Elly Griffiths.

4. Which TV character blew up toy trains as a hobby? a-Herman Munster, b-Kramer, c-Gomez Addams, d-Norman Bates.

5. What was the name of the locomotive on the sitcom "Petticoat Junction"? a-Casey Jones, b-The General, c-Flying Dutchman, d-Cannonball.

6. Which politician nicknamed his campaign train the Corn Pone Special? a-Harry Truman, b-Dwight Eisenhower, c-Lyndon Johnson, d-Bob Dole.

7. Which state capital changed its name from Edwinton in an effort to attract German investors in the local railroad? a-Bismarck, b-Helena, c-Frankfort, d-Topeka.

8. Which NFL player was nicknamed "Night Train"? a-Yale Lary, b-Lem Barney, c-Mel Blount, d-Dick Lane.

9. Which artist's largest work on canvas is a 34' x 38' back cloth he created for the Ballet Russes' 1924 production of "Le Bleu Train"? a-Pablo Picasso, b-Mark Rothko, c-Thomas Hart Benton, d-Diego Rivera.

10. The name of which animal is used to refer to the crossing point of two train rails? a-Moose, b-Dog, c-Horse, d-Frog.

Annoying Chip Readers

Swiping a credit card just seems so much more efficient than sticking the card into a terminal and waiting. And waiting.

But the chip cards are actually more secure, credit companies say. The chip cards attempt to prevent fraud by generating a unique code for every transaction that can only be used once. So the cards are supposed to slow down criminals who steal a bunch of card data and then manufacture physical cards. Chips make the data much less useful. The cards also reduce the value of card skimming, where a device is placed on the card reader to steal data.

Chips do nothing for e-commerce fraud or a variety of other types of criminal activity.

In addition, if you use a chip card, but sign for the transaction instead of using a pin number, the transaction is less secure.



All Washed Up Cleaning, LLC

PO Box 20642
Winston Salem, NC 27120
(336) 682-6983

www.allwashedupcleaning.com

Commercial Cleaning

Your New Issue of *News Splash* Has Arrived!

*Janitorial Services Add
Value All Year Long (pg. 1)
plus...
Amazing Money Saving
Tips and More! (pg. 4)*

To:

Drinking Water Can Save Money

Sodas, teas, and juices cost Americans a lot of money compared to getting by on plain old water. According to Statista, a full 28 percent of people in the United States consume soft drinks every single day.

One blogger at 20 Something Finance crunched the numbers to discover that 4,787 bottles could be filled with tap water for only \$2.10. Compared to an average store price of \$1 - \$2 for just one bottle, filling up reusable bottles at home could lead to hundreds of dollars in savings each year.

Staff Members Making the News

Here are a few comments from our valued employees on reasons they are thankful all year long...

"I am thankful for you guys ...and my family and friends"

"I thank God to be back and have the opportunity to work with a wonderful company"

"I am thankful for God for waking me up each and every day ...and for my sons who I love with all my heart, ...for this new job and you' all are some nice people. Thank you for the opportunity."

We too are thankful for each of our dear employees, your working together willingly, and the pleasant attitude you show each day to us and our clients. Thanks so much!

Happiness is not a goal; it is a by-product.
~Eleanor Roosevelt

Autumn Leaf Special

**One Window Washed FREE
for every 4 windows we clean!**

*\$450 Minimum - Schedule your cleaning by
November 30, 2017*

All Washed Up Cleaning, LLC
(336) 682-6983

www.AllWashedUpCleaning.com

Take the Trivia Challenge and Win a \$25 Gift Card to Applebee's!

The first 5 people who call our office with the correct answer will be entered into the drawing!

How many people in the world don't have addresses?

- | | |
|--------------|--------------|
| a. 2 Billion | b. 3 Billion |
| c. 4 Billion | d. 5 Billion |

HINT: The answer is hidden somewhere in this newsletter.