



"Piedmont Triad Manufacturing Facility News You Can Use!"

Business trips: What to do on the road

There's nothing like a long business trip to make you envy Dorothy's ruby slippers in the Wizard of Oz. Click Click Click. I want to go home.

But, fact is, no one has ruby slippers. The only alternative is to make the best of it.

Two strategies have often been suggested for dealing with loneliness on the road, both diametrically opposed.

One strategy: According to the Harvard Business Review, get out of the hotel room and into the lobby, co-working spaces, or coffee shops that will provide a buzz of background social activity along with the potential to chat with a stranger when needed.

Connect with the family on Skype and FaceTime. Families could even leave a computer open with an active Skype connection so that the other person can casually observe what is happening around the house such as children's piano lessons or the dog playing to inject some normalcy into life when there is a disrupted routine.

Another strategy from seminar experts: Never go into public spaces in your hotel. The worst thing you can do after a long week on the road, is to run into customers and coworkers, especially if you want to enjoy a martini in the bar. If you must go out, take a taxi to at least a four-star restaurant a few miles away from the hotel. Dress in work clothes.

In this view of business travel, it's essential to establish a routine after the workday that doesn't include leaving the hotel. Shower, lay out clothes for the next day, work. Phone home. Keep up with the family. Watch a movie. Go to sleep early. Breakfast is acceptable in the hotel but consider room service if customers or coworkers are staying in the same hotel.

With most business travel, sightseeing is out of the question. However, if museums are nearby, travelers might consider a tour if the day hasn't been too long. Stay away from clubs and bars.

The man who made leftovers fun

You can thank John Montague for making leftovers into a lovely feast. Montague, the Fourth Earl of Sandwich, invented the sandwich.

He was born 300 years ago, Nov 3, 1718 in London where he served as England's first lord of the admiralty, secretary of state and postmaster general. He was an important fellow and not just because he knew how to handle leftovers. Captain James Cook actually named the Sandwich Islands after him in 1778.

But the proper invention of the sandwich is said to have more to do with the Earl's vices than virtues.

Montague was a gambler and he regularly engaged in marathon sessions of cards and dice. Not wishing to leave the tables, Montague ordered servants to bring him a meat between two slices of bread. His gambler pals just ordered the 'same as Sandwich.' Hence, the favorite world-wide lunch was born.

By the way, the Earl's biographer disputes this notion, saying Montague was more likely to have invented the sandwich at his desk during marathon bouts of work.



I hope you enjoy this month's newsletter!

*Christine Hall, President
All Washed Up Cleaning, LLC*

Pumpkins shine with many dramatic colors

Pumpkins are so orange, even the name evokes the color.

But, in fact, this popular squash comes in many different hybrids and colors.

The most striking of all the many-colored pumpkins is the blue Jarrahdale, a hybrid that is a cross between the Blue Hubbard and Cinderella pumpkin. The sweet, mild flesh remains bright orange, making it a delight to cut.

Not so distant from the orange variety is the red pumpkin. With many different textures and shapes, red pumpkins have their roots in France with the Rouge Vif d'Estampes pumpkin. This French stunner came to the US in the late 1800s and, with many hybrid varieties, the reds now come in many colors from rich cinnamon red to red-orange. Some typical varieties include the Red Lakota, from the Midwest, and the Red Warty.



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

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Thanks a Bunch!

"Over the past three years, I have had the opportunity to get to know Christine and Robert. They have managed the janitorial services for our 2598 Westpoint location here in Winston Salem. Christine is honest and has an eye for detail. She takes pride in her work. Her staff is very professional and friendly. We are well pleased with All Washed Up's cleaning services. Based on their performance, I have no hesitations in recommending them for your business."

~ Kenneth Hyatt, Facilities Supervisor,
B/E Aerospace

Orchards, crafts and campfires lead in family fun for fall

The fall months are full of opportunities for a family to spend time together, and a little planning can ensure that both kids and parents alike will have fun doing it, according to Care.com. The changing season means that the air will be cooler, leaves are changing, and many local organizations will have fall festivals and parades to celebrate. To make the most of the mild weather, outdoor activities should be a top priority and an entire day can be planned around a nature hike, picnic, and visiting an apple orchard to pick fruit, bake apple chips, and taste apple cider.

Everyone can grab an assortment of leaves, acorns, and other fall foliage while exploring the outdoors to bring inside for crafts. Leaves can be used for rubbings and pressing into photo albums, pinecones can decorate a kitchen table centerpiece, and acorns can have little faces painted on them and glued to a poster along with hand-print turkeys. Later on, sticks can be used around a fire pit or campfire to make s'mores while the family tells stories and spends time together under the stars and away from smartphones and television.

In the kitchen, everyone can get involved with making amazing treats using seasonal ingredients. Apples from the orchard can be used to create a hot crock-pot applesauce or dipped for candied or caramel apples. Meanwhile, fresh berries can be baked into a crisp, and those with an ice cream maker can use pumpkin puree as a base for pumpkin ice cream. Even without special ingredients or hardware, decorating sugar cookies with fall themes is messy fun on a budget.



"The fourth week? I'm good every day except Thursday."

Roast Venison Tenderloin with Wild-Mushroom Sauce

What American families call tradition can take many forms when it comes to Thanksgiving dinner. Customs vary as people marry and move to new locations.

Hunters make no small contribution to this annual ritual of sit-down, buffet, or backyard extravaganza.

While 91 percent of Americans eat turkey, others enjoy venison, duck, geese, and delicacies including oysters and crab.

You can create this eye-popping roast venison in less than an hour and no guest will miss the turkey. (Not a hunter? Get venison at a specialty meat market or butcher shop.)



Roast Venison Tenderloin with Wild-Mushroom Sauce

- A 2-pound venison tenderloin
- 3/4 teaspoon salt, divided
- 1/4 teaspoon black pepper, divided,
- cooking spray
- 2 small packages fresh shiitake mushrooms
- 1/4 cup minced shallots
- 3/4 cup port wine
- 1 cup beef broth
- 2 1/4 teaspoon cornstarch

Venison: Preheat oven to 500 degrees. Sprinkle with 1/2 teaspoon salt and 1/8 teaspoon pepper. Place on a broiler rack coated with cooking spray; put a meat thermometer into the thickest part.

Bake for 20 minutes or until thermometer reaches 145 degrees (medium-rare) to 160 degrees (medium). Cover with foil; let stand 10 minutes.

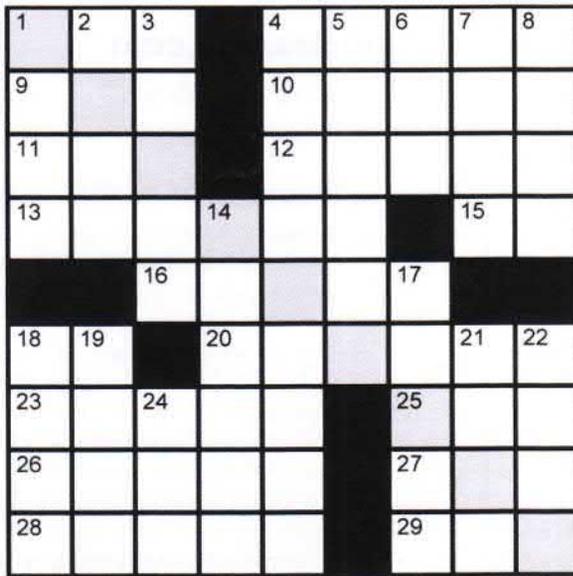
Sauce: Remove and discard stems from mushrooms; slice caps. Coat a nonstick pan with cooking spray (or 1 tablespoon margarine or butter) and heat until hot. Add shallots and mushrooms; sauté until tender (about 4 minutes). Add 1/4 teaspoon salt, 1/8 teaspoon pepper and port wine; cook 2 minutes. Whisk cornstarch with broth in a small bowl; add to skillet and bring to a boil; stir 1 minute until thick.

Place venison on serving platter; drizzle with mushroom sauce. Serves 8. Recipe can be doubled.

Come Together

Across

1. U.S. document publisher
4. Primitive fishing tool
9. PC linkup
10. Duplicate
11. Hall-of-Famer Mel
12. Carries on
13. Female fowl
15. Tagged player
16. Song of joy
18. @
20. Beats it
23. Quagmire
25. Elementary particle
26. Banish
27. Literary collection
28. Tattletale
29. Setter or retriever



Down

1. Unappetizing food
2. Cracker spread
3. Available
4. Like an owl
5. Flat
6. Many, many years
7. The "A" of ABM
8. Sheet music symbol
14. Annoyance
17. Water nymph
18. End of grace
19. Biological classifications
21. Like old records
22. Unexpected difficulty
24. Canyon featur



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

Easy ways to sell old smartphones

Americans are upgrading their smartphones at an average pace of every 32 months as of the second half of 2017, according to the NPD Group. Instead of sticking the old phone into a drawer or throwing it away, however, many consumers can recoup some of the original cost by trading it in or selling it outright, according to Consumer Reports. Those purchasing iPhones directly through Apple can take advantage of their trade-in program, but nearly every major retailer and phone company, such as Best Buy or Verizon, will often offer an option to trade a phone in to reduce the cost of an upgraded phone. Although these are the most accessible options, consumers can usually squeeze a little more value from their device by selling it themselves on sites like eBay, Swappa, or Gazelle if they are willing to do a bit more research and legwork.

Trivia Teaser – Long live the king

1. Which kind of animal was King Louie in the Disney movie "The Jungle Book"? a-Bear, b-Tiger, c-Orangutan, d-Python.

2. Which comedian engaged in a feud with wrestler Jerry "The King" Lawler? a-Steven Wright, b-Louie Anderson, c-Dane Cook, d-Andy Kaufman.

3. Which woman's name did B.B. King give to his guitars? a-Lucille, b-Viola, c-Christine, d-Lydia.

4. Which of King Arthur's knights was famous for getting into a beheading contest with a mysterious green knight? a-Gawain, b-Gareth, c-Lancelot, d-Percival.

5. Who played the title role of Amanda King on the TV series "The Scarecrow and Mrs. King"? a-Linda Gray, b-Kate Jackson, c-Stella Stevens, d-Loni Anderson.

6. A beloved archaeology professor named Simon became the Ice King on which trippy TV cartoon series? a-"Adventure Time," b-"Steven Universe," c-"The Venture Bros.," d-"The Powerpuff Girls."

7. William Rufus DeVane King, who was the U.S. vice-president for six weeks before dying in office, served under which president? a-Benjamin Harrison, b-James Buchanan, c-Franklin Pierce, d-James K. Polk.

8. The bones of which English king were excavated from beneath a parking lot in 2012? a-Richard III, b-Henry IV, Edward I, d-George III.

9. The Stephen King novel "Doctor Sleep" is a sequel to which 1977 novel? a-"It," b-"Carrie," c-"Salem's Lot," d-"The Shining."

10. What is the signature sandwich of the Burger King fast food chain? a-ButterBurger, b-Whopper, c-Big King, d-Bambino.

- 1-c, Orangutan
2-d, Andy Kaufman
3-a, Lucille
4-a, Gawain
5-b, Kate Jackson
6-a, "Adventure Time"
7-c, Franklin Pierce
8-a, Richard III
9-d, "The Shining"
10-b, Whopper

Answers to "Long live the king"



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Commercial Cleaning

Your New Issue of *News Splash* Has Arrived!

Business trips: What to do on the road (page 1)

plus...
Free Pressure Washing! (page 4)

To:

Headphone jacks disappear

Apple stirred up a controversy back in 2016 with the omission of the standard 3.5mm headphone jack from the iPhone 7. Instead of the jack, the phone came bundled with wireless EarPods and a dongle that would allow users to plug in their old headphones.

According to data from the NPD Group, Bluetooth headphone sales started overtaking non-Bluetooth sales as early as 2016, boosted mainly by Beats.

In 2018, Samsung is the only major player that has kept the plug, with their newest offering, the Note 9.

Staff Members Making the News

We had a great turnout as our staff all came together for latest company bowling night that included pizza and prizes and ridiculous trophies including "Champion Pin Crusher" awarded to Laura's husband, Logan as well as "Gutter Hugger" that we won't mention who won.. lol. Thanks to everyone on our team who came out and was a great treat to meet everyone's family members. We can't wait for our next event to show how much we appreciate everyone on our team.

We must be willing to let go of the life we've planned, so as to have the life that is waiting for us.

~ Joseph Campbell

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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 often are Americans upgrading their smartphones (in months)?

a. 12 b. 24 c. 32 d. 45

HINT: The answer is hidden somewhere in this newsletter.