



"Piedmont Triad Manufacturing Facility News You Can Use!"

What keeps you awake at night?



If you could have the very best service from your cleaning contractor, what would it look like?

Is anyone even listening?

That's what we want to know from manufacturing facilities here in Winston Salem. That is who we serve. We want to be your best and last choice you ever have to make. There are a lot of companies trying to get your notice. It will be for some that you are quite happy with your present provider and for those, we congratulate you while still desiring to know why. What you know would be of great value to us in serving the rest of manufacturing facilities in this area.

You are very busy.

You don't have time for sales pitches telling you how great they are.

Their focus should be knowing what is important to YOU... What keeps you awake at night?... What issues drive you mad with your current or past cleaning providers?... Why?... What is your primary concern?... Is it spending more time with your family?... Perhaps, never having to micro-manage cleaners what should be their job?... Increasing profits?... or, Winning more praise from your boss?... or how about, Just no more complaints from employees and supervisors about cleaning or trash?

I know this will sound like another disguised sales pitch, but please tell us because we really desire to know! Visit our website, shoot me an email at christine@allwashedupcleaning.com, or even better, give us a call at (336) 782-1156. No pressure, take a deep breath, lay down on our couch and tell us.... What bothers you?



I hope you enjoy this month's newsletter!

Christine Hall, President
All Washed Up Cleaning, LLC

Where will the robins go this winter?

Every April someone will say breathlessly that they saw their first robin: A hopeful sign that winter is ending and soon (but never soon enough) spring will be here.

But, now, in September when the leaves are beginning to fall and winter is knocking on the door, you might wonder, "Where will the American Robin go and what will they do in the deep freeze of winter?"

The answer might surprise you. The robins in your yard might join together and flock to the south. Or they might stay right where they are.

According to journeynorth.org, robins don't so much migrate as they wander. They tend to go south in search of food, but not necessarily. In the winter, when robins can't get insects and worms, they eat fruits, but not seeds. If your neighborhood has lots of crabapple, Hawthorne or late blooming fruit trees, the robins might stay, as long as there is food.

They don't really have to worry about the cold because their feathers keep them warm. When the thermometer drops below zero, robins puff up their feathers. On the outside they might feel cold, but inside they are a toasty 104 degrees. Even the robin's feet stay warm with their fast circulation that spreads warm blood quickly down to the tendons that control the feet.

When temperatures reach about 36 degrees, male robins begin flying toward their breeding territories. That's when the robins actually herald spring because once they are in their breeding areas, they start to sing. So if you see a robin in winter, don't worry!



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

Do You Know...

Thanks a Bunch!

... 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 \$200!

Give them our name and phone number. Be sure to have them mention your name when they call so we can send your \$200 Bonus!

"Our office was in desperate need of a deep cleaning. A team from All Washed Up came in and cleaned everything from air vents to the microwave. They were very professional and worked around our busy schedule. We were so pleased with them, we hired them to come in once a week and clean. I would recommend them to anyone."

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

Joylynn
Call-A-Nurse

Visit www.AllWashedupCleaning.com for details

Coffee pick-me-up: What amount is perfect?

Suppose you are a soldier. You've gone days without much sleep, but you must stay as sharp as possible because lives could be at risk.

That's just the scenario the U.S. Army considered when they developed an algorithm for the perfect amount of coffee for maximum alertness.

Senior research scientist Jacques Reifman, U.S. Army Medical Research and Materiel Command, helped develop the algorithm that predicts caffeine dose based on sleep patterns, according to The Wall Street Journal.

An 8-ounce cup of weak coffee has about 100 milligrams of caffeine. A strong cup has 175 milligrams.

About 40 percent of soldiers sleep no more than five hours a night, less than the seven or more hours recommended by the Centers for Disease Control.

Meanwhile, the average civilian sleeps about 6.8 hours a night.

The algorithm finds that a generally well-rested person, in this case a soldier, who gets five hours of sleep one night could drink eight ounces of weak coffee upon waking at 7 a.m. and the same at 9 a.m. The soldier then would be just as alert as a person who slept eight hours.

While eight hours of sleep produces high levels of alertness all day, a person who sleeps no more than 6.8 hours each day for a week would need 200 milligrams of caffeine at 7 a.m. and at 9 a.m. to achieve the same alertness.

The full mathematical model with a working name of 2B-Alert will be online in app stores in a few months.



Forget the energy bars, try date bites

Dates are an ancient food prized in many parts of the world for their delicate, sweet flavor and, according to NPR, they have been consumed by humans since at least 5,000-6,000 BC and were formally cultivated in the Middle East for around 6,000 years.

In the early 1900s, Walter Swingle, at the behest of the U.S. government, was scouring the world to find exotic foods to bring back to American growers. In 1927, he brought back several Medjool date

offshoots from Morocco to California's Coachella Valley, as it most closely resembled their original growing climate. This variety was often reserved for Moroccan royalty due to their complex and labor-intensive cultivation process but can now be enjoyed throughout the world.

For a change of pace from the typical energy bar available in stores, here is a recipe featuring those Medjool dates and other natural ingredients from Detoxinista.com.

Medjool Date Bites

Ingredients:

- 2 cups of walnuts, or any other nut/seed of choice
- 1 cup of shredded, unsweetened coconut
- 2 cups of soft Medjool dates, pitted
- 2 tablespoons of coconut oil
- 1/2 teaspoon of sea salt
- 1 teaspoon of vanilla extract

Instructions:

1. In a large food processor or blender, process the nuts and shredded coconut until crumbly. Add in the dates, coconut oil, vanilla extract, and sea salt and process again until it is sticky and uniform.

2. Scoop or use your hands to gather enough of the mixture to roll into a ball, square, or shape of your choice. Place them on a baking sheet lined with parchment and put them in the freezer to set for at least an hour before serving.

3. The balls will be good in a sealed, refrigerated container for up to a week or in the freezer for longer.

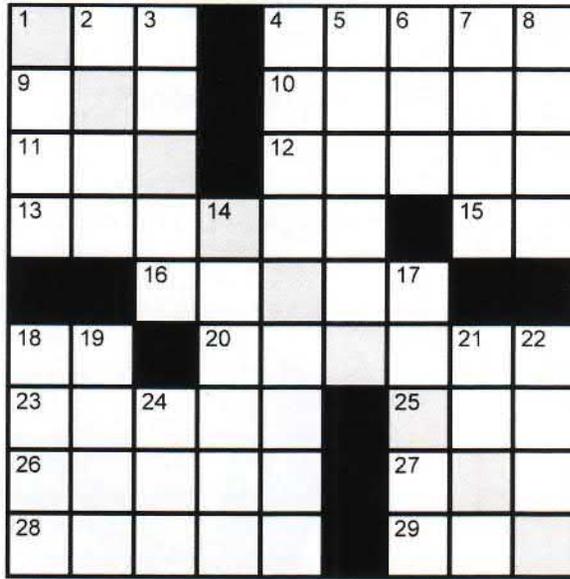
Makes 24 servings. Each bite has about 133 calories.



"To my biggest fan"

Across

1. Mamie's man
4. Gives the cold shoulder to
9. Lennon's lady
10. Blender button
11. Took place
12. Flair
13. At the summit
15. You and I
16. Nostrils
18. Bell or Barker
20. Sunni counterpart
23. Non-studio film, briefly
25. Plead
26. Flora's partner
27. Formal vote
28. Deluge
29. What Leary tripped on



Down

1. Hawkeye State
2. Sack starter
3. Red dye
4. Lead an attack
5. Cell centers
6. WWW address
7. Boy friend
8. Hardens

14. Vegas attraction
17. Delphic diviner
18. Tick off
19. Like a control freak
21. Golfer's bagful
22. "Good grief!"
24. Batman and Robin, e.g.



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

Avoiding the conference call cringe

Okay, it's 2 p.m. and we are starting this call with all 50 people in the department.

Is everyone here?

Are you planning to call roll?

No, but 25 people will say Yup anyway. About 10 more will say No.

That brings us to the rules of conference calling for the host:

1. Turn off notifications from your meeting app. Please no ding-dong every time someone arrives.

2. Turn off your phone notifications.

3. Start promptly.

For attendees, get there early. Five minutes early is good.

4. Remind everyone to mute.

For attendees: Don't subject others to air sounds from the car window. Eating sounds. Slurping sounds. Or worse.

5. Send an agenda beforehand and follow it.

6. Pause occasionally and see if everyone gets your point.

7. Provide a post-meeting follow-up.

Attendees: Take some notes. It helps.

Trivia Teaser – Mad Rush

1. Madagascar declared its independence from which country in 1960? a-France, b-Italy, c-Mali, d-Spain.

2. Who created the fictional characters Felix Unger and Oscar Madison? a-Tom Stoppard, b-Neil Simon, c-Garry Marshall, d-Mel Brooks.

3. David Addison and Maddie Hayes were private detectives on which TV series? a-"Remington Steele," b-"Baywatch Nights," c-"Moonlighting," d-"Psych."

4. Which rock performer is nicknamed "The Motor City Madman"? a-John Fogarty, b-Ted Nugent, c-Meat Loaf, d-Sammy Hagar.

5. Pitcher Greg Maddux won three consecutive Cy Young Awards as a member of which team? a-Atlanta Braves, b-Chicago Cubs, c-California Angels, d-New York Yankees.

6. "Dolores Claiborne" and "Rose Madder" are novels by which horror author? a-Stephen King, b-Peter Straub, c-John Saul, d-Dean Koontz.

7. Which day of the week is NOT mentioned in the lyrics of the Beatles song "Lady Madonna"? a-Wednesday, b-Saturday, c-Thursday, d-Sunday?

8. Who was James Madison's first vice-president? a-Aaron Burr, b-Alexander Hamilton, c-John Quincy Adams, d-George Clinton.

9. Which city of India was formerly known as Madras? a-Ahmenabad, b-Bengaluru, c-Chennai, d-New Delhi.

10. On August 2, 1964, the North Vietnamese attacked the American destroyer USS Maddox in which gulf? a-Persian Gulf, b-Gulf of Mexico, c-Gulf of Venezuela, d-Gulf of Tonkin.

11. Which king of France had mistresses named Madame du Barry and Madame de Pompadour? a-Louis XV, b-Louis XVI, c-Francis I, d-Henry IV.

- 1-a, France
- 2-b, Neil Simon
- 3-c, "Moonlighting"
- 4-b, Ted Nugent
- 5-a, Atlanta Braves
- 6-a, Stephen King
- 7-b, Saturday
- 8-d, George Clinton
- 9-c, Chennai
- 10-d, Gulf of Tonkin
- 11-a, Louis XV

Answers to 'Mad Rush'



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Commercial Cleaning

Your New Issue of News Splash Has Arrived!

*What keeps you awake at night?
(page 1)*

plus...
*Free Carpet Spot Cleaning! -
September Special (page 4)*

To:

Gamers give big to charity

Gamers who have spent thousands of hours playing their favorite, classic titles are using their skills for charity.

The events, called speed running, let gamers from all over the world watch as the experts dash through their favorite games, exploiting game glitches and using tricks to complete the games in record time.

In July, speed runners raised \$2.1 million to donate to Doctors Without Borders, according to Engadget. This donation topped the previous year's total of \$1.7 million.

During this event, viewers make donations so they can ask questions or make special requests.

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.

Free Carpet Spotting for One Month!

**Schedule your carpet cleaning by
October 15th and we'll take care of any
spots that occur for the month following
the cleaning.**

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 much caffeine is in a strong cup of coffee?

a. 100 b. 150 c. 175 d. 200

HINT: The answer is hidden somewhere in this newsletter.