

Good News

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Social distancing (the old-fashioned way) gets a boost at drive-ins

The coronavirus may actually be helping one kind of business: Drive-in Theaters.

What better way to go out, see a movie and still maintain social distance?

The experience is pure 1950s. Head out at dusk, find that perfect spot in an enormous parking lot. Watch a movie on an enormous screen with sound in your car.

Of course, today there are only 305 drive-ins know to the United Drive-in Theatre Owners Association. Thousands still stand in the skeletal form across the country.

But this form of entertainment is not only unique, it's a group experience that's also isolated. At least, if you want it to be.

Isolation wasn't the goal of teens in the 1950s who managed to park side-by-side, girls in one car, boys in another, for a while at least.

Robot zaps germs and viruses with UV light

During a virus pandemic, there is a certain dilemma. Patients need to be in the hospital for lifesaving treatment, but hospitals can also harbor viruses.

Intensive cleaning and disinfecting do much in hospital rooms, but the risk of hospital acquired infections remains.

But now there is the robot.

The Xenex bug-zapping robot does the final job with light.

Ultraviolet light from the sun -- or artificial sources like Xenex -- has been scientifically shown to kill bacteria and viruses, even the most evil ones like Ebola.

In 2014, during the Ebola epidemic, the company's germ-zapping robot was tested in a BioSafety Level 4 laboratory. The space was purposely infected with live Ebola virus and anthrax spores. The Xenex robot quickly destroyed both the virus and spores on surfaces.

In prestigious, peer-reviewed studies in 2018, researchers found that MRSA counts were reduced by 75 percent in the rooms disinfected with pulsed xenon UV devices and aerobic bacteria colony counts were reduced by 84 percent in the pulsed xenon UV rooms, according to Business Wire. Manual disinfection reduced bacteria counts only by 25-30 percent.

Now, the UV light is being used with robotics to kill Covid-19, staph infections, and spores that can cause sickness.

At the cutting edge of this technology, the San Antonio-based Xenex, launched with venture capital in 2013, uses a small robot to flash rooms with UV light. The founders are two Johns Hopkins-educated epidemiologists, Mark Stibich and Julie Stachowiak.

Worldwide, 500 hospitals use Xenex, hotels and police stations too.

The process is simple. The cube-shaped device is rolled into a hospital room and turned on. The user has a few moments to exit the room, then a glass, oval shaped head emerges from the cube, continuously flashing bright UV light around the room for five minutes. With the cycle finished, the attendant enters and moves the robot to the other side of the room and repeats the cycle.



Virus Tech

No-fun China bans virus game

Here's an obvious premise for a game that you had to know was coming: Zombies (naturally) are escaping zombie prison and infecting the world with a coronavirus.

Hence, the game's name: Coronavirus Attack.

As the savior of the world, your task is to stop the zombies from escaping and thereby save the world from the virus they carry.

But, China does not like the game one bit and banned it on the top gaming platform Steam.

That's partly because, according to Abacus, the game got a little too close for comfort. Its bright red background and round yellow viruses look like the Chinese flag, and not just a little.

Plus, players get to achieve certain badges for completing tasks called "Taiwan is not China" and "Liberate Hong Kong".

The game's creator, the mythical MythZ, told Abacus that the game was not intended as an insult to China so much as an insult to those who left Wuhan before it was locked down.

Bad times for the mules

The crazy days of Covid-19 should be a hey-day for cybercriminals, enjoying an unprecedented 'target rich environment' of people working at home.

But there have been some slowdowns. Mules have been having a hard time, according to Krebs on Security.

Mules are the people who receive stolen goods for cybercriminals. The Cybercriminals steal a card,

Across

1. British tax
5. Lackluster
9. Secular
10. Snack often twisted apart
11. "___ do you good"
12. Lady's man
13. Physician, often
15. Genetic material
16. Caresses
22. Works in the garden
23. Stupor
24. Start to freeze?
25. Old Italian money
26. Guinea pigs, maybe
27. Pitching stats

Down

1. History Muse
2. Chows down
3. River deposit
4. Medical hardening
5. Basic swimming stroke
6. Fertilizer chemical
7. It starts on Ash Wednesday
8. Disinclined
14. Lennon's love
16. Fellow
17. Top-rated

Appointment minder

1	2	3	4		5	6	7	8
9					10			
11					12			
13				14				
			15					
16	17	18				19	20	21
22					23			
24					25			
26					27			

18. Bottom line, in the U.K.
19. Lion's den
20. Old Testament book
21. Neptune's real home

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

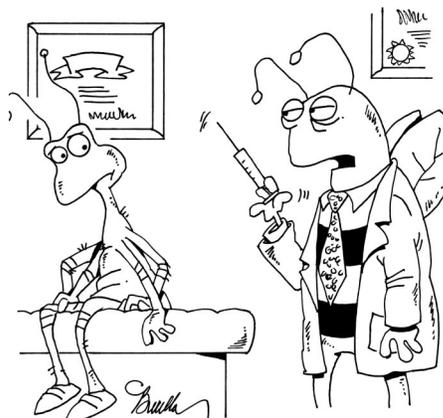
S	V	R	E		S	T	P
A	R	L	I		T	I	A
E	Z	A	D		S	E	H
S	E	L	E	O	O	N	C
			A	R			
H	A	P	O	E	S	T	O
T	N	E	G		L	L	I
O	R	E	O		C	V	L
L	L	D	L		S	S	C

buy something expensive, and ship it to a mule who holds it and reships.

The mule life has expanded in recent years as goods are now shipped to pickup addresses like hotel lobbies and not the mule's home.

But, alas! So many places are closed and social distancing is so extreme that finding someplace open has been tricky.

The bright side? No one blinks an eye if the mule walks into a hotel wearing a mask.



"This will sting a bit."

Father's Day reigns on social media

In the new way of honoring those we love, we are about to see pictures of fathers popping up all over Facebook, Instagram, and all of social media.

We'll see fathers in military uniform, snapshots of dad in a favorite moment, or maybe even dad on his wedding day.

This year, June 21, just one day past the start of summer, is bound to be a festival of dad. It's a fine way to honor a father and will touch the hearts of many.

If you will post a favorite picture of dad, be sure to post a memory, even if it doesn't exactly match the photo. Was there a legendary moment in the family when dad did something exceptionally cool? Like maybe spotting a dirt track



and making an unscheduled stop to drive little race cars. Or maybe the time big, gruff dad saw a kitten and instantly adopted him. Those times of fun and tenderness are what make memories.

Maybe, if remembering your dad over his lifetime, you can recall his work. That he got up every morning, rain or shine, and brought back a paycheck to support his family. Maybe you remember how he could fix things or save the day in a million little ways.

Or his favorite sayings. Some dads have a million of them.

It would be a good day to thank him for those million things. So go ahead and do that. If he only lives in your memory now, thank him anyway.

Changes in the workplace

The virus crisis has changed much about work and the workplace.

According to guidance from ADP, "As of March 2020, the COVID-19 pandemic has met the direct-threat standard referred to above, according to the U.S. Equal Employment Opportunity Commission (EEOC)."

That means screening protocols will be in place in the workplace until the CDC or public officials revise their assessment.

Here are some precautions you might experience when you enter the workplace for the first time since quarantine:

- Your temperature might be taken upon entering.
- You might be issued a face mask and expected to wear it.
- Some employees will be expected to telework.
- Physical space separations may be in place, for example, partitions between employees.
- You might be asked to maintain a work station strictly separate from others. One example: Only every other register might be open.
- Six-foot floor marks might indicate where you and customers can wait and stand.
- Meetings might be via computer.
- Group gatherings might be prohibited.
- Business travel might be discouraged.
- Hand shaking might be discouraged.
- Sharing tools, food, or drinks could be discouraged.
- Visitors will be discouraged.



Fireflies light up night in their summer show

In dark, wooded, or weedy areas in June, the annual firefly show heats up as the little twinklers search for a mate.

Fireflies, also known as lightning bugs, are actually beetles, and there isn't just one kind. In fact, there are 2,000 types worldwide, but many species live and light up together in your back yard or favorite wooded area.

Males fly about flashing their specific pattern, looking for a female to reply. Meanwhile the females are waiting in grass or a bush. When she sees the flash she is looking for, she responds with a flash of her own. Then the conversation begins. Each kind of firefly has its own flash code.

What you see in the flashing fireflies is only a brief period of the insect's life. Most fireflies you see flashing were born from eggs two years previously. They spent all that time in their grub stage, eating and waiting until they metamorphose into adults. As flying fireflies, they live a very short time, sometimes only a couple of weeks, with one mission: To find a mate. The offspring of fireflies you see this year will be flying two years from now.

This system has been effective for fireflies and a delight to the eye of humans, but today populations are smaller as all the surrounding light confuses them. Best bet: Turn off the yard lights during firefly season. Let some wild areas grow.

Ten-minute workouts bring better health

For those who are out of shape or out of time, 30-minute exercise sessions can be daunting.

If your muscles and your schedule aren't up to it all, Stanford University has good news for you: Three or four ten-minute sessions will do beginning exercisers just about as much good.

In one test, overweight people were divided into two groups. One group exercised for 40 minutes a day, 5 days a week. The other exercised in 10-minute sessions four times a day, 5 days a week.

After 20 weeks, both groups boosted their aerobic capacity and experienced similar weight loss (15 to 20 pounds). But those assigned to short periods stuck to their schedule better than the other group. This suggests that beginning exercisers may find it easier to break up their workouts into small, manageable segments.

Studies at the University of Pittsburgh suggest that turning coffee breaks into exercise breaks is a good idea. Try 10 minutes of brisk walking before work, 10 minutes of stair-climbing or a quick run at noon, and 10 minutes of cycling in the evening, or any other schedule or activity that suits you.

These three stretches will help you avoid golf injuries

Golf related injuries are common, especially among once a week golfers. For recreational golfers, the most common injuries involve the lower back, shoulders and forearms, and they stem from repetitive motion.

According to the Mayo Clinic, stretching can help promote a more fluid swing and reduce injuries. Golfers who warm up for 10 minutes before play have a 60 percent decrease in injuries. You can start with brisk walking.

Ideally, do these stretches every day as well as before and after a round. Hold for 5 to 10 seconds before starting to play and for 30 seconds after a round. Stretch gently and don't bounce. If it hurts, you've stretched too far.

*Front hip muscle stretch

Make a large step up onto a stable surface, such as a chair. Put your hands on your raised knee. Keep your back leg straight, tighten your stomach muscles to avoid a low back arch and push your hips forward until you feel a stretch in the front of your thighs. Hold. Repeat on the opposite side.

*Shoulder and chest stretch

Stand in a walking position with one foot ahead of the other. Place your forearm against a door frame or corner of a wall and bend your elbow.

*Hip stretch

Seated on a chair or bench, raise your right knee up and grasp it with your left hand (steady yourself with your opposite hand on the chair or bench). Use your grasp to pull your knee up toward your left shoulder. You'll feel a stretch in your right buttock. Then sit up tall and turn your shoulders to the right. Hold. Repeat the stretch on the opposite side.

You can also warm up with dynamic stretches such as arm swings and circles, jumping jacks and swinging your clubs without hitting balls.

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