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# NewzBreak<sup>TM</sup>

*The Workplace Newsletter That's Both Informative and Fun!*



*I hope you enjoy this month's newsletter!*

*Louis J. Costanzo  
Mid-Atlantic Facility Services*

## **April 30 is National Arbor Day - Beautify your world: Plant a tree**

Founded by J. Sterling Morton of Nebraska in 1872, Arbor Day is a secular day of observance to encourage individuals and groups to plant trees.

Trees are an energy-saving home improvement. They can be as important to energy conservation as insulation or weather-tight windows and doors. They save energy by cooling with shade in the summer and by providing a windbreak in winter. Three strategically placed shade trees can reduce air conditioning costs by 30 percent.

Deciduous trees shed their leaves during the winter. They provide shade and block heat during hotter months. By dropping their leaves in the fall, they admit sunlight in the colder months. Place these trees on the south and west sides of buildings. Shade hard surfaces, such as driveways, to minimize heat load.

Evergreens retain their leaves or needles throughout the year. As windbreaks, they can help conserve a significant amount of energy that would otherwise go toward home heating. Place them on the north side of your home. Evergreens also provide shade in the summer.



## **You never know when an idea will pop up: The invention of bubble wrap**

It's undeniably satisfying and almost meditative: The pop of bubble wrap between our fingers and thumb. But did you know that the invention of bubble wrap -- as with many great inventions throughout history -- was an accident?

In 1957, engineer Alfred Fielding and his business partner, Swiss chemist Marc Chavannes, were trying to invent a textured wallpaper. They sealed two shower curtains together and initially were disappointed by the air bubbles trapped inside.

But the enterprising men soon started brainstorming other ways to use the material, scheming their way through 400 ideas. They named the product Bubble Wrap and continued to test ideas. Three years later, in 1960, they decided to use it as packaging material and founded the Sealed Air Corp.

Their decision coincided with IBM's newest invention, a computer called the 1401 unit, which needed a safe way to be transported. Sealed Air Corp. landed its first major customer and soon, smaller companies followed. Until then, most packaging material consisted of balled-up newspaper, which could be messy.

Over the years, the line expanded to different-sized bubbles and sheets, plus other materials. A non-poppable pool cover even came along. The small business grew to become a Fortune 500 company with sales of \$4.5 billion in 2017, according to Smithsonian Magazine.

## **Make family reunions memorable**

Have you noticed that at family reunions, close families often sit together and talk to each other? At reunions with three or more generations attending, some people have no idea who most of those at the reunion are or how they are related to them. Here are a few ideas on how to get people mingling and talking to each other.

\* Color-coded T-shirts or name tags. Imprinted shirts that designate you as part of "Joe's clan" or "Mark's kid" are nice, but cost money. Nametags that are color-coded for various branches of the family can serve the purpose.

\* Photo projects. Encourage people to bring historic photos of family members, churches, cemeteries, and old family homes. The photos should have a name and date on the front and the owner's name on the back.

The photos should be arranged on cork boards for all to see. Family photo albums can be placed on a table.

\* Story hour. Designate a time for people to share stories from family history. Mention on the invitation or at the sign-in table that there will be a time to share stories.

\* Quiz project, prize. Print out a quiz about family members in history. Ask things like great-grandmother Jones' first name, where aunts and uncles were married, which aunt had twins, and in what state Uncle Joe was born? Set a time limit and give a prize for the most correct answers.

\* Take a tour. If the reunion is in a town that is important to family history, arrange a tour of homes, churches, and courthouses where people bought marriage licenses, or the park.

*Free Cleaning Tips and Specials at [www.MyWebsite.com](http://www.MyWebsite.com)*

## Do You Know...

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

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

If you would think of 3 or 4 people that could use our services, then don't hesitate to call them, and 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!

Thanks in advance for your help and we look forward to sending cash your way!

## Thanks a Bunch!



## Blow a bigger bubble gum bubble

Who can forget the simple childhood pleasure of softening up a few pieces of gum until they're just right, then slowly puffing air into the bubble until it blocks your vision?

In case you're wondering, the record for largest bubble gum bubble ever blown has stood for 17 years. Chad Fell of the United States blew a bubble gum bubble with a 20-inch diameter back in 2004, crediting three pieces of Dubble Bubble gum as the secret of his success. Fell has a place of honor in The Guinness Book of World Records for his accomplishment. That was the unassisted record, meaning Fell didn't use his hands.

In July 1994, Susan Montgomery Williams of Fresno, Calif., blew a bubble gum bubble with a diameter of 23 inches to claim the top spot in the category of Largest Bubble Gum Bubble Blown (Assisted).

So how can you improve your skills at home? A few tips:

- \* Chew a few pieces of gum until the flavor is gone, really softening it up. Some online suggestions recommend sugar-free gum, which they say is stronger.

- \* Flatten it out a little, like when using Silly Putty.

Some do this on the roof of their mouth, some do gymnastics in their mouth to spin the gum around and shape it.

- \* Stick your tongue into the gum to poke a little hole and start the bubble.

- \* Gently blow air into the bubble with soft, even puffs. Breathe in through your nose for more air.

- \* Keep going! It takes a ton of practice to wow your friends and family with your bubble gum bubble skills. But it's worth it.



"And I'll huff and I'll puff until you give me your Netflix password!"

## Easy cream scones and lemon curd

Enjoy the sunny, sharp flavor of lemon curd on a warm scone, fresh from the oven. From start to finish, these scones are ready to eat in less than an hour, and the lemon curd takes about 15 minutes, plus time to chill in the refrigerator (overnight is best). Meyer lemons, with their lower acidity and sweet, floral flavor are perfect for this curd, but regular lemons are also delicious. If you like more than just plain scones, jazz them up with dried fruits, nuts, or chocolate chips.

### Lemon curd:

- 3 large eggs
- 3/4 cup granulated sugar
- Pinch of salt
- 1/2 cup fresh-squeezed lemon juice (Meyer lemons if available)
- Zest from 1 to 2 lemons, depending on size and preferred flavor intensity
- 4 tablespoons unsalted butter, diced

Place eggs, sugar, salt, juice, and zest in a medium saucepan, away from heat. Whisk the ingredients together until smooth and incorporated. Place over low heat and stir constantly with a wooden spoon or silicone spatula until the mixture thickens, around five minutes. Turn the heat all the way to low when the mixture thickens and add the butter. Stir until smooth. Remove from heat and pour into a jar or other storage container, then chill. Makes around two cups and keeps for about a week in the refrigerator.

### Cream scones:

- 1/4 cup granulated sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 3 cups all-purpose flour, plus more for dusting surface
- 1/2 cup (1 stick) chilled unsalted butter, diced
- 1 large egg, beaten to blend
- 1-1/4 cups heavy cream, plus more for brushing
- Coarse sugar for sprinkling

Preheat oven to 375 degrees. Combine granulated sugar, baking powder, baking soda, salt, and flour, stir to combine. Alternatively, you can combine in the bowl of a large food processor and quickly pulse to mix dry ingredients. Add butter and toss to coat. Using your fingers or a pastry blender, or quick pulses if using a food processor, work butter into the flour until pea sized. If using a food processor, dump flour mixture into a bowl now. Make a well in the center of your flour/butter mixture and add the egg and cream, mixing with a fork while incorporating dry ingredients a little at a time until a shaggy, dry dough forms. Don't overwork the dough -- it's okay if it looks a little bit dry. Once the wet ingredients are incorporated, use your hands to gently knead the dough until it just comes together. Turn the dough onto a lightly floured surface and pat into a 1-inch-thick round. Cut into wedges and places wedges onto a parchment-lined baking sheet, giving each wedge room to expand. Brush the dough wedges with cream and sprinkle with your coarse sugar. Bake 25-30 minutes, or until golden brown. Scones can be made ahead of time and stored in a covered container.



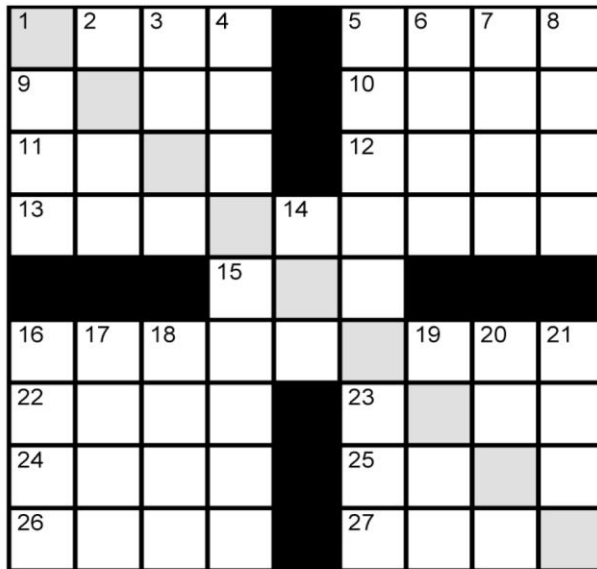
## Glamorous Kin of Coffee

### Across

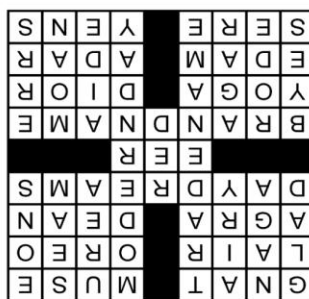
1. Pesky insect
5. Artist's inspiration
9. Lion's den
10. Snack often twisted apart
11. Site of the Taj Mahal
12. Campus V.I.P.
13. Flights of fancy
15. Always, in verse
16. Coke or Pepsi
22. Lotus position discipline
23. Last name in fashion
24. Wax-coated cheese
25. Sixth Jewish month
26. Bone-dry
27. Cravings

### Down

1. Happy
2. Serpent of Hindu myth
3. Breezy
4. Product identifier
5. Characteristic of the present



6. Fertilizer chemical
7. Tailor's line
8. A long, long time
14. Danger color
16. Tournament passes
17. Went on horseback
18. Biology lab supply
19. Assistant
20. Complain
21. Commits a faux pas



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

## Trivia Teaser – Groups of Four

1. In his Four Freedoms speech, which U.S. president proposed four fundamental freedoms that people "everywhere in the world" ought to enjoy? a-Franklin D. Roosevelt, b-Harry Truman, c-Woodrow Wilson, d-Abraham Lincoln.
2. The Gang of Four was a political faction of government officials charged with treason in which country? a-Brazil, b-Turkey, c-North Korea, d-China.
3. The Four Horsemen of the Apocalypse are named as punishments from God in which book of the Bible? a-Revelation, b-Daniel, c-Exodus, d-Genesis.
4. Who is the leader of the Marvel Comics superhero group the Fantastic Four? a-Black Bolt, b-Barry Allen, c-Carol Danvers, d-Reed Richards.
5. Which is the collective name of the kids' TV characters Fleece, Bingo, Drooper and Snorky? a-Ghost Busters, b-Teenage Mutant Ninja Turtles, c-The Banana Splits, d-The A-Team.
6. The "Fearsome Foursome" was the dominating defensive front line of which NFL in the 1960s and 1970s? a-Detroit Lions, b-Minnesota Vikings, c-Los Angeles Rams, d-Pittsburgh Steelers.
7. The Four Noble Truths are among the most important teachings in which religion? a-Zoroastrianism, b-Buddhism, c-Sikhism, d-Rastafarianism.
8. Who was the composer of a group of four violin concertos called "The Four Seasons"? a-Franz Schubert, b-Ludwig van Beethoven, c-Antonio Vivaldi, d-Niccolo Paganini.
9. "The Four Freedoms" is a series of four 1943 oil paintings by which American artist? a-Edward Hopper, b-Norman Rockwell, c-Grandma Moses, d-Andrew Wyeth.
10. Which 1966 song was a number one hit on Billboard's Hot 100 for the Four Tops? a-"Rescue Me," b-"That Kind of Woman," c-"Reach Out I'll Be There," d-"Dancing Machine."

## Vaccine passport may boost travel industry

The global travel industry is still reeling from worldwide coronavirus travel restrictions.

According to CNN, the world remains largely locked down, and if the current travel restrictions continue, 2021 demand could recover to just 38 percent of 2019 pre-pandemic levels. While this would represent an improvement over 2020, when international travel demand was just a quarter of the previous year, it's still a devastating number for the travel industry.

One proposal for easing travel between countries is the so-called "vaccine passport," which would provide documentation for individuals who have been vaccinated. President Joe Biden recently signed an executive order requesting that government agencies assess whether paper and digital vaccination documents would be feasible, according to the New York Times. Advocates hope that vaccine documentation would allow travelers to move without the need for quarantines, testing and other restrictions.

According to the Irish Times, some airlines have already suggested that vaccine passports might eventually be required if they wish to fly. The bureaucratic hurdles appear steep, however, as individual countries are likely to set their own rules. But even in the early stages of vaccine passport development, it seems likely that travelers will carry their documentation in a digital wallet or as a paper QR code that can be scanned.

In an interview with the New York Times, Zurab Pololikashvili, secretary general of the United Nations World Tourism Organization, says that consistent rules are necessary to restart the tourism economy.

Tourism accounts for approximately 10 percent of the global GDP and a similar share of jobs, according to CNN, making the recovery of the travel industry all the more vital for the world's economic health.

- 1-a, Franklin D. Roosevelt
- 2-d, China
- 3-a, Revelation
- 4-d, Reed Richards
- 5-c, The Banana Splits
- 6-c, Los Angeles Rams
- 7-b, Buddhism
- 8-c, Antonio Vivaldi
- 9-b, Norman Rockwell
- 10-c, "Reach Out I'll Be There"

Answers to 'Groups of Four'



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## About Our Company

Mid-Atlantic Facility Services, LLC is a full-service commercial cleaning company with offices in Chestertown and Millersville, MD. We service locations throughout Maryland, Washington DC and Northern Virginia.

Services include: Office cleaning and carpet cleaning.

MAFS has built a solid reputation for quality and dependable service. We are proud that we still have our First customer. Not many cleaning companies can boast of this achievement.

CEO- Lou Costanzo has been in the cleaning industry for over 11 years, and he feels it's important provide cleaning services that place the utmost importance on the health and safety of their clients and employees.

## Remote work has dramatic implications

Apple spent \$5 billion on its spaceship campus in Cupertino, but it sat mostly empty in 2020 while work continued from employee homes.

Business forecasters say remote work is here to stay, and the consequences of this realignment will shake up cities, real estate prices, and life choices.

Although considered a slow-moving trend of the future, remote work accelerated during the 2020 pandemic. According to McKinsey Global Institute, about 20 percent of the global workforce could work remotely and still remain effective in their jobs.

According to a survey of 1,000 CEOs by FirstbaseHQ, companies are planning a 40 to 60 percent cut in office space, with about 30 percent going entirely remote.

The impact of this realignment from commercial office space to home-based work has wide-ranging consequences -- not just for employees, but for the makeup of cities, companies, and neighborhoods across the country.

For companies, the economics are easy. It costs companies about \$20,000 per employee per year to have them work in office space, while remote work costs about \$2,000 per employee.

Companies have yet to assess the impact of remote work on company culture, performance, and effectiveness, according to FirstbaseHQ. In addition, some employees may prefer to work in an office, especially after the isolated months in lockdown.

For cities, the trend is clear, for now at least. Commercial leases are down, empty office space is abundant and sales of city housing like condominiums are way down, while sales of suburban housing is up. What happens to the cities may depend on tax structures changing and amenities reopening, experts say. Meanwhile, remote workers are taking their families out of oppressively expensive city apartments to buy homes in middle American communities with lower taxes and simpler lifestyles.

## How fast is tax refund?

The IRS sends nine out of 10 refunds in less than three weeks. Refunds are delivered fastest for electronic filers who want a direct deposit. The slowest refunds go to those who file on paper and expect a paper check.

Refunds for those getting the Child Care Tax Credit and Earned Income Tax Credit will be somewhat delayed. Over \$1.6 billion has been fraudulently claimed through those credits.

## Staff Members Making the News

Shelly and her team have been cleaning homes for the past five years and they've always done a great job for us. The team was recently awarded <My Company's> highest achievement award for Service Excellence. Congratulations team! Keep up the good work!

All team members of <My Company> have completed the Annual Safety Training Certification. We're very impressed with the scores and are confident about our staff's performance.

*You measure the size of the accomplishment by the obstacles you had to overcome to reach your goals.*

~ Booker T. Washington

## FREE Spring Gift!

**Schedule Your Next Carpet Cleaning and Receive a FREE Flower Arrangement for the Entry of Your Business**

*Schedule your carpet cleaning by  
April 30, 2020*

Company Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Contact Name: \_\_\_\_\_

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

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

**What is the record for the largest (in inches) unassisted bubble gum bubble ever blown?**

a. 17    b. 20    c. 23    d. 30

HINT: The answer is hidden somewhere in this newsletter.