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NewzBreakTM

The Workplace Newsletter That's Both Informative and Fun!

Back to the office?

What does the post-pandemic office space look like, what lessons did we learn about remote work, and how quickly should these rollouts happen?

All of that is still unfolding, with many businesses opting for a hybrid approach, including one model that brings employees on-site in shifts and allows for a combination work-from-home and work-at-the-office schedule.

And as with most things Google, its office will look and feel much different than your typical workspace. Google had been experimenting with different office designs prior to the pandemic and will try them out over the coming year.

As for other companies? A lot depends on the business model itself, but for many, a number of scenarios seem common:

- * Remote work is still an option for many. Whether it was a long commute or hesitancy to return to a crowded interior space, employees can still fire up their Zoom connections.

- * Co-working space (Remember WeWork?). Some businesses are taking another look at co-working space, which provides employees with a place to work outside of the home AND outside of the office. This could be attractive to people with the aforementioned long commute and those who simply want to get out of the house.

- * In-office rotations. In this scenario, employees take turns working on site.

- * Outdoor space. At Google, outdoor work tents and fenced-in areas with grass and wood flooring evoke a camping theme. Of course, the weather is cooperative at its Silicon Valley headquarters and Google has the cash to try out new ideas. Still, other businesses can take note of how to better use outdoor space when they can, much like restaurants that found innovative ways to create outdoor dining.

Fat fights fitness, researchers say

Are you overweight, but still engage in regular exercise? Even though you're physically active, those extra pounds might still be detrimental to your heart health, according to a study published in the European Journal of Preventive Cardiology. The study analyzed data from more than half a million adults who were sorted into groups by body weight. Forty-two percent of participants were normal weight, while 41 percent were overweight and 18 percent were obese. Researchers found that for all groups, exercise reduced risk for diabetes, high cholesterol, and high blood pressure. In other words, no matter your weight, exercise is a good idea.

But those protective effects dwindled for overweight and obese individuals, regardless of how much exercise they engaged in.

The bottom line: Exercise is a great idea for anyone at any body size, but if you're carrying some extra weight, talk to your doctor about a weight loss plan. Your heart will thank you.



I hope you enjoy this month's newsletter!

Louis J. Costanzo
CEO

Keep your cool in the dog days of summer

Dog days of July 3 through August 15 are the hottest days of the year in the Northern Hemisphere. Contrary to folklore, the sea won't boil and dogs won't go mad, but there are a few other things we should watch for, such as, heat exhaustion.

If you lose more water through sweat than you take in, you could develop heat exhaustion. On a hot day, especially if you are involved in physical activity, don't wait until you feel thirsty to drink. Have water available to drink throughout the day.

What you eat makes a difference. With each drop of sweat, your body loses potassium and magnesium, which are vital to the body's temperature regulating system. To replace these nutrients, eat fruit and drink fruit juices. Other sources are beans, potatoes, spinach, and tuna.

Doctors at Texas A&M University say there is no need to consume extra salt when you sweat. Salt tablets can be dangerous for some people, and most people get more than enough salt in their diets.

Symptoms of heat exhaustion include pale or red, clammy skin, dizziness, and disorientation. Rapid shallow breathing, fast heartbeat, headache, and vomiting may occur.

The victim should be taken to a cool location, placed on his back with feet raised about 12 inches, given water, and sponged to cool the body.

Slow down and pace yourself when biking, running, or working in hot weather. Wear loose, light-colored clothing and stay in the shade as much as possible.



Free Cleaning Tips and Specials at 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!



Don't kiss chickens

We're a world of animal lovers – according to Spots, about 67 percent of American households own at least one kind of pet.

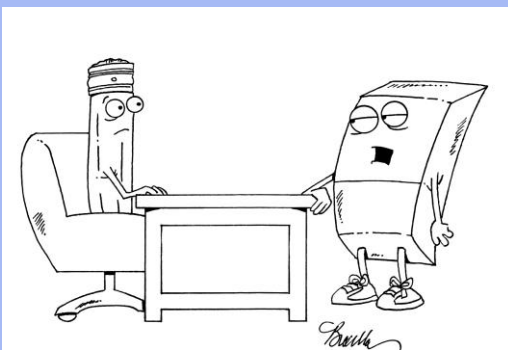
Not only do we love animals, but we also love them more than we used to: In a 2016 survey, researchers found that Americans feel significantly more positive about all kinds of animals than they used to – even the less cuddly ones like bats and sharks.

It's no surprise that we love our chickens, too – so much that federal health officials have issued a stern warning: Stop hugging and kissing ducks and chickens, or risk illness.

According to the New York Times, the warning is due to a salmonella outbreak linked to backyard poultry, with 163 illnesses and 34 hospitalizations in 43 states.

Keeping poultry at home in a backyard coop is fine, according to the Centers for Disease Control and Prevention, but owners should wash hands for 20 seconds after contact with birds and related supplies and not allow small children to touch them.

While stories abound about people who have a chicken as a pet, those who have owned chickens as a hobby may not be inclined to kiss them anyway. "They can be jerks," said one coop owner.



"Yeah, I can clean up your mistakes, but it's gonna cost you."

How to grill the perfect, tender pork chop

Grilling season is in full swing, and carnivores know that few things are quite as unpleasant as a dry, tough grilled pork chop. But it doesn't have to be that way! With a little preparation and caution, you can grill tender, juicy pork chops in just a few minutes. The best part? Grilled chops pair well with just about any sauce or side, and pork is more affordable than beef, which means you can grill out as often as you please.



First, choose a thicker pork chop, at least one inch. Thinner chops cook too quickly on the grill, and by the time you develop a nice crust, the inside will be tough. You can choose bone-in or boneless chops -- whichever you prefer.

Next, brine your chops in a mixture of four cups cold water and 1/4-cup kosher salt. Leave them in the mixture for about 30 minutes. After 30 minutes have elapsed, pull them out and dry them off with paper towels.

After your chops are dried, you can sprinkle on some black pepper or your favorite spice or rub, but make sure that your rub doesn't contain salt, or else your chops might end up over-seasoned.

To grill outside, crank up the heat to sear the chops for three minutes per side, which starts the cooking process and leaves impressive grill marks. After that, you'll want to turn the heat down (or move to a higher rack) for an additional four to seven minutes, depending on the thickness. This completes the cooking process while leaving a nice crust outside. Make sure your grill stays closed during cooking to ensure high, even heat.

When your chops register 145 degrees Fahrenheit in the thickest part, they're ready to come off the grill and rest for three to five minutes, which gives juices time to redistribute and lets muscle fibers relax. The result? A tender, flavorful chop with minimal effort and maximum reward.

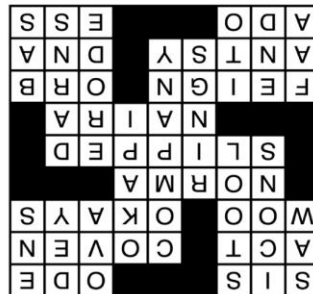
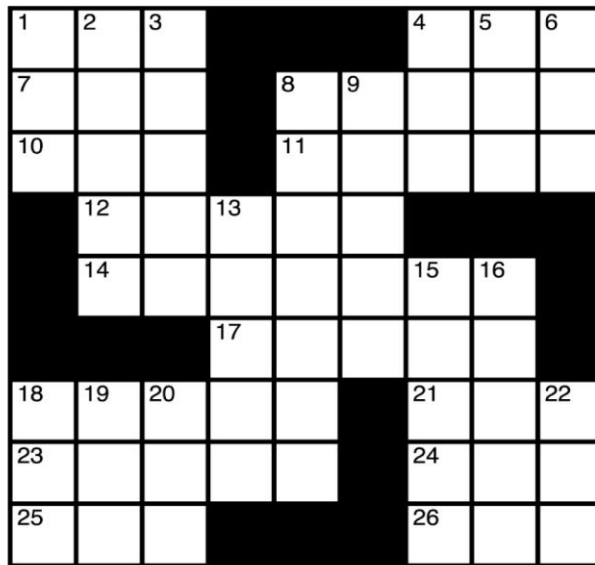
Scary stingers

Across

1. Bro's sib
4. Pindaric lines
7. Roleplay
8. An assembly of witches
10. Court
11. Approves
12. ___ Ray, film
14. Skidded
17. Nigerian monetary unit
18. Pretend
21. Globe
23. Impatient
24. Genetic material
25. Bustle
26. Double curve

Down

1. I came, I ___, I conquered
2. Images
3. Bar seat
4. Egg cell
5. Actress Susan ___
6. USNA grad
8. Business
9. Giraffe's cousin
13. Jewelry
15. Eat away
16. Mends socks
18. Flying gr.
19. Terminate
20. A Japanese prime minister
22. Undergraduate degs.



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

Trivia Teaser – Say Uncle

1. What patriotic song includes the lyrics "I'm a real live nephew of my Uncle Sam / Born on the Fourth of July"?
a-"God Bless America," b-"Yankee Doodle Dandy," c-"God Bless the USA," d-"America the Beautiful."

2. Peter Parker is the alter ego of which comic book superhero, who was raised by his Uncle Ben and Aunt May?
a-Human Torch, b-Beast Boy, c-Lightning Lad, d-Spider-Man.

3. What comic actor played the title role in the 1989 movie "Uncle Buck"?
a-Steve Martin, b-John Candy, c-Eugene Levy, d-Jim Belushi.

4. "Uncle Vanya" is an 1898 play by what Russian playwright? a-Nikolai Gogol, b-Alexander Pushkin, c-Mikhail Bulgakov, d-Anton Chekhov.

5. On the sitcom "The Fresh Prince of Bel-Air," what was the name of Will Smith's uncle? a-Peter, b-Paul, c-Phil, d-Parker.

6. Created in 1910 by Howard R. Garis, what kind of animal was the literary character Uncle Wiggily?
a-Elephant, b-Tiger, c-Rabbit, d-Fox.

7. Uncle Albert, played by Ed Wynn, hosted a tea party on the ceiling in what Disney movie? a-"Mary Poppins," b-"Matilda," c-Aladdin, d-"The Aristocats."

8. What top 10 hit song for Uncle Kracker featured vocals by Dobie Gray?
a-"Good to Be Me," b-"Follow Me," c-"Drift Away," d-"Smile."

9. What musical instrument was the specialty of Grand Ole Opry performer Uncle Dave Macon? a-Banjo, b-Mandolin, c-Fiddle, d-Harmonica.

10. What is the name of the anthropomorphic pepperoni pizza slice on the animated TV series "Uncle Grandpa"?
a-Elmo, b-Ringo, c-Steve, d-Chuckie.

- 1-b, "Yankee Doodle Dandy"
- 2-d, Spider-Man
- 3-b, John Candy
- 4-d, Anton Chekhov
- 5-c, Phil
- 6-c, Rabbit
- 7-a, "Mary Poppins"
- 8-c, "Drift Away"
- 9-a, Banjo
- 10-c, Steve

Answers to 'Say Uncle'

Avoid the social media vacation trap

Getting away from business for a little time off can be tricky enough, but here's one thing working people should avoid: Telling your story on social media.

You DO want to make employees aware that you will be on vacation and specify how they will proceed while you are gone.

You DON'T want to let the world know on social media.

This exponentially increases the chance that a bad actor will break into your empty house while you are gone. This is true even if your social media pages are locked down and secure. Your family and friends might not intend to make your house a target, but the wrong word to the wrong person could make it happen.

This advice includes Check In apps that post your picture while you're lounging on a beach or at a fancy restaurant. That is publicity you don't need.

Don't upload family photos at your destination. On sites such as Twitter, anyone could follow your life and you have no way of knowing their intentions or even who they are. Don't rely on any expectation of privacy on social media.



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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 12 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.

With practice, a beginner can learn golf in six months

Say you're 35 or 45 years old and you've never played golf. With the right teacher and time to play or practice three times a week, you could be able to make a good showing when you're out with people who have played casually for many years.

Ron Stepanek, head of business development for the PGA, says almost anyone can learn to break 100 in five or six months. Someone with decent hand-eye coordination and any kind of athletic experience could probably break 90.

With the agreement to take lessons for five or six months, a teacher and student have the time to master the fundamentals in the right order before progressing.

The instructors say committed beginners make faster progress because they don't have to un-learn as many bad habits.

Beginners start with putting and chipping. Once they understand what well-hit shots feel like at that level, they build up to full-swing shots. The Wall Street Journal's John Paul Newport says three of the six instructors he interviewed started with the short game.

He recommends relying on word of mouth to find an instructor, scheduling a trial lesson, and talking about your goals to determine whether the connection is right.

Some good tips:

* Start learning drives at a practice range, not on the course.

Find parking with Google

Use Google maps to see where you can and can't park.

1. In the Google Maps app, enter the address of your destination.
2. Tap Directions.
3. A P icon appears next to the estimated time of arrival. Tap the P (for parking). If P is red, it means limited parking. A blue P means easy or somewhat hard to find parking.
4. Tap Find parking.
5. A list of parking areas will appear. Select one of the options and tap Add parking. The parking spot will be added as the first stop on your route and you can continue on to your next destination.

Google Maps will also remember where you parked.

Staff Members Making the News

We would like to congratulate Deja Dawson for graduating from Kent County High School. Deja is one of many great dedicated cleaners here at MAFS.

The Summer looks out from her brazen tower, Through the flashing bars of July.
~ Francis Thompson



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 percentage of households own at least one pet?

a. 20 b. 34 c. 43 d. 67

HINT: The answer is hidden somewhere in this newsletter.