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“Piedmont Triad Manufacturing Facility News You Can Use!”

Ending Perfection Paralysis

Many people struggle with the urge to be perfect in some way. It could be related to a sport, career, or even an area like parenting in which the performance does not get measured in the traditional sense. The urge for perfection is as common as the inability to attain it and Success magazine says that people caught in this limbo are suffering from a condition called perfection paralysis.

A real-world example... A violinist practices for an important audition. Missed notes start to cause anxiety because they start to worry that these notes will be missed in the audition too. After a while, they may not want to practice anymore for fear of missing a note again. By failing to accept small mistakes, the violinist will cause their performance to suffer even more.

The good-enough principle. Combating perfection paralysis comes down to accepting the fact that perfection is unattainable and with most areas of life, good enough really is good enough. Progressing toward goals is the sign of real success, and this mindset will allow a person to be satisfied as long as they are working hard and moving forward.

Allowing good enough to replace perfection also means giving oneself permission to fail. Having that permission means that goals can fly higher and risks can be taken without the fear that it might not work out. Taking risks can allow one's inner genius a chance to break out and make magic happen when it otherwise wouldn't.

Did You Know? Other Manufacturing Facility Managers in WS want to meet YOU!

Are you a new Facility or Plant Manager in the Piedmont Triad that would LOVE to benefit from the experience and insight of your local peers?

Have you ever wondered if any other Facility Manager had the same problem you're now facing and need to learn how they met the challenge?

Have you ever been invited to a FREE lunch where you meet other Facility Managers, exchange valuable information that could immediately increase your VALUE in the eyes of YOUR BOSS?

Would you like to know 3 or 4 top concerns that other FM's deal with daily and how to greatly REDUCE your own stress?

If you answered YES to any of the above, TAKE HEART! At All Washed Up Commercial Cleaning, that is exactly the venue that we offer. We recognize that to be the best choice for solving problems that keep you AWAKE at night means that we have to START by LISTENING.

Check your email for a short survey where your answers will be SHARED at our next FREE LUNCH and LEARN (at a restaurant near you!).

To ensure you get this SURVEY, visit our website below and enter your EMAIL.

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



I hope you enjoy our first month's newsletter!

Christine Hall, President
All Washed Up Cleaning

Be Kind to Animals - Pets Suffer in Technological Age

It should not come as a surprise that animals are being ignored in favor of technology.

After all, human couples are ignoring each other for technology. A survey conducted in 2014 by Pennsylvania State University found that more than 60 percent of women said that technology interfered with time spent with their partner.

Humans are ignoring their own children in favor of technology. In a 2016 study by AVG Technologies, more than 50 percent of children reported that their parents were on the phone too much.

It's not a leap to guess that pets are missing a ton of eye contact, belly rubs, and attentive walks -- all because of smartphones.

Maybe the pets are fighting back.

According to Square Trade, smartphones are regularly a target of dogs. About 28 million people found their smartphones chewed on.

Jealousy might be the reason for the smartphone attacks since 25 percent of pet owners say they were using their smartphone at the time their pet damaged it.

Pets don't stop at smartphones, either. About 12 percent of all damaged tech devices were game controllers but the biggest damage was to power cords, at 41 percent.

If you are ignoring your pet for technology, you might find the pet becomes depressed. Symptoms include not eating, or weight gain, misbehaving, long nails, and sleeping all the time.

The remedy is simple. Get up and get out with your pet. Play a game. Take a walk. Give some joy.



Do You Know...

... 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 \$100!

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!

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

Visit www.AllWashedupCleaning.com for details

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*

Credit Report Late Payments

Everyone misses a payment at one point or another. Maybe the debit card on file expired, or the bill was sent to the wrong address. Whatever the reason, missed payments can mean serious hits to a credit score. According to Equifax, just one missed payment could cause as much as a 110-point drop to a person with a score of 780 who has never had a record of missed payments. That is pretty steep for a simple mistake.

Luckily, The Simple Dollar points out that missing a payment does not actually start to matter until after 29 days have passed. Why? There is simply no method to report an account that has not yet reached 30 days past due. Therefore, people often say that missing one payment will not hurt anything. In reality, it is the report of one missed payment that does the damage.



"I used to text, but now there's a patch that allows me to communicate face to face."

Keeping Chickens: A Reliable Source of Food

Keeping chickens is back in style and if you want to be part of the new, old-school trend, here's how to start.

First, decide how many chickens you need. During warmer weather, you will likely get one egg per day from each chicken. So, don't overbuy.

Second, pick a breed known for laying. A few breeds known for their good laying and heartiness are the Red Sex Links, which are a hybrid, and the Buff Orpington. If you are keeping chickens for eggs, don't worry about getting a rooster. You only need a rooster if you want to raise new chickens from the eggs.

Finally, decide how you will shelter your chickens. Even chickens allowed to roam (free-range chickens) need some sort of draft-free shelter, out of the elements. Chicken coops should have nest boxes and a raised perch for sleeping. They must have shade in the summer and some warmth in the winter.

Free-range chickens require the least amount of work since the chickens will literally roam free on your property. They will eat insects out of the grass and forage and are great at keeping the tick population down.

Free-range has some serious drawbacks, though. Wherever chickens go, so goes their poop. They may get into the garden and quickly make lunch of your growing vegetables. Free-range chickens are also unprotected, leaving them at the mercy of raccoons, hawks, foxes and domestic animals.

A chicken run offers protection, but requires more work. This is simply a fenced in area for the chickens. Generally, it is attached to their coop, so they can go in and out. This keeps the birds (and their poop) contained and safe. The chickens will quickly eat the ground in the area bare so they can no longer forage. You will have to bring them greens and food.

A moveable run (or chicken tractor) allows you to move the fenced area so the birds can forage in a new place. It is usually a coop and a run on wheels.

Birds will generally lay their eggs in the coop. Even the free ranged birds will go back to the coop to lay, and will actually put themselves to bed at night in the coop.

Chickens can be fun to watch and are even affectionate, but it likely won't be cheaper than buying eggs. What you will get is a better, fresher taste, nice deep, bright yolks that don't break. Plus, you'll know how the chickens were raised, a concern many people have for factory chickens.

All that is left is to collect and keep the eggs each day. Freshly laid eggs have something called a bloom on them. Keep the bloom in place and the eggs will stay fresh on the counter. Wash right before use.

Trivia Teaser – Burn Notice

- Which TV western opened every week with the burning of a map?
a-"Bonanza," b-"Laredo," c-"The Virginian," d-"The Big Valley."
- For which film did George Burns win an Academy Award for Best Supporting Actor? a-"Oh God," b-"The Sunshine Boys," c-"18 Again," d-"Going in Style."
- Which city was burned by the Great Fire of 1666? a-Prague, b-Chicago, c-London, d-St. Petersburg.
- An anthropomorphic fireball named Burnie is the mascot of which NBA team? a-Miami Heat, b-Cleveland Cavaliers, c-Orlando Magic, d-Washington Wizards.
- "Burning Down the House" was the first top ten single for which rock band? a-The Ramones, b-Television, c-Blondie, d-Talking Heads.
- The Black Rock Desert, a dried lake bed, is the site of the annual Burning Man festival held in which U.S. state? a-California, b-Utah, c-South Dakota, d-Nevada.
- In 2002, Donovan Patton replaced Steve Burns as the host of which kids' TV show? a-"Blue's Clues," b-"Where in the World is Carmen Sandiego," c-"Yo Gabbagabba," d-"Gullah Gullah Island."
- The writer Rodolfo burns his manuscript in an effort to stay warm in the opening act of which Puccini opera? a-"Tosca," b-"La Boheme," c-"Turnadot," d-"Manon Lescault."
- Edward Burns and Shannyn Sossamon starred in the 2008 remake of which 2004 Japanese horror film? a-"The Ring," b-"The Grudge," c-"Pulse," d-"One Missed Call."
- Which Broadway musical ran for 964 performances in the 1960s starring David Burns, Jack Gilford, and Zero Mostel? a-"The Producers," b-"Camelot," c-"A Funny Thing Happened On The Way to the Forum," d-"Fiddler on the Roof."

Answers to 'Burn Notice'

- 1-a, "Bonanza"
- 2-b, "The Sunshine Boys"
- 3-c, London
- 4-a, Miami Heat
- 5-d, Talking Heads

6-d, Nevada
7-a, "Blue's Clues"

- 8-b, "La Boheme"
- 9-d, "One Missed Call"
- 10-c, "A Funny Thing Happened on the Way to the Forum"

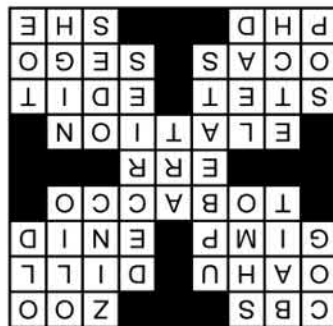
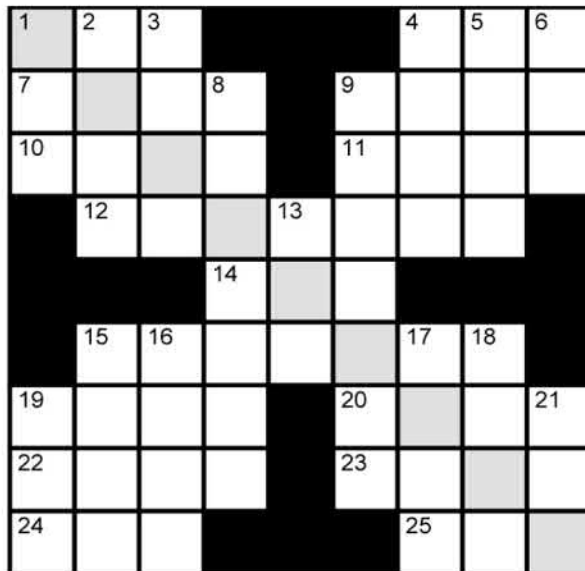
Famed Word Book

Across

- "60 Minutes" network
- Madhouse
- Diamond Head locale
- Pickle flavoring
- Hobbling gait
- "National Velvet" author Bagnold
- Pipe filler
- Blunder
- Jubilance
- Leave in, as text
- Cut or paste, maybe
- Wood sorrels
- Utah lily
- Advanced deg. accented in music
- "Thar ___ blows!"

Down

- Machine tooth
- Lure
- Jerk
- Brass component
- Melange
- Elderly
- They're not
- Criticizes openly
- Actor Carney
- Carve in stone
- Detective's need
- Keats creations
- Approaching
- Soak (up)
- Foot part



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

How Will Going Into Business Affect Family?

At some point in everyone's career, this thought comes up: "Am I ready to follow my dreams and start my own business?"

You may have dotted your i's and crossed your t's in terms of being financially and mentally ready to start your own business. However, have you thought about the effects on your family? Too often this oversight can lead to a crisis at home, as well as in your business.

"It's easy to forget that changing careers will affect your family, too. Be 100 percent certain that you and your loved ones understand the implications of running a startup," notes Inc.com.

The good and the bad. Fully prepare them for the good and the bad of starting your own business. Do not hold back on the bad things that could happen.

Explain the hours you're going to have to commit to your endeavor. This includes not being able to be at as many family events.

If the family's budget will need to be reduced, tell them. Go over your business plans with your family, giving them as many details as possible. You want their support, and you don't want them to be surprised by any of the things that could go wrong.

"When one person goes into business, everyone in the family unit is affected," author Pamela Slim told Entrepreneur. "If your partner and other members of your support network are reluctant to back your idea, you may want to rethink quitting your current job."

However, this is a personal choice. From a startup owner quoted in Inc.com:

"Ultimately, I realized if I didn't start my own company, I would always regret it, both for myself and as a role model for my children."



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Commercial Cleaning

Your First Issue of News Splash Has Arrived!

What REALLY Matters to Facility Mgrs. in the Triad?

That's what WE want to know too! (see page 2)

To:

Chances of Getting Audited

Although many dread a potential audit when filing their taxes, the reality is that their chances of receiving one are not as high as they might think. According to USA Today, the audit rate for 2016 was overall 0.7 percent (the lowest rate since 2003). The drop corresponds with cuts in funding to the IRS department, and the number of auditors to enforce tax rules.

The higher the income, the higher to chance of audit. For instance, those with an annual income of \$200,000 or more had an audit rate of 1.7 percent and those with \$1 million or more had a rate of 5.8 percent.

Staff Members Making the News

GET READY for our first ever ADOPT-a-PARK and BURGERS, BRATS, and BASKETBALL PARTY that will be held **May 27, 2017 2pm-6pm** at the Belview Park, 2800 Burgandy St., WS, NC 27107. In keeping with our company core values to give back to our community, we are inviting our staff, their families, friends, our valuable clients and vendors to enter the MOST TRASH and other wildly zany contests for PRIZES. Bring your softball, glove or basketball for this AWESOME event! Congratulations team for a GREAT JOB!

When your mother asks, "Do you want a piece of advice?" it's a mere formality. It doesn't matter if you answer yes or no. You're going to get it anyway. ~Erma Bombeck

Did you find value in this NEWS SPLASH?

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All Washed Up Cleaning, LLC
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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 much of a point drop can be caused by just one missed payment?

a. 60 b. 90 c. 110 d. 130

HINT: The answer is hidden somewhere in this newsletter.