



NewzBreakTM

The Workplace Newsletter That's Both Informative and Fun!



I hope you enjoy this month's newsletter!

*Fred Tighe
Evolving Service*

The mysterious origin of a summer favorite

Americans will chow down on 7 billion hot dogs this summer, most never wondering about the origin of the strangely shaped sandwich with the odd name.

Nonetheless, in case someone asks, here are some clues from the National Hot Dog and Sausage Council.

Hot dogs might be an invention of college wags. One of the first confirmed written references comes from a Yale magazine in 1895 in which students are described as "contentedly munching hot dogs." In fact, a hot dog vendor's cart was called The Kennel Club.

Some say the hot dog was popularized by a cartoonist, Tad Dorgan, during the 1930s when he saw his friend Harry Stevens selling the "hot dachshund sausages" during a game at the New York Polo Grounds and shouting "Get your red-hot dachshund sausages!" Dorgan was said to have sketched a cartoon of Stevens pitching a sandwich with a dachshund. It had the caption: Get your hot dogs! But no proof of this cartoon has ever materialized.

However, there is evidence that German immigrants sold 'hot dogs' from carts in the Bowery in the 1860s. And, after all, the Germans are known for their sausages.

Maybe the better question is how the hot dog bun was developed. One story features a vendor in the 1870s who provided white gloves to customers who bought his sandwiches. When customers did not return the gloves, he appealed to a baker to make a roll suitable for the long dog.



Danger in the routine: Strive for awareness in everyday tasks

This has happened to you. Get in the car. Drive to work. Arrive at work. Wonder how you got there.

When you do the same tasks many times, awareness of the moment may slip away. It might not be so important if you are vacuuming the rug, but situational awareness is crucial in the workplace.

Routines are actually good for productivity and performance. For example, workers routinely don their personal protection gear, check into work, get started on their jobs. This type of routine behavior confers feelings of safety and confidence.

But the reality is that even routine tasks have different hazards and risks every day, and a feeling of safety can be misleading.

This was first noticed in 1935 in the aerospace industry. The most experienced pilots were introduced to new, more complex aircraft. Flying a plane was routine, but as the pilots concentrated on the dials and lights of new technology, suddenly there were a series of crashes.

According to Susan L. Koen, CEO of RoundtheClock Resources, it turned out that the pilots completely forgot to attend to basic protocols of aircraft operation. In response, Boeing developed a checklist to be completed by pilot and co-pilot before takeoff.

Koen said, "It's not the step-by-step checklist alone that produces performance reliability in aviation. Rather, it's the recognition among pilots that they're fallible. It's the commitment to not operate from memory, because human memory is not reliable."

Individuals should take personal responsibility for safety in the workplace. Don't assume safety is someone else's job. Personally respond to unsafe situations and help others with potentially hazardous tasks.

Take note of the work conditions and the people around you.

Don't take shortcuts. Shortcuts introduce a new risk into a routine task.

Treating pain: Balancing health risks with suffering

Athletes suffering from chronic back pain or recovering from surgery often take ibuprofen to help them perform, but some experts think this might be a poor strategy, according to The Wall Street Journal.

Pain is a collective experience in sports such as golf that require repetitive back movement and place a lot of stress on the spine itself during powerful swings.

Some back surgeons and pain experts recommend the practice of taking these nonsteroidal anti-inflammatory drugs (NSAIDs) all day if needed. But the U.S. Food and Drug Administration, in 2015, warned about potential health concerns. Heart attack, stroke, kidney, and gastrointestinal issues have all been commonly reported when using this kind of medication which includes ibuprofen and aspirin, among others.

Other research, conducted at Appalachian State University, found that NSAIDs were not able to produce any noticeable pain relief for athletes running ultramarathons, suggesting that there may not be a performance increase worth the risks. In cyclists, bananas were able to produce pain relief similar to ibuprofen through their natural metabolites, with the added benefit of providing energy and nutrients.

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, stays 4 months you will receive \$300

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 \$300 Bonus!

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

Thanks a Bunch!

"Evolving Service has been our cleaning contractor for over 20 years. We are owners of several multi-tenant buildings and were looking for a service that could keep our clients happy and save us from complaints. They have more than kept us satisfied and allowed us to avoid the frequent search for a new cleaning company. I am more than happy to recommend their services." Property Manager, President, Waltham, MA

Hiking the scenic Appalachian Trail

Want to take a hike on a trail enjoyed by about four million people a year? Want to explore a footpath that stretches through 14 eastern states from Georgia to Maine? Then consider walking the great A.T., the Appalachian Trail.

It runs from Springer Mountain in Georgia to Mount Katahdin in Maine. The trail is easily accessible at many points (more than 500 public roads cross the A.T.) and it may be used for a short walk, a day trip, or a long-distance hike.

The Trail is marked so it's fairly easy to follow. The markers are six-inch paint "blazes" on trees, posts, and rocks. Above the tree line or where the blazes may be hard to see, paint marks, posts, and rock piles called cairns mark the path.

Generally, the A.T. is open all year around but the northern end at Katahdin in Baxter State Park may be closed at times in winter depending on the weather.

For more information, visit the Appalachian Trail Conservancy at www.appalachiantrail.org.



"I've found that I can get away with posting nasty comments if I end them with a 'wink' emoticon."

July is National Horseradish Month

Comic book character Dagwood Bumstead loved it on his huge sandwiches. It's the bitter herb of seder tables at Passover. And, it was considered an aphrodisiac in the ancient world.

Horseradish (or "sting nose" as it was known in early America) is a root vegetable, largely planted and harvested by hand, that has played a part in human

cuisine since early people hunted and gathered it. Known for its nip and heat, horseradish root is generally grated and mixed with vinegar to make a spicy sauce for sandwiches, beef and seafood; especially cocktail sauce for dipping shrimp.

A member of the mustard family of veggies, the nip of horseradish comes from a compound called isothiocyanate that emits a bite when it hits air and saliva. There is no aroma or bite when horseradish is harvested and grated, but when the root is crushed, the spicy compound is released. Vinegar is added to the crushed root to stop the oxidization and stabilize the flavor. Even the leaves of the horseradish are edible, although they are rarely prepared as a dish.

According to the Horseradish Information Council, about 6 million gallons of prepared horseradish are produced annually in the U.S., seasoning enough for sandwiches that would wrap 12 times around the globe.

For a zesty change of pace, try prepared horseradish on grilled ham and cheese sandwiches and cheeseburgers. Add a dash to deviled eggs.

But its main use is in sauces. Here's a recipe from horseradish.org that will spice up French fries, onion rings and any sandwich.

Texas Tulip Dip

1 cup mayonnaise	1 to 2 teaspoons prepared horseradish
6 tablespoons Worcestershire sauce	1-1/2 teaspoons black pepper
1/4 cup ketchup	1 teaspoon dry mustard
Juice of 2 limes	1 teaspoon garlic powder

Instructions:

Mix mayonnaise, Worcestershire sauce, ketchup, lime juice, prepared horseradish, black pepper, dry mustard and garlic powder in a blender. Blend until smooth. Pour into a small container and cover. Allow flavors to meld for 1 to 2 hours in the refrigerator. Makes about 1-1/2 cups. Serve with French fries, onion rings or sandwiches.



Horseradish root by Anna reg [GFDL from Wikimedia Commons]

Dog Detective

Across

1. Bro's counterpart

4. Prepare for surgery

9. Deed

10. Still in the game

11. Court

12. Burdened

13. Hoity-toity

15. @

16. Tag

18. Fashionable

20. Entrance areas

23. Alternative version of a song

25. Cry from Homer Simpson

26. Came up

27. Gloppy stuff

28. Hebrew letters

29. Nigerian language

Down

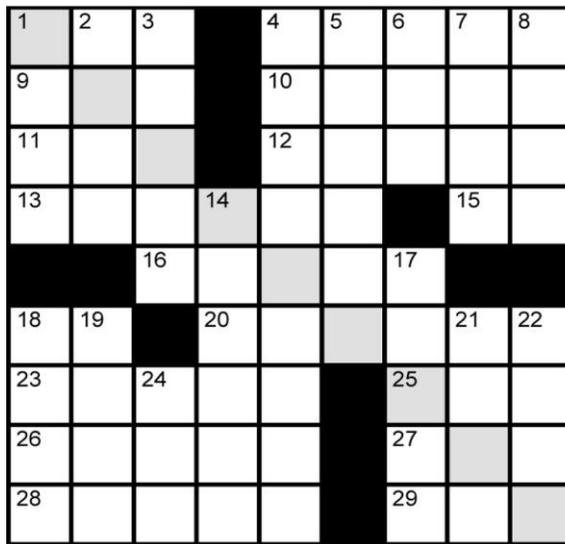
1. Cuts wood

2. Clickable image

3. Bar seat

4. Early New England houses

5. Like a just-used pot-ter's wheel



6. Free (of)

7. Iris holder

8. Crooked

14. Clumsy

17. Pigeon's perch

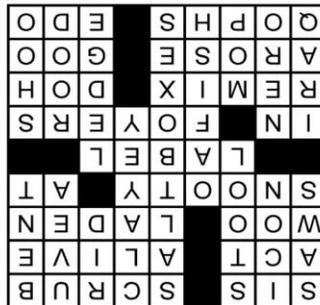
18. Mideast hot spot

19. Detective Wolfe

21. Cross

22. "Begone!"

24. Floor cleaner



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

Trivia Teaser – Good for a Laugh

1. In Shakespeare's "The Merchant of Venice," what merciless moneylender said: "If you prick us, do we not bleed? If you tickle us, do we not laugh?" a-Prospero, b-Shylock, c-Duncan, d-Antonio.

2. "Laughter is the Best Medicine" is a recurring feature in which monthly magazine? a-The Atlantic, b-Harper's Magazine, c-Reader's Digest, d-Smithsonian.

3. Which 1990s comedy movie was promoted with the tagline, "You'll laugh. You'll cry. You'll hurl"? a-"Wayne's World," b-"Groundhog Day," c-"Dumber and Dumber," d-"Billy Madison."

4. Which chemical compound used as an anesthetic is also known as laughing gas?

a-Sodium chloride, b-Hydrogen peroxide, c-Nitrous oxide, d-Calcium hydroxide.

5. Which actress appeared playing football in a 2010 commercial for the Snickers candy bar? a-Sally Struthers, b-Beatrice Arthur, c-Sally Field, d-Betty White.

6. Which bird of Australia is also known as the laughing jackass? a-Emu, b-Kookaburra, c-Honeyeater, d-Cassowary.

7. Which singer hit #1 on the Billboard Hot 100 in 1975 with the song "Laughter in the Rain"? a-Paul Anka, b-Gordon Lightfoot, c-Neil Sedaka, d-Tony Orlando.

8. Which adjective refers to loud, hearty laughter? a-Sapphic, b-Sophoclean, c-Phrygian, d-Homeric.

9. Which word completes this catchphrase from "Rowan and Martin's Laugh-In": "You bet your sweet ___"? a-Scooter, b-Bippy, c-Herbert, d-Dingleberry.

10. Which 17th-century Dutch artist painted the oil on canvas work "The Laughing Cavalier"? a-Frans Hals, b-Adriaan de Lelie, c-Karel Appel, d-Thomas Willeboirts Bosschaert.

1-b, Shylock
2-c, Reader's Digest
3-a, "Wayne's World"
4-c, Nitrous oxide
5-d, Betty White
6-b, Kookaburra
7-c, Neil Sedaka
8-d, Homeric
9-b, Bippy
10-a, Frans Hals

Answers to 'Good for a Laugh'

Most workers would trade pay for extra time off

As many as 58 percent of workers say that they would give up a percentage of their pay in exchange for more time off during the year, according to USA Today. American companies have a reputation for being stingy with adding vacation time to their compensation packages, and the average employee gets just ten paid days each year. What's more, this time often includes sick time which leads to a perverse incentive for them to come into work ill to avoid losing pay.

In addition to less time off, about 40 percent of the workforce clocks more than 50 hours each week and 20 percent rack up over 60 hours. Recently, there has been compelling research showing that employee burnout is a real phenomenon that can lead to decreased productivity over time meaning that adding more vacation time could, paradoxically, improve performance for some businesses.



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About Our Company

Evolving Service is a full service commercial cleaning company that operates in the suburban Boston area. Services include: general **cleaning**, carpet cleaning, upholstery cleaning, all types of hard floor care, and window washing.

Our professional quality standards top the competition and the secret lies in our hiring process. Because of it, we confidently assure you outstanding customer satisfaction day-in, day-out, ongoing. That's why our customers stick with us at levels far higher than industry standards

An excellent rate of client retention, year after year, means we don't front-load your proposal with extra profit in the first year. Many companies do.

Identifying and relieving computer eye strain

Computer eye strain is a problem for as many as 90 percent of heavy computer users, and it comes with a variety of symptoms as well as potential solutions, according to Make Use Of.

It occurs when the eye is forced to focus on an object in close range for long periods. It can lead to fatigue, irritation, blurred vision, headaches, dizziness, and neck pain over time.

Symptoms will go away if a user avoids the computer screen for a while, but this isn't always practical. Dry eyes are a common issue that develops due to less frequent blinking and is exacerbated by low humidity that can be relieved with lubricating drops.

Computer glasses and a brighter screen can help with fatigue, but many recommend the 20-20-20 rule. This strategy involves looking at something 20 feet away for 20 seconds every 20 minutes which will help postpone strain.

Heart, diabetes not affected by eggs, study finds

Even eating 12 eggs per week doesn't affect cardiovascular health or create risks for people with pre-diabetes and type 2 diabetes, a study has found.

The study published in the American Journal of Clinical Nutrition found that cholesterol, blood sugar, and blood pressure were not affected by a diet including one to 12 eggs per week.

This finding contradicts research accepted since the 1970s that linked eggs to higher cholesterol, diabetes and heart disease. Since that time people have been advised to eat no more than four eggs per week. However, researchers today have a greater understanding of the effects of cholesterol.

The new study by the Sydney University Boden Institute of Obesity, Nutrition, Exercise and Eating Disorders studied two groups of volunteers with pre-diabetes or type 2 diabetes. The first group could eat two eggs each week. The second could eat a dozen eggs per week. For the first three months, all volunteers maintained their weight. During the next three months, all were asked to lose weight. In the final six months, all chose their own weight goals.

During each phase of the study, volunteers were tested for negative markers for diabetes or cardiovascular risk. No adverse markers were found. Weight loss outcomes were found to be identical for low egg eaters and high egg eaters.

Nick Fuller, who led the study, said that while eggs themselves are high in dietary cholesterol, consumption of eggs has little impact on the levels of cholesterol in the blood. He noted that eggs are a good source of protein and micronutrients that may help to regulate the intake of fat and carbohydrates and help with eye and heart health, healthy blood vessels and healthy pregnancies, according to Cosmos Magazine.

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Evolving Service is your experienced source of commercial cleaning from Natick to Wilmington and from Maynard to Somerville

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- Commercial Office Buildings
- Bio Tech Facilities
- Banks
- Schools & Day Care Facilities
- Manufacturing Plants

The best way to find out what we really need is to get rid of what we don't.

~Marie Kondo