



NewzBreak™

The Workplace Newsletter That's Both Informative and Fun!



I hope you enjoy this month's newsletter!
Fred Tighe
Evolving ServiceMinnClean

Pumpkins shine with many dramatic colors

Pumpkins are so orange, even the name evokes the color.

But, in fact, this popular squash comes in many different hybrids and colors.

The most striking of all the many-colored pumpkins is the blue Jarrahdale, a hybrid that is a cross between the Blue Hubbard and Cinderella pumpkin. The sweet, mild flesh remains bright orange, making it a delight to cut.

Not so distant from the orange variety is the red pumpkin. With many different textures and shapes, red pumpkins have their roots in France with the Rouge Vif d'Estampes pumpkin. This French stunner came to the US in the late 1800s and, with many hybrid varieties, the reds now come in many colors from rich cinnamon red to red-orange. Some typical varieties include the Red Lakota, from the Midwest, and the Red Warty.



Business trips: What to do on the road

There's nothing like a long business trip to make you envy Dorothy's ruby slippers in the Wizard of Oz. Click Click Click. I want to go home.

But, fact is, no one has ruby slippers. The only alternative is to make the best of it.

Two strategies have often been suggested for dealing with loneliness on the road, both diametrically opposed.

One strategy: According to the Harvard Business Review, get out of the hotel room and into the lobby, co-working spaces, or coffee shops that will provide a buzz of background social activity along with the potential to chat with a stranger when needed.

Connect with the family on Skype and FaceTime. Families could even leave a computer open with an active Skype connection so that the other person can casually observe what is happening around the house such as children's piano lessons or the dog playing to inject some normalcy into life when there is a disrupted routine.

Another strategy from seminar experts: Never go into public spaces in your hotel. The worst thing you can do after a long week on the road, is to run into customers and coworkers, especially if you want to enjoy a martini in the bar. If you must go out, take a taxi to at least a four-star restaurant a few miles away from the hotel. Dress in work clothes.

In this view of business travel, it's essential to establish a routine after the workday that doesn't include leaving the hotel. Shower, lay out clothes for the next day, work. Phone home. Keep up with the family. Watch a movie. Go to sleep early. Breakfast is acceptable in the hotel but consider room service if customers or coworkers are staying in the same hotel.

With most business travel, sightseeing is out of the question. However, if museums are nearby, travelers might consider a tour if the day hasn't been too long. Stay away from clubs and bars.

The man who made Thanksgiving leftovers fun

You can thank John Montague for making the Friday after Thanksgiving into a lovely feast of leftovers.

Montague, the Fourth Earl of Sandwich, invented the sandwich.

He was born 300 years ago, Nov 3, 1718 in London where he served as England's first lord of the admiralty, secretary of state and postmaster general. He was an important fellow and not just because he knew how to handle leftovers. Captain James Cook actually named the Sandwich Islands after him in 1778.

But the proper invention of the sandwich is said to have more to do with the Earl's vices than virtues.

Montague was a gambler and he regularly engaged in marathon sessions of cards and dice. Not wishing to leave the tables, Montague ordered servants to bring him a meat between two slices of bread. His gambler pals just ordered the 'same as Sandwich." Hence, the favorite world-wide lunch was born.

By the way, the Earl's biographer disputes this notion, saying Montague was more likely to have invented the sandwich at his desk during marathon bouts of work.

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 and stays 3 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

Orchards, crafts and campfires lead in family fun for fall

The fall months are full of opportunities for a family to spend time together, and a little planning can ensure that both kids and parents alike will have fun doing it, according to Care.com. The changing season means that the air will be cooler, leaves are changing, and many local organizations will have fall festivals and parades to celebrate. To make the most of the mild weather, outdoor activities should be a top priority and an entire day can be planned around a nature hike, picnic, and visiting an apple orchard to pick fruit, bake apple chips, and taste apple cider.

Everyone can grab an assortment of leaves, acorns, and other fall foliage while exploring the outdoors to bring inside for crafts. Leaves can be used for rubbings and pressing into photo albums, pinecones can decorate a kitchen table centerpiece, and acorns can have little faces painted on them and glued to a poster along with hand-print turkeys. Later on, sticks can be used around a fire pit or campfire to make s'mores while the family tells stories and spends time together under the stars and away from smartphones and television.

In the kitchen, everyone can get involved with making amazing treats using seasonal ingredients. Apples from the orchard can be used to create a hot crock-pot applesauce or dipped for candied or caramel apples. Meanwhile, fresh berries can be baked into a crisp, and those with an ice cream maker can use pumpkin puree as a base for pumpkin ice cream. Even without special ingredients or hardware, decorating sugar cookies with fall themes is messy fun on a budget.



"The fourth week? I'm good every day except Thursday."

Roast Venison Tenderloin with Wild-Mushroom Sauce

What American families call tradition can take many forms when it comes to Thanksgiving dinner. Customs vary as people marry and move to new locations.

Hunters make no small contribution to this annual ritual of sit-down, buffet, or backyard extravaganza.

While 91 percent of Americans eat turkey, others enjoy venison, duck, geese, and delicacies including oysters and crab.

You can create this eye-popping roast venison in less than an hour and no guest will miss the turkey. (Not a hunter? Get venison at a specialty meat market or butcher shop.)



Roast Venison Tenderloin with Wild-Mushroom Sauce

- A 2-pound venison tenderloin
- 3/4 teaspoon salt, divided
- 1/4 teaspoon black pepper, divided,
- cooking spray
- 2 small packages fresh shiitake mushrooms
- 1/4 cup minced shallots
- 3/4 cup port wine
- 1 cup beef broth
- 2 1/4 teaspoon cornstarch

Venison: Preheat oven to 500 degrees. Sprinkle with 1/2 teaspoon salt and 1/8 teaspoon pepper. Place on a broiler rack coated with cooking spray; put a meat thermometer into the thickest part.

Bake for 20 minutes or until thermometer reaches 145 degrees (medium-rare) to 160 degrees (medium). Cover with foil; let stand 10 minutes.

Sauce: Remove and discard stems from mushrooms; slice caps. Coat a nonstick pan with cooking spray (or 1 tablespoon margarine or butter) and heat until hot. Add shallots and mushrooms; sauté until tender (about 4 minutes). Add 1/4 teaspoon salt, 1/8 teaspoon pepper and port wine; cook 2 minutes. Whisk cornstarch with broth in a small bowl; add to skillet and bring to a boil; stir 1 minute until thick.

Place venison on serving platter; dribble with mushroom sauce. Serves 8. Recipe can be doubled.

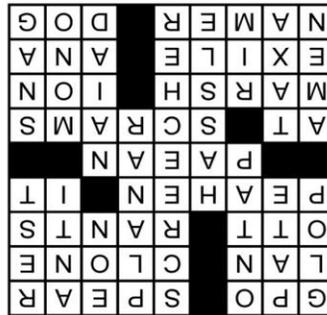
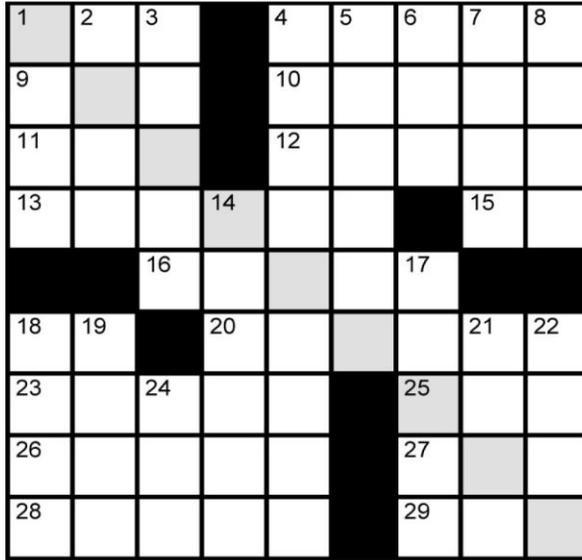
Come Together

Across

1. U.S. document publisher
4. Primitive fishing tool
9. PC linkup
10. Duplicate
11. Hall-of-Famer Mel
12. Carries on
13. Female fowl
15. Tagged player
16. Song of joy
18. @
20. Beats it
23. Quagmire
25. Elementary particle
26. Banish
27. Literary collection
28. Tattletale
29. Setter or retriever

Down

1. Unappetizing food
2. Cracker spread
3. Available
4. Like an owl
5. Flat
6. Many, many years
7. The "A" of ABM
8. Sheet music symbol
14. Annoyance
17. Water nymph
18. End of grace
19. Biological classifications
21. Like old records
22. Unexpected difficulty
24. Canyon featur



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

Trivia Teaser – Long live the king

1. Which kind of animal was King Louie in the Disney movie "The Jungle Book"? a-Bear, b-Tiger, c-Orangutan, d-Python.

2. Which comedian engaged in a feud with wrestler Jerry "The King" Lawler? a-Steven Wright, b-Louie Anderson, c-Dane Cook, d-Andy Kaufman.

3. Which woman's name did B.B. King give to his guitars? a-Lucille, b-Viola, c-Christine, d-Lydia.

4. Which of King Arthur's knights was famous for getting into a beheading contest with a mysterious green knight? a-Gawain, b-Gareth, c-Lancelot, d-Percival.

5. Who played the title role of Amanda King on the TV series "The Scarecrow and Mrs. King"? a-Linda Gray, b-Kate Jackson, c-Stella Stevens, d-Loni Anderson.

6. A beloved archaeology professor named Simon became the Ice King on which trippy TV cartoon series? a-"Adventure Time," b-"Steven Universe," c-"The Venture Bros.," d-"The Powerpuff Girls."

7. William Rufus DeVane King, who was the U.S. vice-president for six weeks before dying in office, served under which president? a-Benjamin Harrison, b-James Buchanan, c-Franklin Pierce, d-James K. Polk.

8. The bones of which English king were excavated from beneath a parking lot in 2012? a-Richard III, b-Henry IV, Edward I, d-George III.

9. The Stephen King novel "Doctor Sleep" is a sequel to which 1977 novel? a-"It," b-"Carrie," c-"Salem's Lot," d-"The Shining."

10. What is the signature sandwich of the Burger King fast food chain? a-ButterBurger, b-Whopper, c-Big King, d-Bambino.

- 1-c, Orangutan
 2-d, Andy Kaufman
 3-a, Lucille
 4-a, Gawain
 5-b, Kate Jackson
 6-a, "Adventure Time"
 7-c, Franklin Pierce
 8-a, Richard III
 9-d, "The Shining"
 10-b, Whopper

Answers to "Long live the king"

Easy ways to sell old smartphones

Americans are upgrading their smartphones at an average pace of every 32 months as of the second half of 2017, according to the NPD Group. Instead of sticking the old phone into a drawer or throwing it away, however, many consumers can recoup some of the original cost by trading it in or selling it outright, according to Consumer Reports. Those purchasing iPhones directly through Apple can take advantage of their trade-in program, but nearly every major retailer and phone company, such as Best Buy or Verizon, will often offer an option to trade a phone in to reduce the cost of an upgraded phone. Although these are the most accessible options, consumers can usually squeeze a little more value from their device by selling it themselves on sites like eBay, Swappa, or Gazelle if they are willing to do a bit more research and legwork.



EVOLVING SERVICE

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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.

Headphone jacks disappear

Apple stirred up a controversy back in 2016 with the omission of the standard 3.5mm headphone jack from the iPhone 7. Instead of the jack, the phone came bundled with wireless EarPods and a dongle that would allow users to plug in their old headphones.

According to data from the NPD Group, Bluetooth headphone sales started overtaking non-Bluetooth sales as early as 2016, boosted mainly by Beats.

In 2018, Samsung is the only major player that has kept the plug, with their newest offering, the Note 9.

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.

We must be willing to let go of the life we've planned, so as to have the life that is waiting for us.

~ Joseph Campbell

Audiobooks provide similar experience to reading

Audiobooks have become a popular alternative to traditional and even electronic books over the years because they can be consumed while a person is performing other tasks, and their sales more than doubled from 2012 to 2016, according to Statista. On the whole, they can provide a similar experience to actual books in the areas of comprehension and emotional response while also providing a few extra benefits to the listener.

According to the personal blog of Daniel Willingham, psychologist at The University of Virginia, listening to an audiobook requires the brain to do much of the same work to interpret the information as reading does with one small caveat. Both forms force the mind to process the language of the story to discern its meaning but reading requires the additional step of 'decoding' the text into language before it can be processed, making the brain work harder. After about the fifth grade, however, most people are such fluent decoders that there isn't much difference in activity. In fact, comprehension is very similar between the reading and listening groups of adults and the decoding element shows up when testing children.

Much of the difference between reading and listening to audiobooks is much more of a subjective response to the experience of reading or listening, according to Book Riot. Readers are hearing the story in their own voice, rely on themselves for pronunciation, and can stop and ponder about a particular passage or meaning. Those listening to audiobooks, meanwhile, have the benefit of hearing the story precisely as it is meant to through the emphasis, inflection, and tone of the narrator and don't have to worry about mispronouncing a character's name.

Free Carpet Spotting for One Month!

Schedule your carpet cleaning by December 15th and we'll take care of any spots that occur for the month following the cleaning.

Schedule A Quote from Fred

We take a personal approach to our business and do each quote Individually In person created specifically for your business.

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