



July 2016

Volume 7, Issue 7

# NewzBreak<sup>TM</sup>

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

## Build relationships with co-workers of all ages

Experts in workplace development say office people in their late-40s and beyond often lunch with well-placed colleagues and mainly interact with the same people.

Midlife professionals naturally seek out people in their own age group, as do younger workers, says Jaime Klein, founder of Inspire Human Resources in New York City. But midlife pros can and should try to reach out to younger workers, who often have a distinct perspective.

Watch for those who might benefit from your guidance but who can also teach you something. Career coaches say it works to trade ideas and information.

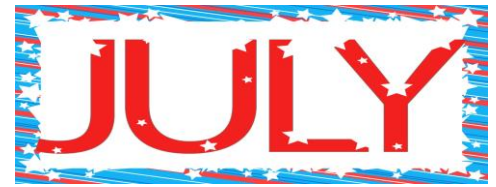
Young people tend to think of professionals with more seniority and age as out of reach for conversation.

To make connections, make an effort to chat with them on IM if that's what they use. Don't go overboard by trying to use their lingo in a sentence.

Getting together outside the office can build a relationship, but you have to be careful. A 55-year-old asking a younger person of the opposite sex for after-work drinks can send the wrong message. Inviting him or her for coffee or lunch is better.

Elaine Pofeldt, writing in CNN Money, suggests saying you'd like to learn more about what their jobs consist of day to day. But never ask again unless invited. If turned down a second time, never ask again at all.

Pofeldt advises: be careful what you say over drinks, because one of these people could be your next boss.



## Happy 240<sup>th</sup> Birthday and God Bless America

As we consider the dramatic words of the Declaration of Independence, we wonder whether the writers knew the long-range impact of their words. Did they see a great nation emerge from a vision of independence? We think they did. How many times have you personally marveled at the wisdom of these national founders? They had a rare vision of what our country would turn out to be, and that vision rings true to this very day. Their writings were an achievement of significant proportions.

Since the first July 4th, historians give us some interesting notes about that calendar day. First, they say the Declaration of Independence was signed on August 2, 1776, about a month after being adopted.

President Calvin Coolidge was born on July 4, and three of our nation's first five presidents died on that day: John Adams and Thomas Jefferson in 1826, and James Monroe, our fifth president in 1831.

Congress didn't actually declare it as legal federal holiday until 1941.

The 4th of July is also a holiday for American business, says Robbie Briggs, a real estate company CEO. He reminds us that it's a day that celebrates America's devotion to entrepreneurship and the opportunity to build businesses of our own.

Briggs says it serves as a tribute to each citizen and all they may elect to pursue in business or any other endeavor.

As we commemorate our independence, we remember that America's freedom and democracy occurred because of the determination of our forefathers to establish this place as a free country.

## Earning online pocket money

A couple of hundred dollars might come in handy, and if you don't mind spending some spare time to earn it, these ideas might be the ticket.

One way is to join Amazon's Mechanical Turk program at [mturk.com](http://mturk.com). Work when you want. Choose the projects that you want. Don't expect to make much.

Mechanical Turk is an internet marketplace for people who need something done that requires human intelligence -- or in other words something a computer can't do.

After you sign up you can choose from a half million projects that will earn you a few pennies, which are supposed to add up over time. Projects range from writing a caption for 1 cent to writing a blog post for \$10. According to CNet.com, it takes some time and effort to get familiar with what is required, and some skill with a mouse. Your first tries might earn as little as a penny per minute. On the other hand, scrolling through Facebook earns zero.

Similarly, you can sign up with survey companies. You click on ads that come by email or take a survey. A number of companies do this. One is [i-say.com](http://i-say.com)

Other ideas:

Set up a website with an easy website builder and then monetize it through Google AdSense. An informative website on an offbeat topic could net you \$100 per quarter.

Buy low, sell high: Use sites like eBay to resell items that you buy at flea markets or discount stores. You'll have to learn how eBay works, have an account and be a savvy shopper and marketer.

Check out the email list at [leoquinn.com](http://leoquinn.com) for a constant stream of money making ideas.



## Do You Know...

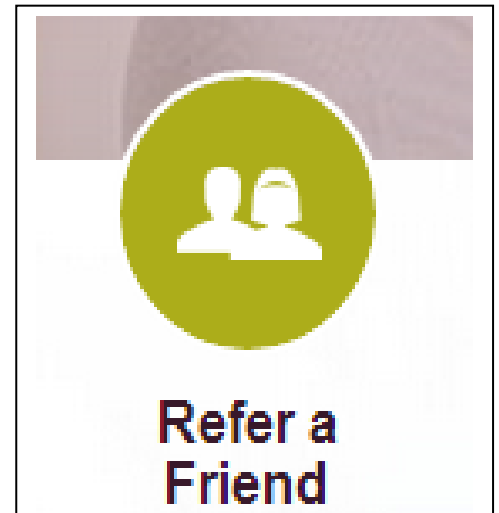
... Someone that could use our services? Perhaps a colleague, friend, family member, or networking buddy?

... 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 you a referral Bonus!

... We are always looking for good reliable employees. If you know of anyone looking for a job have them call Jessica at extension 224.

... Don't forget to contact Stephanie at extension 225 to get information and a quote for cleaning your home!

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



## Moneywise: Cell phone Insurance Facts

If you make a claim on your cell phone insurance, you might be shocked that the deductible is about the same as what you paid for the phone in the first place, according to NerdWallet.com.

This is because carriers heavily subsidize cellphone prices when you sign a contract. You can get a \$400 cellphone for just \$200. If you break the phone, some insurance plans require a \$200 deductible. You will still be getting a new phone for half price, but it sure won't feel like it.

Meanwhile, if you do make a claim, the replacement phone the insurer provides you doesn't have to be the same phone as you had before. The insurer tries hard to provide the same phone, but this might require that you get a refurbished phone of the same type.

Consider shopping around for insurance plans. You might get a better deal.



"Since this is a paperless office and there are no envelopes, what, exactly, are we pushing?"

## Celebrating the Perfect Hot Dog: July is National Hot Dog Month

Hot dogs are probably the best picnic and family gathering food ever because everyone from the grade schoolers to grandpa loves them.

If you love hot dogs, and you want the very best, tastiest hot dog



for your summer fun, experts agree that temperature is the most important consideration. Hot dogs must be hot enough but not too hot.

According to Nick Kindelsperger, writing for epicurious.com, the optimum temperature for a hot dog is between 150 and 160 degrees. The temperature is key because hot dogs cooked at under 140 degrees will be spongy and dull tasting. Cooked over 165 degrees, they get bloated and quickly start to dry out.

Kindelsperger advises a two-step process: poach and grill. Heat up water in a saucepan to 155 degrees. That is under the boiling point, which is 212 degrees. Then, drop the heat to low. Put in the franks and wait 10 minutes and you get the perfectly heated hot dog. But it's not grilled. So, quickly put them on a hot grill. In a few seconds, they will have a nice color. Perfection achieved. Remove instantly.

Oscar Mayer recommends dropping the 10 hot dogs into boiling water; return to boil and cover. Remove from heat. Let stand 7 minutes or until the hot dogs are heated through.

Get creative with condiments, if you wish: Yellow, Dijon or brown spicy mustard, ketchup, mayo, chutney, BBQ, Creole or chili sauce. Sauerkraut, sweet pickle relish, cornichons, dill slices, jalapenos, sliced or diced peppers. Grated cheddar, feta, blue, goat or nacho cheese, sour cream.

According to Nielsen data, Americans bought 1 billion pounds of hot dogs in retail stores last year. The National Hot Dog and Sausage Council (NHDSC) estimates we'll consume 150 million hot dogs during the 3-day July 4th weekend, 7 billion between Memorial Day and Labor Day, and more than 19.4 million at ballpark concession stands during the 2016 Major League baseball season.

## Trivia Teaser – Swing Set

1. What band hit the top 10 with the 1977 hit "Swingtown"? a-Sister Sledge, b-The Steve Miller Band, c-The Babys, d-Small Faces.

2. In what movie does Katharine Hepburn assume the guise of a gangster moll called Swinging Door Susie? a-"Sylvia Scarlett," b-"The Philadelphia Story," c-"Bringing Up Baby," d-"Holiday."

3. "Singin' and Swingin' and Gettin' Merry Like Christmas" is the third book of what author's 7-volume autobiography series? a-Joyce Carol Oates, b-Maya Angelou, c-Louisa May Alcott, d-Katharine Graham.

4. What movie follows employees of the fictional software company Initech, where Milton Waddams has an unhealthy attachment to his red Swingline stapler? a-"Grosse Pointe Blank," b-"Office Space," c-"Clerks," d-"Horrible Bosses."

5. What Academy Award-winning song from the movie "Swing Time" was sung by Frank Sinatra in commercials for Michelob beer? a-"The Way You Look Tonight," b-"Pick Yourself Up," c-"Let's Call the Whole Thing Off," d-"A Fine Romance."

6. What Chicago Cubs player collected his 500th home run and 600th career RBI on the same swing on May 12, 1970? a-Sammy Sosa, b-Ernie Banks, c-Ron Santo, d-Jermaine Dye.

7. What actor played a loser who holds the deciding vote in a presidential race in the 2008 movie "Swing Vote"? a-Ashton Kutcher, b-Michael Douglas, c-Anton Yelchin, d-Kevin Costner.

8. What was the name of the swinging bachelor dentist played by Peter Bonerz on "The Bob Newhart Show"? a-Chris Zell, b-Rudy Floyd, c-Bert Pincus, d-Jerry Robinson.

9. What big bandleader was nicknamed "The Sentimental Gentleman of Swing"? a-Glenn Miller, b-Benny Goodman, c-Tommy Dorsey, d-Paul Whiteman.

10. What actress was nicknamed "The Windmill" because of her swinging walk and long arms and legs? a-Cyd Charisse, b-Claudette Colbert, c-Romy Schneider, d-Lauren Bacall.

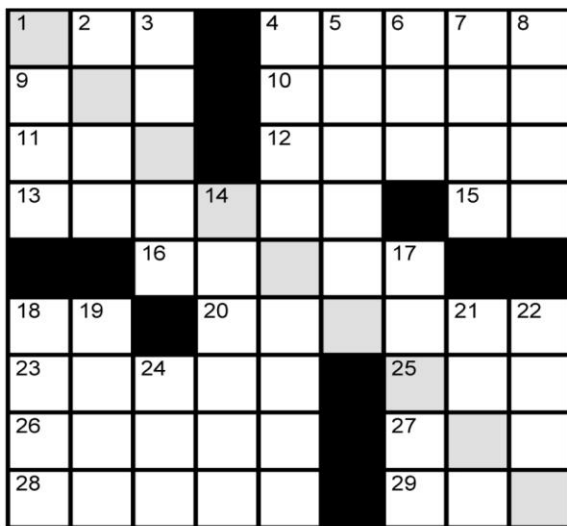
1-b. The Steve Miller Band  
2-c. "Bringing up Baby"  
3-b. Maya Angelou  
4-b. "Office Space"  
5-a. "The Way You Look Tonight"  
6-b. Ernie Banks  
7-d. Kevin Costner  
8-d. Jerry Robinson  
9-c. Tommy Dorsey  
10-d. Lauren Bacall

Answers to 'Swing Set Trivia'

## July Dazzler

### Across

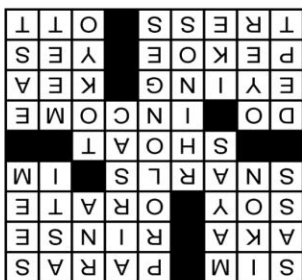
1. Actor Alastair
4. Turkish coins
9. Alias preceder
10. Dentist's direction
11. \_\_\_ sauce
12. Emulate Cicero
13. Tangles
15. "\_\_\_ a little teapot..."
16. Young hog
18. Perform
20. Earnings
23. Checking out
25. Mauna \_\_\_ (Hawaiian volcano)
26. Black tea
27. "Indeed"
28. Lock of hair
29. Baseball's Mel



### Down

1. Fresh talk
2. Religious image
3. Yucatan natives
4. Ropes used for towing a gun carriage
5. Lung compartment
6. Genetic initials

7. Italian wine area
8. Come across as
14. Safari sightings
17. Honshu city
18. Part of U.S.D.A.: Abbr.
19. \_\_\_ and terminator
21. Convene
22. Bridge position
24. Mamie's man



## Twitter rolls out features to broaden appeal

Twitter's Chief Executive Officer, Jack Dorsey, thinks new changes will make its social-media platform simpler and more appealing.

\* It will no longer count user names sent in reply tweets and media attachments in the 140-character count. It gives the user the full 140-character space.

\* When a user wanted to reply to another tweet and have all of his followers see that reply, he had to put a dot in front of the "@" symbol preceding the other user's handle. Without that workaround, Dorsey said, the tweet would only be seen by people following both accounts. Now, the dot is no longer necessary.

New tweets that begin with a user handle will reach all of that person's followers.

\* Twitter is making it possible for users to retweet, or share, their own tweets, a capability that would let users recirculate a thought that might have gotten lost in the mix, or add another commitment to do it later. The inability to do that was an omission Dorsey said befuddled even him.

Writing in The Wall Street Journal, columnist Yoree Kon says the existing rules governing the length limit sometimes impeded the types of extended conversations that are a core reason to use the service.

Once users master the new procedures, they will find Twitter easier and more satisfying to use. That's the present goal of the Twitter staff.



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### About Our Company

Celebrity Cleaning Inc. is a full service commercial and residential cleaning company that services the greater Lehigh Valley.

Services include general cleaning, carpet cleaning, upholstery cleaning, all types of hard floor care and house cleaning.

Owners, Wally Myers and Kevin Brown have a combined 50 years of experience in the cleaning industry, and they feel it's important to provide cleaning services that place the utmost importance on the health and safety of their clients and employees. For that reason, they are active participants in industry associations ISSA (International Sanitary Supply Association) and BSCAI (Building Service Contractors Association International).

## National Cheer Up the Lonely Day

### Have you ever been lonely or blue?

Life hands every single person a sense of loneliness at some point, but other people can do a lot to help out.

In the United States, a 2014 survey by the National Science Foundation revealed that 1 in 4 of 1,500 people interviewed have no one with whom to talk about personal troubles or triumphs or to share confidences.

People become lonely or blue for many reasons. Some are introverts and find social engagement difficult or feel they don't fit in. Some are depressed after the death of a loved one, a divorce, loss of a parent or job or when children leave the nest. Some suffer from a disease or physical limitation that doesn't allow leaving home; others may be abused by a spouse and fear outside relationships.

Remember when people are lonely, they often long to share the things they love: That perfect rose bush, a fabulous soup, or a favorite book. So helping to relieve someone's loneliness is often just being willing to share in their experiences.

What can we do to add cheer to the world or even just a stranger who needs a lift?

- \* Tell people when you value their work.
- \* Ask someone new to lunch.
- \* Visit a recently widowed neighbor.
- \* Smile at store clerks, your restaurant waiter, and a seemingly unfriendly neighbor.
- \* Pocket your phone and never use it in public except for emergencies.
- \* Call someone, or visit. Go to dinner. Take time to admire the important things.
- \* Spend time talking and laughing or playing a board or card game.
- \* Ask what they need (a ride to the dentist or church, a grocery trip, or repair of a dripping faucet).
- \* Make cheering up one person an important part of your life. If you want something, give it sincerely to someone else.

### The world's coldest July day

One memorable day July 21, 1983, the handful of scientists who stayed for the Antarctic winter at the Vostok Station woke to a brisk temperature of -126.6 F.

Vostok Station, located 800 miles east of the South Pole at an altitude of 11,444 feet, normally endures a lovely -88 F temperature in July.

This cold record is the only reliable low-temperature measurement ever taken and it was presumably taken digitally since Mercury freezes at -40 F.

### July Birthdays and Company

#### Anniversaries

#### Birthdays

- 4<sup>th</sup> – Christopher Soderback
- 5<sup>th</sup> – Mildred Ferrer
- 8<sup>th</sup> – Angel Valentin
- 11<sup>th</sup> – Scott Jones
- 13<sup>th</sup> – Kevin Mueller

#### Anniversaries

- 11 years – Carol Boyle
- 11 years – Gayle Vicorek
- 3 years – Glenn Leh
- 2 years – John Piger
- 1 year = Keri Gold
- 1 year – Shannon Herter



*"My experiences have taught me that if you deeply believe in what you are doing, success can come at any age."*  
 -- Abe Vigoda, actor, 1921-2016

