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NewzBreakTM

The Workplace Newsletter That's Both Informative and Fun!



Survey shows 'soft skills' make a good employee

When a hiring manager evaluates a potential employee, they are looking for the right expertise, but also 'soft skills,' according to a Career Builder survey.

The survey polled more than 2,000 hiring managers and found, among other things, that more than 77 percent believe personal qualities are just as important as hard skills, such as knowing how to use a specific computer program.

The soft skills, or personality traits, most desired:

- Strong work ethic, 73 percent.
- Dependability, 73 percent.
- Positive attitude, 72 percent.
- Self-motivation, 66 percent
- Team oriented, 60 percent.

According to Forbes, once hired, an employee who shows up, does the work, and integrates well is a good employee. But to become great, an employee has to buy-in to the work and values of the company.

Ken Sundheim, CEO of KAS Placement, says an ideal employee is detail oriented and follows through on projects and assignments. Managers don't want to spend time proofing work, micromanaging, answering dozens of questions and dealing with employee stress.

An ideal employee should be both confident and modest. Confidence gives a person the will to take on challenging projects. Modesty means a person doesn't boast about successes but instead relies upon results to make their reputation.

Sundheim also stresses the old-fashioned value of hard work. Employees who put in the necessary time and then follow through with their best work reign high on the scale of great.

Finally, honesty is an essential character trait in a great employee. Honesty is required for good relations with staffers and customers.

I hope you enjoy this month's newsletter!

Gene Rhodes

ServiceMaster Quality Services

Why is a roller coaster thrilling?

You feel light. You feel heavy. You're wrong-side up and upside wrong.

Welcome to the roller coaster thrill.

According to Science, the rush a coaster brings is because of constant changes on your body. You have two principles of physics to thank: gravity and acceleration.

When the coaster dives down a steep hill, you feel an upward pull as acceleration lifts you up, and gravity pulls you down at the same time.

If the coaster is going fast enough, you experience the same sense of weightlessness as a skydiver in free fall. You might not realize it but one of the reasons this seems thrilling is that your body, organs and muscles are accelerating at different times. Your organs are not left in place as they normally are but instead they are each weightless. That is what makes the thrill hill feeling.

When the coaster goes fast up a steep hill, the gravity and acceleration pull you in the same direction, making you feel heavier.

"If you were to sit on a scale during a roller coaster ride, you would see your weight change from point to point on the track," writes Tom Harris, structural engineer, for Science.

That is the physics of the experience, but part of the tingle is the sensory experience. You feel the air. You see the height. You see you are upside down. You feel yourself pressing against the seat.

You know you are going fast because you see yourself passing structures. But you never actually feel velocity. You only feel change in velocity.

Study: Photos may improve your vacation

Beautiful mountains, ancient churches, or glistening water--these are the experiences we want to keep and snap with a camera.

You may have heard taking pictures can make you miss the wonder of the experience. According to one study, that isn't true.

Researchers at the University of Southern California, Yale and the University of Pennsylvania conducted nine experiments with 2,000 participants. Some people took pictures, and some people took no pictures. The study found that people who take photos rate their enjoyment of an activity higher than those who don't snap away.

Photography of views or activities tends to increase a person's engagement in the scene as photographers look for an interesting viewpoint or the most intriguing moment. Picture takers examine each scene more thoroughly.

On the other hand, if people are painting or crafting, photography makes little difference in their enjoyment. They are already immersed in the experience.

In one situation, photography made an experience less enjoyable. If people were asked to photograph unpleasant experiences, like watching a lion kill its prey, then photographers had a more negative reaction than those who just watched.



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

Thanks a Bunch!

"Very professional and personal. Explains all processes and recommendations. Have become very good friends. "
—Ms. Elizabeth Fortier

A special thanks to all these fine folks who referred us...Ms. Tane Leblanc & Ms. Jennifer Jackson

Sleep apnea sufferers have new surgical implant

A new surgical implant, tested by the University of Pennsylvania, is now available for sleep apnea patients who can't use an airway pressure machine.

The new device amounts to a pacemaker for the tongue, according to Gizmag Emerging Technology. Continuous Positive Airway Pressure, CPAP, is the primary way sleep apnea is treated. The machine forces air through the nasal passages to stop pauses in breathing.

In sleep apnea, muscles in the throat relax during sleep and block the airway, causing people to repeatedly stop breathing and then wake. Not only does this make a restful sleep impossible, but sleep apnea can also put a strain on the cardiovascular system, leading to high blood pressure or, in the worst case, stroke.

The new implant made by Inspire sends an electrical pulse to a nerve in the tongue. An oreo-shaped battery is implanted in the chest. Two leads work with the battery. One lead near the lungs monitors breathing. The second goes to the chin to deliver the electrical pulse.

In a test of 20 patients, researchers at the University of Pennsylvania School of Medicine found that breathing disruptions were reduced by 84 percent and blood oxygen levels rose an average of 20 points.



"Are they real or is this a screen saver?"

Humans get lift from nature

A family medicine professor has identified four main benefits of being surrounded by nature.

Sara L. Warber of the University of Michigan has studied the benefits humans experience when they get out in nature.

Physical: People tend to be more active when out and about, Warber says. When people repeatedly go out for walks or just enjoy the outside, they tend to move more, conferring benefits on the immune and endocrine systems. Blood pressure can also improve.

Mental: Thinking improves when people experience nature. They begin to have a sense of well-being, less stress, and less depression. They might also recover more quickly from stress. Group walks are especially helpful.

Emotional: People in parks, camp settings, or group activities, like bird watching, experience more positive emotions.

Spiritual: Spending time in nature gives adults a sense of transcendence, serenity and tranquility.

Warber studied park users in the United Kingdom and found that the most people reported feeling relaxed.

Writer Michael Grothaus tried his own experiment to discover if his city spirit could be calmed by parks. Turned out it was. He wrote in Fast Company that after dedicating no less than one hour in nature, he immediately felt less stressed. It was as if the parks acted like a cocoon, sheltering him from city noises and his own racing thoughts.

After two weeks, he found his overall mood improved.

By the third week, he felt more creative.

On the fourth week, he was surprised and excited to realize his memory improved and he no longer needed to write out a list of tasks.

Warber said everyone could benefit from an hour of nature immersion each day.



Trivia Teaser – Light in August

1. Who made his debut playing James Bond in the 1987 movie "The Living Daylights"? a-Daniel Craig, b-Roger Moore, c-Timothy Dalton, d-Pierce Brosnan.

2. What was the highest charting song on the Billboard pop chart, reaching #4 in 1979, for the Electric Light Orchestra? a-"Mr. Blue," b-"Sweet Talkin' Woman," c-"Hold On Tight," d-"Don't Bring Me Down."

3. What former football player sang the number one country songs "Leave the Light On" and "Take Your Time"? a-Tim McGraw, b-Sam Hunt, c-Mike Reid, d-Terry Bradshaw.

4. What is the maximum weight for a boxer in the lightweight division? a-120 lb., b-125 lb., c-130 lb., d-135 lb.?

5. What sitcom starred Judith Light as a working mom? a-"Step by Step," b-"Who's the Boss?" c-"She's the Sheriff," d-"Growing Pains."

6. Who wrote the classic poem "Charge of the Light Brigade"? a-William Blake, b-Sir Walter Scott, c-Alfred, Lord Tennyson, d-Henry David Thoreau.

7. Beethoven's "Moonlight Sonata" was written for what instrument? a-Violin, b-Cello, c-Piano, d-Glass harmonica.

8. "Ray of Light" was a 1988 hit song for what singer? a-George Harrison, b-Linda Ronstadt, c-Gloria Gaynor, d-Madonna.

9. Tom Hiddleston stars as what legendary country singer in the 2015 movie "I Saw the Light"? a-Hank Williams, b-George Jones, c-Johnny Cash, d-Merle Haggard.

10. What is the surname of the family that visits the Isle of Skye in the Virginia Woolf novel "To the Lighthouse"? a-Ramsay, b-MacDowell, c-Nichols, d-Andrews.

11. A hussar was a light cavalryman of the 15th century, originally from what country? a-Scotland, b-Hungary, c-Italy, d-India.

1-c, Timothy Dalton
2-d, "Don't Bring Me Down"
3-b, Sam Hunt
4-d, 135 lb.
5-b, "Who's the Boss?"
6-c, Alfred, Lord Tennyson
7-c, Piano
8-d, Madonna
9-a, Hank Williams
10-a, Ramsay
11-b, Hungary

Answers to 'Light in August'

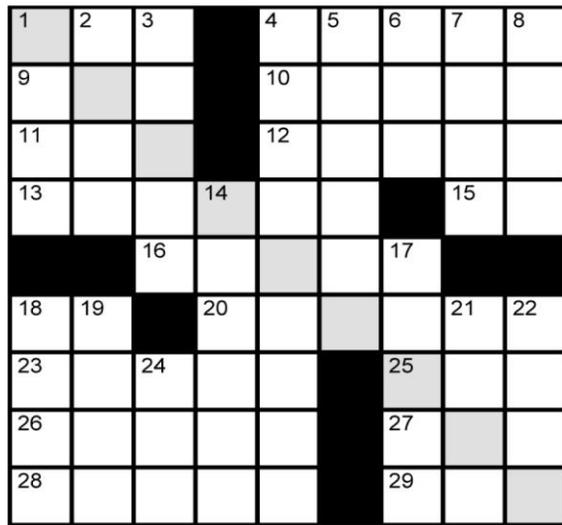
Fan of water life

Across

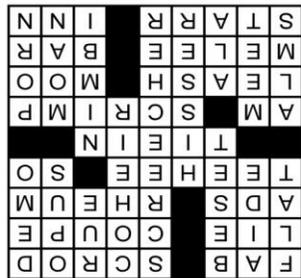
1. The ___ Four
4. New England catch
9. Fanciful story
10. Two-door car
11. Infomercials, e.g.
12. Watery eye discharge
13. Giggle
15. Hence
16. Link
18. Radio mode
20. Pinch pennies
23. Collar attachment
25. Jersey call
26. Free-for-all
27. Prevent
28. Brenda, of the comics
29. Setting for TV's "Newhart"

Down

1. Off-pitch
2. Adjutant
3. Attack
4. Like an owl
5. Legacy sharer
6. Parisian way
7. Creative work



8. Floor model
14. Many a snake
17. Rain clouds
18. "___ for the poor"
19. Encounter
21. Bellyache
22. Smut
24. In the style of



In season now: Peas

Green peas, also known as English or garden peas, are out of the garden and ready for dinner this month.

Not only are they delicious, but they contain some surprising health benefits. Bite for bite, peas have twice the folate of raw spinach and more fiber than cooked broccoli. Doctors have long known that getting more dietary fiber is one of the best ways to lower cholesterol, and with it the risk for heart disease.

In the intestine, the fiber in peas binds with bile from the liver and traps it in the stool. By removing bile, which is very high in cholesterol, the body automatically brings cholesterol levels down.

Here's an important, but little-known fact: The chlorophyllin in peas has a special molecular shape that allows it to grab cancer-causing chemicals in the body. Nutrition experts at the University of Toronto say the chlorophyllin attaches to carcinogens and helps prevent them from being absorbed. They recommend eating peas and other bright, green vegetables as often as possible.

Studies in Denmark show that the fiber in peas can result in a reduction of total triglyceride levels if eaten regularly for just two weeks.

Peas fresh from the garden have more nutrients than others. Canned peas lose some nutrients, but frozen are almost as good as fresh.

Though the pods of some peas are edible, the peas themselves contain most of the fiber, folate, niacin, phosphorus, riboflavin, thiamin, vitamin C, and vitamin A.

For a nutritious treat, cook a 16-oz bag of frozen peas in 1/4 cup of water for 3 minutes. Drain and add 1 tablespoon minced chives, 2 teaspoons minced tarragon, 2 tablespoons butter, and a sprinkle of salt. Delicious!



985/872-1029
www.s-mqs.com
gene@s-mqs.com

About Our Company

ServiceMaster Quality Services is a full service commercial and residential cleaning company that operates in the following areas: Terrebonne, Lafourche, and St. Mary Parishes

Services include: general cleaning, appliance cleaning, carpet cleaning, upholstery cleaning, all types of hard floor care, commercial cleaning, disaster restoration, and window washing.

Owners Gene and Sally Rhodes have been in the cleaning industry for over 24 years, and they feel it's important 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 multiple industry associations, including the IICRC (Institute of Inspection Cleaning and Restoration). We are also an A+ Rated member of the Better Business Bureau.

The Fitbit cheat

Don't have the inclination to place high in the company's Fitbit step competition? Here are some legendary cheats, according to the Wall Street Journal:

- Strap the Fitbit to the dog (13K-30K steps) or to an electric saw blade (57K steps in 24 hours).
- Attach to a hamster on a wheel.

A hamster has been known to win a step competition but was later disqualified.

Staff Members Making the News

Congratulations to our Manager, Jasmine & her fiancé on their wedding on July 29, 2016. We wish you a lifetime of happiness!

"What good is the warmth of summer, without the cold of winter to give it sweetness."
-- John Steinbeck, "Travels with Charley" In Search of America

Study 'Claire's' posture for confidence

Robin Wright, the actress who plays Claire Underwood in the popular Netflix series House of Cards, is renowned for her perfect posture.

Her powerful character strides down the television White House halls as if willing doors to open in front of her. Shoulders back and level. Her core muscles at the belly button pulling her back straight. Her chin is raised and her gaze is powerfully forward.

She looks every inch the powerful political figure she portrays and posture plays a significant part. According to the Mayo Clinic Health Letter, posture and mental state are intimately related.

Researchers have found that people who practiced power poses before a mock interview were perceived to be more confident and desirable candidates.

Power postures are characterized by wide, upright stances. Even a person's own assessment of their competence and mood are improved by good posture. In one study, people were asked to assume either slouching posture or erect posture. People in the more erect postures gave more positive assessments of their own qualities. Slouchers were much less confident and positive.

Stress can be affected by posture. One study found that an upright posture during a stressful even conferred a feeling a strength and confidence. Slouchers more often felt fear, hostility, and nervousness.

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Take the Trivia Challenge!

What do peas contain that can reduce total triglyceride levels?

- a. chlorophyllin
- b. fiber
- c. thiamin
- d. niacin

HINT: The answer is hidden somewhere in this newsletter.