



October 2015

Volume 6, Issue 10

NewzBreak™

The Workplace Newsletter That's Both Informative and Fun!

Business looks at ambiverts

Psychologists traditionally say: The extrovert is energized by external stimulation with people, the environment and activity.

They can process their thoughts while talking and are motivated by rewards, recognition and feedback. They are outgoing and easy to get to know.

The introvert is energized internally, while being alone, craves solitude to balance out social time, and speaks only when he or she has something to say. They think before speaking, first processing thoughts internally.

More recently, psychologists have focused on a different personality type, one that is a mixture of the first two.

The ambivert has a more balanced personality. They neither talk a great deal nor are they the silent types. And they can move between being social or being solitary, speaking up or listening carefully with greater ease than either extroverts or introverts. Ambiverts are socially flexible, skilled at communicating, moderate in mood (not overly expressive or reserved) and they are adaptable. They can change their approach to fit the situation.

A 2013 study in the journal Psychological Science, looked at 340 outbound call-center employees. Those with the highest revenue per hour were ambiverts. They offered neither too much nor too little. The ambiverts were good sales people and, according to the University of Pennsylvania's Wharton School would be good parents and good at marriage as well.

Carl Jung identified extrovert and introvert in the 1920s. He also recognized the third group, but didn't write much about it. It wasn't until the 1940s that the term "ambivert" was used.



I hope you enjoy this month's newsletter!

Pave Cleaning

Halloween fun at home

Halloween is now one of the biggest consumer holidays in America. According to the National Retail Federation's 2014 Halloween Consumer Spending Survey, celebrants spent an average of \$77 each on their costumes, candy, party decorations and greeting cards.

But more parents have safety concerns about their children out in the dark, knocking on the doors of strangers, or dashing across the street. Children are more likely to be killed in a pedestrian/car accident on Halloween than on any other night.

You can make a great Halloween scene safe at home with some easy tricks.

Get glow make up you can find at Halloween stores and smear it all over a jack-o-lantern. In the dark, it glows scary green.

Glow sticks make an especially frightening balloon. Break the stick to make it glow, put it in a balloon, blow the balloon up. Then draw a face and turn out the lights. Eerie!

Other tricks with a pumpkin to thrill the kids: Carve your pumpkin, making sure to cut out the top hat. Put a glass inside the pumpkin and fill the glass with ordinary dish soap. Add some dry ice to the soap. Boom! The pumpkin man spews enough gross, but completely safe, soapy bubbles to delight any 8-year-old.

For treats, make the usual themed cupcakes. Put out the spicy queso surrounded by black and orange tortilla chips. Fill plastic pumpkins with candy corn, apples, mini-candy bars and gummy worms. And fill a cauldron with Dracula's blood punch (add berry vodka for adult version).

Then, fire up great movies for the season: Monsters, Inc., Casper and The Adventures of Ichabod and Mr. Toad (G rated). Halloween; Hocus Pocus; Scooby Doo; Raiders of the Lost Ark, Batman: Mask of the Phantasm and Beetlejuice (PG rated for the not-so-squeamish)

The success factor

Here is an old quote from Woody Allen that has entered the realm of Respected Axioms.

It's a reminder that progress requires action.

Allen said that 80 percent of success is showing up.

In a recent interview with The Motley Fool investment advisors, Allen recalled that quote:

"I made the statement years ago, which is often quoted that 80 percent of life is showing up. People used to always say to me that they wanted to write a play, they wanted to write a movie, they wanted to write a novel, and the couple of people that did it were 80 percent of the way to having something happen."

"All the other people struck out without ever getting to the plate. They couldn't do it, that's why they don't accomplish a thing, they don't do the thing. Once you do it, if you actually write your film script, or write your novel, you are more than half way towards something good happening. So that is the biggest life lesson that has worked. All others have failed me."

If you want to do something, you must start.

You can further your career with training classes, college courses, or you can open up a text editor and start your great American novel.

Your goals don't have to be lofty either. Want to be a citizen and homeowner? Get up, Dress up, and Show up every day and do your best.

Free Cleaning Tips and Specials at www.pavecleaning.com



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; you will receive GHS 100!

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 \$100 Bonus!

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

Thanks a Bunch!

"Our business have grown over the years through references and a dedication to serve our customers right. For your residential and commercial cleaning needs we would like to be your preferred service provider."

Sales Team

A special thanks to all these fine folks who referred us...

Is home tech just too much tech?

Today, smart-home systems can control the lighting, entertainment systems, the garage door, the front door and even control the temperature in the swimming pool.

But the technology is young. One owner of a smart-home system told the Wall Street Journal, he has a regular electric switch, to override his hard-wired smartly pants home. He has problems about five times a year with the system.

Some system owners complain the systems actually complicate things. They break. They don't talk to each other. One new gadget makes another gadget irrelevant. No wonder people are selective about what they install.

At the California Institute for Energy and Environment, experts conclude that the key to smart-home success is reducing the number of steps it takes to get something done.

But smart systems also have to talk to each other. If you like the iPhone then you might install Apple's new HomeKit. But if you don't, forget it.

Google's Nest system works with other Nest things. The company is also developing a project called Brillo to offer a way for tech gizmos to work with each other.

According to Gartner, a research firm, some smart devices will go the way of Betamax when a system standard finds public acceptance. Then all devices will work to that standard.



"What a waste for opposable thumbs!"

Researchers link sugar intake to diseases

It's no surprise that a diet high in added sugar will make you gain weight and could lead to type 2 diabetes.

But we do need a certain amount of sugar in our diets; our cells would die without it.



The required level, however, is easily reached with fruit and with foods and drinks that don't even taste sweet, like dairy products.

Researchers now have to focus on sugar because we are eating so much more of it than in the past. This overconsumption can play a part in cardiovascular disease, stroke, hypertension, high cholesterol, gum disease, fatty liver disease and others.

To control sugar in your diet, it helps to know how much is in various foods; 100 grams of cold breakfast cereal isn't very high in sugar content, but the sweetened versions are much higher.

Take regular Cheerios with 1.1 teaspoons of sugar. Honey Nut Cheerios are tasty, but have way more sugar.

Regular corn flakes have 2.5 teaspoons, but sweetened versions are much higher. Shredded Wheat has just 1 teaspoon of sugar. Fruit Loops cereal has 10.6 (a teaspoon contains about 4 grams of sugar).

Check the labels on products before you buy. There's a big difference in cookies, for example. Larger peanut butter cookies have 10 teaspoons each.

Sweetened soda has a bad rep, but deserves it. A can of Coca Cola, or most other sodas, has 7 teaspoons of sugar.

Though estimates vary, UC Berkeley researchers estimate that Americans consume an average of at least 75 pounds of added sugar annually.

New Dietary Guidelines for Americans recommend a limit of about 12 teaspoons (50 grams) per day for someone consuming 2,000 calories a day.

Sugar may become second only to nicotine in being blamed for health problems.

Trivia Teaser – It Happened in October

1. On October 27, 1873, Illinois farmer Joseph Glidden submitted his patent for what invention that changed the face of the Old West? a-Horseshoe, b-Wind pump, c-Bank vault, d-Barbed wire.

2. In October 1992, the Toronto Blue Jays became the first non-U.S. baseball team to win the World Series by defeating what other team? a-Atlanta Braves, b-Boston Red Sox, c-New York Yankees, d-New York Mets.

3. What country was invaded by Italy on October 3, 1935? a-Canada, b-France, c-Pakistan, d-Ethiopia.

4. In which country did the October Revolution take place in 1917? a-Russia, b-Germany, c-Mexico, d-Greece?

5. What country was invaded shortly after it was seized by a Marxist military council on October 19, 1983? a-Cyprus, b-Grenada, c-Uganda, d-Lebanon?

6. The movies "Open Season" and "The Guardian" opened on the same October weekend in 2006. What actor had a role in both films? a-Jack Palance, b-Bruce Willis, c-Ashton Kutcher, d-Tim Allen.

7. In which African country did an "October Revolution" take place in 1964? a-Tanganyika, b-Zambia, c-Sudan, d-Malawi.

8. In October 2011, Helle Thorning-Schmidt became the first female Prime Minister of which European country? a-Denmark, b-Switzerland, c-Finland, d-Slovakia?

9. What Buick model was introduced on October 4, 1962 with a price of \$4,333, and in 1965 added the Gran Sport option package? a-LaSalle, b-Skylark, c-Riviera, d-LeSabre.

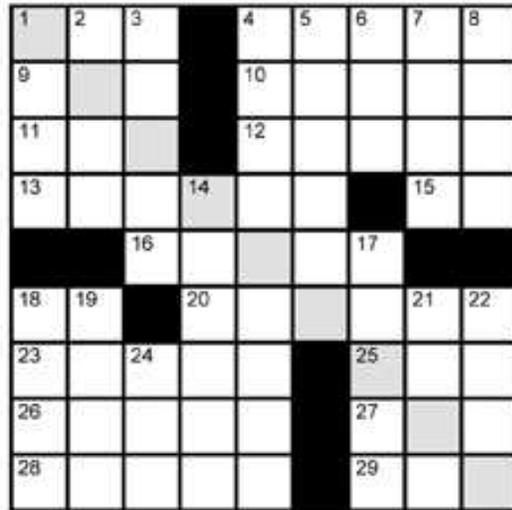
10. October is the most common birth month for U.S. Presidents. How many Presidents were born in October? a-4, b-6, c-9, d-17.

Answers to 'It Happened in October'
1-d, Barbed wire
2-a, Atlanta Braves
3-d, Ethiopia
4-a, Russia
5-b, Grenada
6-c, Ashton Kutcher
7-c, Sudan
8-a, Denmark
9-c, Riviera
10-b, 6

Investor's delight

Across

1. Netflix rental
4. More artful
9. "Rocky ___"
10. Minor
11. Cun, as an engine
12. It's debatable
13. Mark and Shania
15. Exists
16. Bumps
18. Atop
20. Imagined
23. Arm bones
25. "___ what?"
26. Backgammon piece
27. Old name for Tokyo
28. ___ and aahed
29. ___ publica



Down

1. Gossip
2. Penthouse feature
3. Couch
4. Like clothes in a washer
5. Rent payer
6. "___ alive!"
7. Needle case
8. Bakery selections
14. First-aid item
17. More rational
18. Approximately
19. Alliance acronym
21. Fashion
22. Deuces
24. Play ___

The title is a clue to the word in the shaded diagonal.



Banks will be moving ATM business to the cloud

Cardtronics, a Houston-based company that operates 110,000 ATMs worldwide, is trying out the new Cx110 at some of its shopping malls in Texas.

Customers are seeing an unusual looking automated teller machine that has a tablet with no keyboard. It can dispense cash and display balances, but compared with a typical ATM, on the surface, it can't do much more.

The Cx110 by NCR doesn't have a brain of its own as typical ATMs do. It relies on software and computing power that are on remote servers in the cloud. But they will enable banks to roll out new services faster while lowering a bank's operational costs.

With today's machines, banks have to employ technicians every time they want to change the operating system or add a new feature. Only 15 percent to 20 percent of the world's leading banks have started connecting their ATMs to the cloud, according to Wincor Nixdorf, a German ATM manufacturer.

Not only are cloud-based machines faster, they save money. A bank could save as much as \$8,000 per machine per year, NCR estimates. And the new ATMs will offer customers the option of making cash withdrawals using their smartphones, which is faster and more secure than keying in a PIN and other information.

The move to the cloud will also reduce ATM robberies, where thieves break into the machine and plug into its USB slot to take control of its computer, then order it to dispense cash, according to Bloomberg Businessweek.

A typical ATM lasts 8 to 12 years, so the transition to the cloud will be gradual.



+233 20 480 7877
 admin@pavecleaning.com
 www.pavecleaning.com

About Our Company

PAVE Cleaning Limited is a full service commercial cleaning company that operates in the following areas: Accra, Tema, Tarkwa, Takoradi, Kumasi.

Services include: general cleaning, carpet cleaning, upholstery cleaning, window blinds cleaning, water tank cleaning, all types of hard floor care, window washing and construction cleaning.

We have been operating for last 7 years and are convinced that good customer service combined with a focus on protecting the health and safety of our clients and employees will differentiate our operations in the market place. For this reason, we participate in industry associations AGI (Association of Ghana Industry) and BSCAI (Building Service Contractors Association International) to keep us current with industry developments.

National Disability Employment Awareness Month – Oct. 1-31

"My Disability Is One Part of Who I Am." This is the 2015 Theme Announced for National Disability Employment Awareness Month (NDEAM), Oct. 1-31.

"This year's theme brings the important message that people with disabilities are just that — people," said Jennifer Sheehy, acting assistant secretary of labor for disability employment policy. "And like all people, we are the sum of many parts, including our work experiences. Disability is an important perspective we bring to the table, but, of course, it's not the only one."

NDEAM is a nationwide campaign that raises awareness about disability employment issues and celebrates the contributions of America's workers with disabilities, past and present activities.

Staff Members Making the News

Team cleaning is a new approach to keeping the cleaning team engaged and specialized. With an agreed cleaning schedule to guide them, it helps the cleaning team to become more productive and organized.

During the month, additional sites were included in the new procedure. Thank you to all the cleaning crew for helping in the roll out.

"Believe you can and you're halfway there."
 -- Theodore Roosevelt, 26th President of the U.S. Won the Nobel Peace Prize

Travelers think the new luggage is the best invention since the wheelie

Your phone is smart, but how much can it help if your bags are lost?

Soon it will play a pivotal role. Luggage manufacturers are beginning to release high-tech bags that can be controlled via smartphone apps.

Fortune has surveyed the products and provides this information:

Bluesmart is selling bags equipped with a Bluetooth-enabled lock, GPS tracking, a built-in scale and a USB port for charging a device.

Samsonite has a new line of GenTrakR suitcases with built-in LugLoc technology, which allows owners to track their bags.

Andiamo will soon introduce a smart carry-on bag with a Wi-Fi hotspot, battery charger and built-in scale.

Trunkster is selling bags with a tracking system, scale and two USB ports.

Delsey will introduce its Pluggage line of smart suitcases next year.

Rimowa, a German luggage maker, is developing a smart suitcase line with permanently embedded electronic bag tags.

All of this means that if you're any kind of techie, your bags will never be lost for long.

20% Off Window Blinds Cleaning

Freshen up all your window blinds like new!

Schedule by November 15th

PAVE Cleaning Limited
 020 480 7877
 www.pavecleaning.com

Take the Trivia Challenge and Win a GHS 30 Gift Card!

The first 10 people who call our office with the correct answer will be entered into the drawing!

Smart home systems can control all of these activities with the exception of which one?

- A – Lighting
- B – Entertainment system
- C – Garage door
- D – Putting the dog out

HINT: The answer is hidden somewhere in this newsletter.