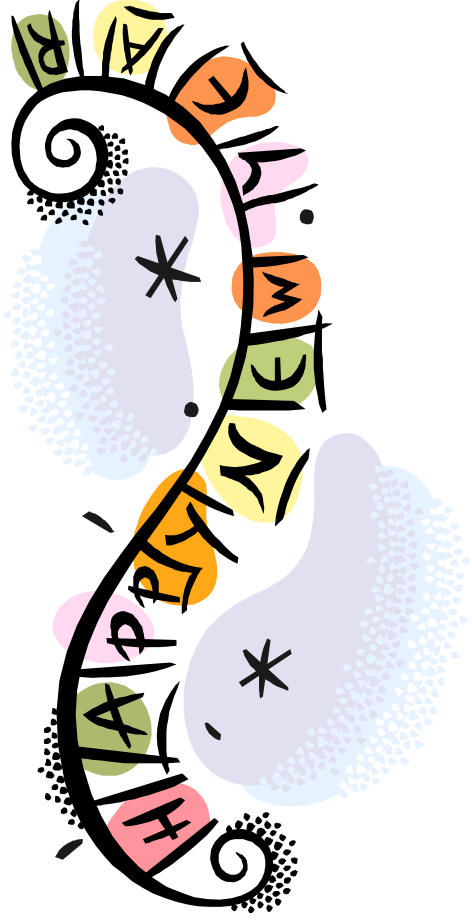


Monthly Clean Up™



59-67 Federal Rd. ~ Danbury, CT

Phone: 800-443-2224

Phone: 203-778-4133

A Note From Charlie:

To My Fellow JanSan Customers & Employees,

As we turn to a new year it's time to bid farewell to the old year and welcome the coming year. It is time to forget and get past memories that are no longer useful or worth pondering about. It is the time for new beginnings and new starts in life.

There is an old saying "Don't cry because it is over, smile because it happened." This essentially means that there is no crying over spilt milk. You cannot turn back time and do things that would benefit you but you can set goals to move forward.

First – Green Cleaning is here to stay. Basically Green Cleaning has moved forward to prevent children from getting asthma and improving indoor air quality. Most end users fear the cost of setting up this program but need not to fear. The major manufacturers have taken advantage of this new program and some of them boarder on greed but it does not have to play out that way.

Second is your Systems – Team cleaning is more productive and you have better quality control than zone cleaning but your workers must be educated and Trained, Trained and Trained.

Third is using or purchasing a Kaivac No-Touch restroom cleaning Machine. Kaivac will remove more dirt and dust, keep you restrooms sanitary and odor free. Kaivac will afford you the opportunity to never machine scrub a restroom floor again providing you use it daily. When I say this I am told they don't have time to use it. Hog Wash! It takes 2.5 to 3 minutes per fixture to clean a rest room the conventional way and using the Kaivac it takes less than a minute per fixture.



One more important point, Kaibosh is a concentrated no-rinse Hospital grade disinfectant cleaner that is effective against MRSA, AIDS, NORWALK/NOROVIRUS, HEPATITIS B AND C, AVIAN, BIRD FLU AND MORE.

Fourth is your job – take pride in what you do at work. If you have a work schedule assigned to you abide by it. Always try to improve the quality of your job and absorb as much training as possible. Don't put off work until tomorrow, do it today. Be Proactive.

I don't have enough paper to keep writing but I am serious about the above. If you want to improve the appearance level of your facility, I am happy to meet and discuss with you the steps necessary to accomplish this. Remember maintenance always takes a back seat in the budget process but it does not mean you can't have a good looking building. I will have more steps for you next month.

Happy News Years,

Charles Troccoli

In This Issue:

- ◆ A Note From Charlie
- ◆ 9 Easy Tips To Start Your Green Program
- ◆ Resolving To Break An Addictive Habit?
- ◆ Fun Facts Of January



Looking For A Less Conventional Resolution?... 9 Easy Tips To Start Your Green Program



Why clean green?... A building maintenance contractor or in-house service provider seeking to go green needs to first learn how to successfully navigate an increasingly complex process. The nine tips listed below are designed to help organizations start the process of cleaning green.

1. Understand what it really means to be green

Implementing a green cleaning system involves research and awareness of the possibilities, benefits and processes.

2. Understand your goals for going green

Do your research. What is it that you are looking for when it comes to adopting green cleaning programs? This could be lower operating costs, improved working conditions, improving company image, or becoming eligible for government funding.

3. Assess your current cleaning practices

First, you should take a complete inventory of the facility's cleaning products and equipment. Then, determine which aspect or aspects of your cleaning program can be greened first. Very often, simple and inexpensive changes should be made first. This will provide a high return on investment and will make the process feel less overwhelming.

4. Evaluate your cleaning products

The path to green cleaning starts with an inventory of the janitorial closet. Take a long look at the products you use. Many cleaning products are chemically-reactive, toxic and can emit volatile organic compounds (VOCs), which are a known cause of respiratory and dermatological problems among a host of other afflictions. If the products used to clean your building are causing indoor air pollution, creating a toxic environment or unnecessary waste, consider alternatives.

5. Make sure that you are using or purchasing the right, environmentally friendly mechanical equipment

The equipment used during the cleaning process should be quiet, durable and, most importantly, energy efficient. Energy efficiency promotes

conservation of valuable resources and can help reduce your client's operational costs over the long-term life of a facility.

6. Obtain proof that your company or department is using environmentally safe practices, products and equipment

Have the paperwork and certifications to back up your pitch that your organization can deliver the green goods. More than ever before, third-party certification programs are available to organizations seeking to legitimize their green cleaning programs. Find the certification program that is right for you, and well-known in the industry, and embrace the process.

7. Educate your staff members about green cleaning products and practices

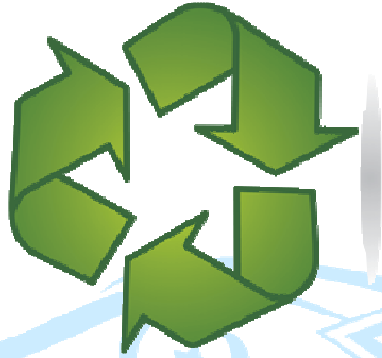
Employees must be taught how and in what situations to use these products. Obviously, green cleaning cannot be performed without green cleaning products, but it is the combination of the right product with a green-educated staff that will yield the best results for your client.

8. Create an internal communication plan for your green initiative

Educating your staff about green products and practices will ensure proper implementation of your green program. A strong communication plan that emphasizes the benefits employees will enjoy from the green program is the key to long-term success of your initiative.

9. Let your market and the general public know about your new green program

Prepare and disseminate a press release to appropriate media outlets. Send a kickoff memo from management to tenants, announcing the program and requesting participation. Also, consider a launch event to generate some enthusiasm for the program. Involve local community business and government leaders with a ribbon-cutting ceremony.



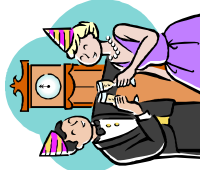
Resolving to Break an Addictive Habit?

TUESDAY, Dec. 30 (HealthDay News) -- No matter the addiction -- drugs, gambling, shopping, smoking, alcohol or more -- people who want to kick their habit in the new year might find help in a new Harvard University publication.

"Overcoming Addiction: Paths toward recovery" offers guidance for breaking unwanted addictive habits. The advice applies universally, because what all addictions have in common, the Harvard experts say, is the way the brain responds to pleasurable experiences.

To break the pattern, they recommend the following steps to increase the chances of success:

- **Seek help and create a support network.** Get input, advice and support from peers as well as professionals. Start with your doctor or a community mental health center for advice, a plan and -- if necessary -- medication to help with the break. Ask family, friends and co-workers for encouragement and backup.
- **Set a quit date.** Some people find it helpful to choose a significant date -- a birthday or anniversary, perhaps.
- **Change your environment.** Removing reminders and temptations from your home and workplace can make the break easier. For example, ridding the home of alcohol, bottle openers and wine or drink glasses might help a person trying to stop drinking. Don't let others bring reminders into the home. And, if necessary, break relations with people who enable your condition.
- **Learn new skills and activities.** Find something to replace the addiction and help conquer urges. Many people find that exercise is a good substitute activity to help fight temptation.
- **Review your past attempts at quitting.** Note what worked, what didn't and what might have led to falling back into old habits. Then, make appropriate changes.



Fun Facts Of January

Most of the world uses the Georgian calendar, which has January as the first month of the year. It is named for Janus, a Roman god. Roman legend has it that the ruler Numa Pompilius added January and February to the end of the 10-month Roman calendar in about 700 B.C. Pompilius gave the month 30 days. Romans later made January the first month. In 46 B.C., the Roman statesman Julius Caesar added a day to January, making it 31 days long. The Anglo-Saxons called the first month Wolfmonth because wolves came into the villages in winter in search of food.

In the northern half of the world, January is the coldest month. Nature is quiet and the birds travel less. In the southern half of the world, January is the warmest month. Animals are very active, and plants are growing.

World Book Millennium 2000

