



# Insider

VOLUME 14, ISSUE 3

OCTOBER, 2010

## New Business

ESS has continued to grow in the past quarter, adding the following customers:

**Coldwell Banker  
Multi-tenant Building**  
Decatur

**First Bank**  
Vandalia

**Bonutti Clinic**  
Effingham

**Solix CMR**  
Effingham

**Carle Anderson  
Building**  
Urbana

**USDA Field Office**  
Normal



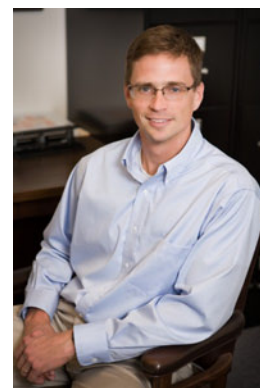
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## Points from the President

### Commitment

About a year ago, I was talking to my older sister about running a marathon. She said there was no way she could run 26.2 miles. She said it is just too far, and there was no way her body could handle it. About six months later.....this past Spring, my sister watched 6,000 people run the Illinois Marathon and Half Marathon as it went past her house in Urbana. One week later, she asked me to help her put together a plan for running a marathon this fall. I was honored and excited. I immediately went to work on her training plan. The next day I laid out my recommendations. She tweaked the plan and I approved. Over the next six months, my sister worked her plan. She ate right, she studied long distance running, she got up early to train, she ran long when it was hot and humid. As she worked her plan, she realized that her body could handle the strain.



On October 16, my sister ran the Indianapolis Marathon. She ran the exact pace she had committed to memory. She ran the first half at the same pace as the second half. She did everything she had committed to do. She placed 3<sup>rd</sup> in her age group and qualified for the Boston Marathon. She did this because in April she got inspired. She committed to run a marathon and told her friends and family she was going to do it. She set a goal and did not let anything get in her way. She trained when it was hot....she trained when she was tired.....she trained when her muscles ached.....she trained when she had other things to do (she is a full time professor and mother of two). It's amazing what a person can do when they are committed to and focused on a goal.

*The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor. ~*

Vince Lombardi

*Paul*

# Reminders!



## REMINDER

### Cobwebs

Cobwebs are usually bad this time of year, as the weather turns cooler. They often appear in entrances and foyers, in both high and low corners, above the "EXIT" signs, and on baseboards. They can also appear in other parts of the building besides entrances, especially in the corners of stairs

and in corners along baseboards in hallways and other areas. Please keep an eye out for cobwebs throughout your area or building, and use your duster or backpack vacuum to remove them. The vacuum is a great way to remove them from entryways at the same time you vacuum the entrance mats.

## Updates

- Changed a phone number or disconnected a line?
- Have you moved in the last 10—11 months?
- Do you have a new emergency contact?

Please don't forget to update the ESS office with any information that we may need to know, in order to reach you!

Please call 217.337.6701.



## Team Members of the Month 2010

# CONGRATULATIONS!



**July**  
**Sue Boyer**  
*Effingham Ambulatory Surgery Center*



**August**  
**Larry Boyd**  
*Urbana Floor Crew*



**September**  
**Brenda Knight**  
*Decatur Cancer Care*





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### Core Values Of ESS Clean, Inc.

- Honesty
- Improve the lives of our team
- Provide the best value
- Always get the job done
- Operate debt free
- Have fun!



The 2010 Fall Festival took place on October 9. Nature supplied the beautiful backdrop and the gorgeous day, at Crystal Lake Park. The attendance was the best ever and we had very positive feedback about the event. Employees and their families enjoyed Hickory River beef & turkey BBQ, Tammy's delicious pasta salad, with apple donuts from Curtis Orchard for dessert. Kids were entertained with inflatables and face painting, and all enjoyed bingo.

Lots of prizes were handed out, but the highlight of the evening was The Safety Drawing and Bright Idea Drawing. The winner of the cruise was William Schroeder and the big screen TV winner was John Starr. Congratulations to all of our winners! And a good time was had by all!

