



The Whitehursts'

Dry Cleaning News

The Best Dry Cleaning Ever...Or It's Free!

JULY 2019



Mark and Family David and Sherry

The Best Use of My Shoulder

I played little league baseball as a kid. My coach saw me as one of the big kids and coaches put the big kids behind the plate. But I loved it. I was attracted by all the equipment. I was involved in every pitch and I was the only one on the field that could see the entire field. I even talked a little trash to the batters. That was fun.

The downside to catching is you throw the ball a lot, even more than a pitcher. A pitcher doesn't throw every game. The catcher does.

After most games my shoulder ached. I wasn't a gifted thrower, so I always had to put a little extra effort into a throw just to look good.

Fast forward a couple of decades and I'm coaching my three sons in baseball. Most years I coached a team and helped with another – and I always had batting practice duties. Maybe I could throw batting practice better than the other Dads or maybe I just thought that I could. But it was my job. Every team – every year. During the season, I would throw maybe 300 pitches in a session. And then I'd move to the next son's team where I would throw another 300 pitches. My arm ached at the end of the day.

I remember clearly thinking back in the day that my right shoulder will give me trouble when I get older. Boy, was I was right!

Since early this year, the pain in my right shoulder got worse and the arthritis medicine wasn't hiding my problem as it had done for the previous ten years. So I saw an Orthopedic Surgeon and he quickly told me

that I got just about everything possible out of my right shoulder. Surgery was the only relief and since I also had rotator cuff problems, a reverse replacement technique was the recommendation. This is the specialty of Dr. David Adkison at St. Vincent's who handled my surgery.

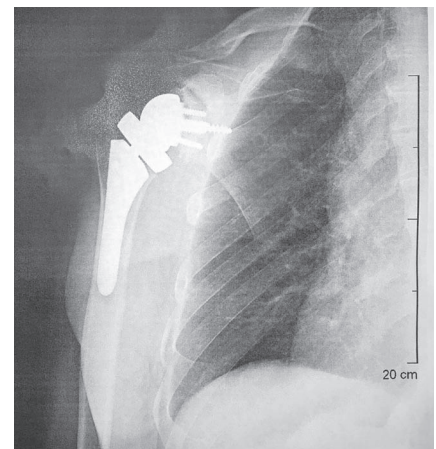
For years I hadn't been able to screw in a light bulb above my head with my right hand. Putting on a belt had become a challenge. Lifting a drink and shaking hands were sometimes painful. I couldn't even sleep with my hands on my pillow or put my right arm around someone's shoulder for a hug without pain. Most anything requiring raising my arm or reaching around my back felt like my shoulder was being squeezed in a vice. I would see lightning bolts and my eyes would tear up.

It's amazing what you can learn to do with your non-dominant hand in order to avoid crying.

I scheduled the surgery for May 20 before the fire at our Greystone facility on April 15, so in the midst of working through the challenges of the fire, I had shoulder replacement surgery. Both were equally unpleasant. I needed medication for both but only had it for one.

Now my shoulder is getting better every day. I'm not ready to throw a baseball yet, but I'm getting close. I don't know why I would want to throw a ball again.

During my recovery and the necessary painful



physical therapy, I kept reminding myself that I was having the surgery not to be able to throw a ball again but to relieve the pain. I'll continue to screw in light bulb with my left arm. So what can I do now that I haven't been able to do for the last 10 years?

I have an answer to that question. I'll be able to lie next to Sherry as we go to sleep and let her place her head on my shoulder like a pillow with my arm around her and cuddle a little. It was our routine for the first 39 years of our marriage. But I've missed that simple pleasure for the last 10 years.

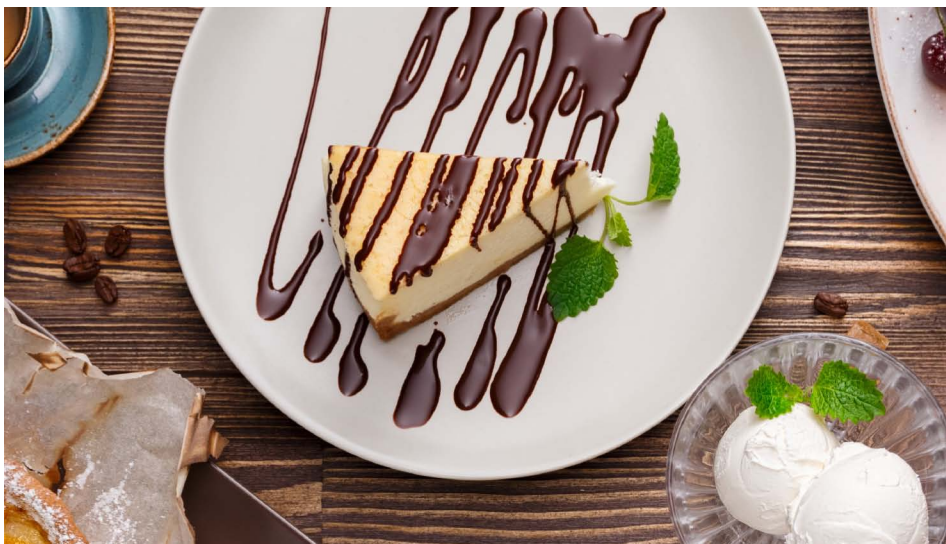
And that's the best use of my shoulder for the rest of my life!

David



“Did You Know Where This Saying Came From...”

PIECE OF CAKE



Meaning: Something that is very easy to do.

Origin: It is thought that this originated in the 1870s when it was the tradition to give cakes as prizes in competitions. In some parts of the USA at this time, slaves would participate in ‘cakewalks’ where

couples would perform a dance mocking the mannerisms of their masters. The most graceful couple would receive a cake as a prize. From this, the expression ‘a piece of cake’ started being used to describe something that was easy to achieve.

MIND YOUR P’S & Q’S



Meaning: Be on your best behavior; be careful of your language.

Origin: One possibility, of course, is the one in which “minding your Ps and Qs” stands for “mind your pints and quarts,” essentially advice for any inn- or bar-keep tallying up a guest’s drinks. In the days before keeping a tab, or paying immediately as the hugely muscled bartender stares directly at you, bartenders would often keep a chalk tally of the number of pints or quarts of ale a customer had consumed. Since a quart is two times bigger than a pint, “publicans had to make sure to mark up the quart drinks as distinct from the pint drinks.”

REMOVING URINE FROM A MATTRESS

Accidents happen – but you don’t have to live with the smell for long.

Here are 6 steps for removing the odor of urine in a mattress:

1. Remove the bedding as soon as possible and wash it as usual.
 2. Blot the stained area with paper towels or a terry cloth towel. Blot – do not scrub and force the urine deeper into the mattress.
 3. Mix equal parts of water and white vinegar. Using a spray bottle, spray the mixture all over the affected area.
 4. Spread baking soda over the entire affected area. Let it sit for at least 8 hours.
 5. Vacuum the excess baking soda.
 6. If the smell remains, repeat the process
- Don’t rush it. It takes time but this process should get that mattress smelling fresh again.



**WE ARE AN OFFICIAL
CORPORATE PARTNER OF
SAMFORD ATHLETICS**

15% OFF

OFF CASUAL WEAR

GOLF SHIRTS AND SHORTS

Good for Incoming Orders in July 2019

One Coupon Per Household

Cannot be combined with any other offer

FREE DRY CLEANING AND LAUNDRY PICKUP AND DELIVERY

Service Options
(within our service area)

- Regular Twice-A-Week Pickup and Delivery
- One Way Service (you drop off and we deliver - or vice versa)
- On Demand - Call us for a pick up and we do the rest

Call Billy Mims at 205.602.3842



Rocky Ridge Cleaning Center
2548 Rocky Ridge Road Vestavia Hills, AL 35243
205.824.7737

Greystone
5403 Highway 280, Suite 101 Hoover, AL 35242
205.408.2797

Calera Cleaning Center
4204 Highway 31 Calera, AL 35040
205.668.4727

Crestline
42-A Church Street, Mtn. Brook AL 35213
205.871.2962

Independence Day

Independence Day, the Fourth of July, the national day of the United States; all of these commemorate the signing of the Declaration of Independence declaring freedom from the domination of King George III of England. The document was approved on July 4, 1776, but did you know, however, that most congressional delegates actually signed the document on August 2, 1776? A stunning coincidence is that both John Adams and Thomas Jefferson, both signers of the Declaration of Independence died 50 years to the day after the birth of our country on July 4, 1826.





2548 Rocky Ridge Road
Birmingham, Alabama 35243
United States



A+



PRSRT STD
U.S. POSTAGE
PAID
BIRMINGHAM, AL
PERMIT #85

NEWSLETTER JULY 2019

Beside the normal stuff, we also clean:

- Wedding Gowns
- Area Rug Cleaning
- Suedes and Leathers
- Purses, luggage and backpacks
- Ugg Boots

And we do...

1. We are a Certified Wedding Gown Specialist
2. We are part of the Certified Restoration Drycleaning Network (CRDN) - We handle textile and electronics restoration due to damage from smoke, fire, water and mold.
3. Home and office dry cleaning pickup and delivery
4. Wash Dry & Fold service - including Champion Hamper service



Golf Jokes

- **During a Pro-Am, Arnold Palmer's partner asked,** "Well Arnold, what do you think of my game?" "It's OK," **said Arnie,** "but I prefer golf!"
- **If you drink, don't drive.** And don't even putt.
- **What is the difference between a golfer and a fisherman?** When a golfer fibs about his score, he doesn't have to bring anything home to prove it.
- **I was playing with this 85-year-old man recently on a course that I was unfamiliar with. On the third hole, I asked him what's the best part of the fairway to be on, and he replied,** "the top."
- **A golfer walks off the 18th green, hands his putter to his caddie and says,** "Kid, you've got to be the worst caddie in the world." **The caddie replies,** "Sir, that would be too much of a coincidence."
- **One day a player asked his coach:** "What is going wrong with my game?" "You're standing too close to the ball after you've hit it."



Time To Do This...

- ✓ Schedule furnace maintenance now and beat the October rush.
- ✓ Make an emergency list for baby-sitters and school kids on vacation
- ✓ Tackle patio and sliding door tracks.
- ✓ Print vacation packing lists for family travel.
- ✓ Check washing machine hoses.
- ✓ Hold a garage sale.
- ✓ Pest patrol: inspect yard and garden for carpenter ants or termites.
- ✓ Control garbage can odor with a can clean-out.
- ✓ Make a safety inspection of children's outdoor play equipment.