



The Whitehursts' Dry Cleaning News

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

MAY 2018



David & Sherry with Granddaughter Callie

Mark

Workout Short Cuts?

Looking to get more from your work out – without spending more time working out? I was reading about compression clothes and decided that maybe I could get more done in the same amount of time just by wearing a new type of workout clothes.

Compression clothes are made with bands of Spandex pulling across your body. They claim to help you work harder.

I decided to get a pair of compression shorts a try to see if they would help me get more out of my workout. I also wanted to test the proper care for compression clothes, so I had to sweat in them first.

Sherry went online and found some compression shorts and ordered my usual XL. As soon as I got the package, I tried them on. I was able to get them over my ankles but not much higher than my calves. So I sent them back and got the next size, a 2XL. I was able to get these over my knees, but my thighs wouldn't cooperate. I sent these back, swallowed my pride and ordered a 3XL.

I felt like a Bride-to-Be when she tries on her first wedding dress. They run a little small, I'm told.

The good news is that I raised my heart rate trying to squeeze, twist and pull my body in these 3XL compression pants

– a little aerobic workout just getting dressed. That can't be bad! I was thinking that these pants must be the best thing ever for aerobic fitness!

I finally pulled the compression shorts over my hips and headed to my Spin Class at Core Fitness in Cahaba Heights. They offer Spin, Pilates, Barre and other fitness classes. Their Spin class works my body like no other fitness regimen I've tried.



The thing about spinning is you control your speed and resistance and manage your heart rate up or down. I learned in just a few minutes that I had to cut my speed and resistance back because my heart rate was moving into the anaerobic zone much faster than usual because those shorts were pulling against **EVERY SINGLE MOVE** I made!

I couldn't get these shorts off soon enough – literally!

It was like taking a hike with a 60 lb. back pack.

I ventured out another day for a long walk wearing those damn shorts. Again, my heart rate increased faster than normal. I realized that I didn't need hills to get my

heart rate in my working zone when I wore those shorts.

There are no shortcuts to an effective workout.

After my very un-scientific tests, I believe real athletes or just us regular folks can benefit from compression shorts if they push themselves and don't back down on the effort like I did. I suspect it would also be a good way for anyone to prepare for a long hike.

But what if you wore the shorts all day under your regular clothes?

You'll probably burn more calories if you move around like normal. You might be a little more worn out at the end of the day as well. But I haven't tested this theory for one real reason.

If you wear these tight-fitting shorts under your street clothes, don't wait until the last minute when nature calls. It takes just a little longer to get those shorts where they need to be.

David



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

If You Can't Stand The Heat, Get Out Of The Kitchen



Meaning: If an activity or task is too difficult to do, then perhaps it would be best to stop doing it.

Origin: It's thought that Harry S. Truman is the one who coined the phrase, and he used it as early as 1942. A newspaper from that year, called The Soda Springs Sun, quoted him: "Favorite rejoinder of Senator Harry S. Truman, when a member of his war contracts investigating committee objects to his

strenuous pace: 'If you don't like the heat, get out of the kitchen.'" So, the idea here with this expression is something like this: With ovens turned on and pans heating up on the stove, the temperature in the kitchen can rise, becoming a hot place to work in. Some people might be uncomfortable working or just being in such a heated environment. Thus, if that's the case, it would probably be best for them to get out of the kitchen and leave the work to someone else.



In The Red

Meaning: Losing money or being in debt.

Origin: It's believed that this phrase originates from the practice of using red ink to signify a financial loss. Thus, a business that is "in the red," is a company that is losing money. It's possible that this phrase originates sometime during the early 1900s, as there are numerous newspapers from

that period of time that use the phrase when referring to businesses functioning at a loss. For example, in the Daily Globe newspaper from the year 1927, under the subheading 'Failed to get Interest,' it reads: "I regret to report to you that the people who put money into it failed by \$30,000 to earn even operating expense and depreciation. The company is in the red all the time."

CARING FOR CLOTHES MADE WITH ELASTIC AND SPANDEX

A lot of clothing has Spandex, Lycra or Elastane and we all know that clothing made with these fabrics will stretch a bit.

Yoga pants are generally made from a blend of cotton, lycra spandex, nylon, polyester or wool (for those in Canada, I guess).

The compression pants I tested were made of nylon, spandex (over 30%) and polyester.

And there are many bathing suits made with Spandex.

Did you know Spandex is an anagram for "Expands?" And did you know that the City of Rockport, Massachusetts once banned yoga pants from being worn in public?

So how should you care for clothing made with these stretchy fabrics?

Avoid heat so always use cold water and tumble dry on low heat. Also avoid bleach and fabric softeners. These additives will cause elastic to degrade quickly.

You can also break Spandex fibers easily. So avoid sitting in your swim suit on rough surfaces, like the side of many swimming pools or wooden furniture at the pool.

CUSTOMERS OF THE MONTH!

Congratulations to

Shea Bryars (Rocky Ridge)

Robert Jones (Greystone) • Brandon Sunday (Calera)

Our Customers of the Month are recognized by our Customer Service Specialists because they are a pleasure to serve.. Each receives a \$25 Champion Cleaners gift certificate



10% OFF PANTS AND SHORTS

Minimum 4 Items - Limit 15

Good for incoming orders in May

Offer Expires May 31, 2018

One Coupon Per Household

Cannot be combined with any other offer

15% OFF GOLF SHIRTS

Minimum 2 Items - Limit 10

Good for incoming orders in May

Offer Expires May 31, 2018

One Coupon Per Household

Cannot be combined with any other offer

\$.50 OFF DRESS SHIRTS

Minimum 4 Items - Limit 10

Good for incoming orders in May

Offer Expires May 31, 2018

One Coupon Per Household

Cannot be combined with any other offer

10% OFF DRESSES

Minimum 2 Items - Limit 10

Good for incoming orders in May

Offer Expires May 31, 2018

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 Cleaning Center

5403 Highway 280, Suite 101 Hoover, AL 35242

205.408.2797

Calera Cleaning Center

4204 Highway 31 Calera, AL 35040

205.668.4727

Rules of Friendship

- ✔ Listen. Really listen.
- ✔ Offer advice only after you've been asked.
- ✔ Try never to say, "I know exactly how you feel"...you really don't.
- ✔ Avoid "Crisis" Friends - the ones who are happy to help during a crisis but have no interest in hearing any good news.
- ✔ Learn to be with someone without having to do or say anything. This is potent.
- ✔ Make time for each other. Friendship should be a priority.
- ✔ Respect one another's opinions and position.
- ✔ Avoid toxic friendships where you always feel drained, depressed, and unhappy after spending time with a person.
- ✔ Be the friend you'd like to have. You're giving the gift of yourself.



SAMFORD

WE ARE AN OFFICIAL
CORPORATE PARTNER
OF SAMFORD
ATHLETICS



2548 Rocky Ridge Road
Birmingham, Alabama 35243
United States



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

NEWSLETTER MAY 2018

Beside the normal stuff, we also clean:

- Wedding Gowns
- Area Rug Cleaning
- Drapery 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

Answers Giving By 2nd Grade Kids

What ingredients are mothers made of?

1. God makes mothers out of clouds and angel hair and everything nice in the world and one dab of mean.
2. They had to get their start from men's bones. Then they mostly use string, I think.

What did mom need to know about dad before she married him?

1. His last name.
2. She had to know his background. Like is he a crook? Does he get drunk on beer?
3. Does he make at least \$800 a year? Did he say NO to drugs and YES to chores?

Why did your mom marry your dad?

1. My dad makes the best spaghetti in the world. And my mom eats a lot.
2. She got too old for anything else with him.
3. My grandma says that mom didn't have her thinking cap on.

Time To Do This...

- Clean Garbage Disposal
- Have Air Conditioner Serviced
- Clean Glass on Windows and Doors
- Repair and Clean Window Screens
- Repair and Touch Up Siding and Trim
- Clean and Refinish Wood Deck
- Clean Outdoor Patio Furniture
- Maintain Lawn Mower