



# The Whitehursts' Dry Cleaning News

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

OCTOBER 2018



David & Sherry with Granddaughter Callie

Mark

## Learning from the Ladies of Core



Back in my high school days in the 1960s - following the last game of the season at Woodlawn High School - I pledged to myself that I would never, ever run again. I'd had enough! It wasn't my strength. It wasn't fun.

Thirteen years later after I had gained about 40 lbs. and discovered that I had high blood pressure at age 31, I decided to renege on that pledge. I joined a gym and started running and lifting weights.

Wherever I have exercised, in high school or in a couple of different gyms, I learned that you really get to know the people you sweat with.

This is true today with my workouts at Core, A Pilates, Cycling & Bootcamp Studio in Cahaba Heights. But it's different at Core since I am one of the few guys who work out there. Mostly ladies are my workout buddies.

After six years at Core, I think I've been allowed into the "group." There's little hesitation for the ladies to discuss things in

front of me. Having that high honor, here are some of things I've learned from the ladies of Core:

- Botox, fillers and other procedures are a regular part of the conversation. I'm now educated on the subject. I learned that after a Botox treatment, the ladies can't move around a lot. But I don't know what would happen if they did. The ladies can also tell who has had a Botox treatment. I'm not too good at recognition because I don't want to stare too much.
- I've learned all about bra fat and how to get rid of it. Before Core, I didn't know there was a term for it.
- And speaking of bras, it's a consensus that Target has the best sports bras for the money. Who would know?
- Music is an important at Core. It gets you moving and helps you get through the challenge of the workout. My problem is that I can't understand some of the lyrics. Being the handicapped guy in the class, they station a lady near me who can interpret the songs they play. The music of the '60s and '70s were not nearly as explicit as some of the music today.
- Core is a great place for me to get ideas for birthday, anniversary and Christmas gifts for Sherry. Now if I could just get someone to go shopping for me!

- There are some terms for body parts that I've never heard. We all know that there should be some definition between the shoulder and the arm - and when there is no definition, at Core they call it the "sharm." I've got some work to do on my sharms.

There are some amazingly fit ladies at Core. Some started at Core that way - but most got that way when working out at Core.

If you are interested in trying a class, owner Cindi Glenn has a free class offer to newbies. Come in and try it for free. You can reach Cindi at 205.914.4385, at [www.CoreBham.com](http://www.CoreBham.com), on Facebook at Core - Pilates, Cycling, Bootcamp and on Instagram at CoreBham.

I haven't figured out why it doesn't intimidate me when the ladies do more than me. I just know that I wouldn't work nearly as hard on my own as I do at Core. The workouts aren't crazy. Bootcamps aren't military style. But you can make any workout tough or easy - just pick one. Now I enjoy working out again.

I can LIVE with that!

*David*



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



### Keep Your Shirt On

**Meaning:** To keep calm. If someone is in a heated situation where another person is getting riled up, they might use this expression to try and calm the person down.

**Example:** I borrowed a friend’s car and accidentally got the bumper scratched while I was out driving it. I informed him about what had happened and he became agitated with me, so I told him to keep his shirt on because I would pay for the damage. In other words, the upset friend is basically being told to relax, to not get upset.

**Origin:** This phrase’s origin is not very clear. It may originate from how when people get extremely angry to the point where they are looking for a fight, they

will sometimes remove their shirt. Why do they do this? Well, probably because a shirt, especially a tighter fitting one, can restrict one’s motions to some degree; by removing one’s shirt, it allows for a further range of motion of the upper body that would otherwise be a bit more limited.

Thus, perhaps those who were not interested in fighting or seeing a fight take place would advise the angry person to keep their shirt on, literally. Anyways, the earliest I could find of this phrase with its figurative meaning is from the 1890s. For example, in the Geelong Advertiser newspaper, printed in June 1894: “Now young man, you keep your shirt on, and don’t be too smart.”

### HOW TO CLEAN A DISHWASHER

I stooped over to put some dishes in our dishwasher, and a smell of a nasty garbage unfortunately filled my nostrils. So I began to research the question of the tricks for cleaning a dishwasher.

This is what I learned:

- There is a good chance that the smell is coming from bacteria and micro-organisms when aided by food that gets trapped inside. It’s a good idea to completely rinse your dishes and utensils before putting them in the dishwasher.
- Remove any food trapped in the food trap first. Then reach the close places in the trap with an old tooth brush. Check the utensil holder for any previous meals stuck inside or outside and get rid of them, too.
- There are commercial products available for this purpose. But you can also simply place a cup of white vinegar in the top rack and run the dishwasher on the hottest cycle. The vinegar will mix with the water during the cleaning cycle. Alternatively, you can add a cup of baking soda to the detergent tray and run it on a short, hot cycle. The vinegar is the better approach.

Going forward, be sure to rinse your dishes, clean the food trap weekly and keep the seals around the door clean.

*That solved my problem!*



**SAMFORD**

**WE ARE AN OFFICIAL  
CORPORATE PARTNER  
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## CUSTOMERS OF THE MONTH!

**Congratulations to**  
**Theo Lawson (Rocky Ridge)**  
**Nicole & Gordon Stewart (Greystone)**  
**Donna Pursley (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 DRY CLEANING & LAUNDERED SHIRTS

Minimum 2 Items - Limit 15

Good for incoming orders in September  
Offer Expires Oct. 31, 2018  
One Coupon Per Household  
Cannot be combined with any other offer

### 15% OFF SWEATERS AND POLOS

Limit 15

Good for incoming orders in September  
Offer Expires Oct. 31, 2018  
One Coupon Per Household  
Cannot be combined with any other offer

### 10% OFF COMFORTERS AND BEDSPREADS

Limit 3

Good for incoming orders in September  
Offer Expires Oct. 31, 2018  
One Coupon Per Household  
Cannot be combined with any other offer

### 15% OFF DESIGNER HANDBAG CLEANING

Limit 3

Good for incoming orders in September  
Offer Expires Oct. 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

## HALLOWEEN

Halloween is annually celebrated on October 31st. Popular activities commonly include trick-or-treating, costume parties, carving jack-o'-lanterns, apple bobbing, and haunted attractions.

Halloween can be traced back to the Celtic culture in Ireland. According to the Druid

religion, November 1st was New Year's on their calendar. The celebration started on October 31st, where the Celts believed the souls of the dead roamed the streets at night. Since not all spirits were thought to be friendly, gifts and treats were left out to pacify the evil spirits. Celtic traditions included costumes and treats.





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**NEWSLETTER OCTOBER 2018**

**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



# Halloween Jokes

- |  |   |
|--|---|
| <b>Q:</b> What do ghosts eat for supper?                               | <b>Q:</b> Why didn't the skeleton want to go to school? |
| <b>A:</b> Spooketi   | <b>A:</b> His heart wasn't in it.                       |
| <b>Q:</b> What do you do when 50 zombies surround your house?          | <b>Q:</b> Why didn't the skeleton cross the road?       |
| <b>A:</b> Hope it's Halloween!!  | <b>A:</b> He didn't have any guts!                      |
| <b>Q:</b> What is the most important subject a witch learns in school? | <b>Q:</b> Why did the skeleton cross the road?          |
| <b>A:</b> Spelling.  | <b>A:</b> To get to the body shop.                      |

## Time To Do This...

- Service Heating and Cooling System
- Inspect and Repair Roof
- Inspect and Clean Fireplace and Chimney
- Trim Tree Limbs Near Roof and Chimney
- Check Fire Extinguishers
- Cut and Stack Firewood
- Clean and Lubricate Garage Door
- Kiss Your Spouse Minimum Once a Day
- Say "I love you" at least one a day
- Count Your Blessings Every Day