

## Daylight Savings

In an effort to curb rising energy and operational costs, more companies are exploring new methods for saving money in their facilities. Many are beginning to see the light. Recently, three members of the FBG Sustainability Team travelled to Chicago for certification training on a much anticipated new cleaning program: HHPC Day from Diversey®.

HHPC Day is the new standard in best practice methodology to clean buildings during daytime hours. A long-time Diversey partner, FBG is among the first service providers in the country certified to offer the program.

The idea behind HHPC Day is simple: cleaning buildings during the day not only saves electricity, it reduces greenhouse emissions. Incorporating sustainable cleaning practices, tools, equipment and chemicals, HHPC Day is the only system certified by GREENGUARD® for indoor air quality. The equipment used is extremely quiet and uses HEPA filters to reduce airborne dust and allergens.

By all accounts, HHPC Day is an overnight success. Companies that have made the switch have seen the results. On the average, asset managers noted a 4-8% costs savings once the program was integrated into their buildings' operations. A recent case study from a 280,000 sq. ft. property (LEED-EB Gold Certified) underscored the program's effectiveness, producing a total net savings of \$.20 per sq. ft. or \$164,595 over a three-year trial period.

Testing also revealed an unexpected



HHPC Day Faculty: Gene Woodard, University of Washington; Steve Spencer, State Farm Insurance; Jennifer Corbett-Shramo, Innovative Cleaning Services and Clean Solutions Inc.

benefit: cleaning buildings during the day not only saves energy, it produces cleaner buildings. With specialized training in nonintrusive cleaning practices, FBG team members are able to blend into their working environments, often using non-motorized carpet sweepers and backpack vacuums. Daytime cleaning allows our teams to maintain high-use areas like restrooms and break areas throughout the day and performing urgent tasks as they're needed.

HHPC Day is part of a new generation of innovative solutions FBG is employing for higher performance and sustainability. Another is Activeion's The Ionizer®, a breakthrough sanitizing product that uses non-toxic ionized water to kill 99.999% of bacteria on surfaces

without any chemicals whatsoever. FBG is also testing the new Orion Clean Card PRO®, a next generation hygiene test that measures cleaning effectiveness by detecting minute protein residues on surfaces. The device has proven especially useful in healthcare environments for testing specific areas like control points in hospital wards to the cleanliness of washed dishes in cafeterias.

These are just some of the ways we're working to increase performance and operational savings while maintaining clean, safe and healthy working environments for our customers. At the end of the day, that's what FBG is all about. ■

## ESOP News



For those of you who remember the FBG 50th Anniversary story told throughout the year last year, you'll recall that as soon as founder Wayne Simmonds took over as majority owner of the company (then called FloorBrite), he immediately provided company shares to a few key staff knowing that the company would be better off by their having a stake in its success. He later transitioned the company to be 100% employee owned and these retirees will now reap the benefits. To all FBG Retirees, we want to hear from you and how you are enjoying your retirement. Thank You for your years of service. ■



### Lucy Allen Retires after nearly 40 Years

Since 1971, Lucy has had a very unique assignment in the FBG Portfolio, she cared for the Berkshire Hathaway and Kiewit Corporate Executive Offices here in Omaha. When the time came to implement the Team Cleaning method in the building, Lucy was instrumental in making the program successful. We always enjoyed catching up with Lucy at the ESOP Celebration which she attended every year. Thank you for your service to FBG, to the community and to our customer, I know they will miss you very much, as will we. Thank you Lucy! ■



### Bill Evans, USAF, Ret Retires from FBG

Colorado Springs Operations Manager Roy Van Esselstine shared with us recently that Area Manager Bill Evans was celebrating his retirement. And he wrote:

"I have had the opportunity to work with Bill as a competitor before joining FBG and in the last few years, to work beside him. It has been a great pleasure not only to get to know Bill, but to learn from him. To see him accept changes as they occur with open arms, a sense of can do, and most importantly, humor. Bill's tremendous support to the Rocky Mountain District and as an FBG Internal Auditor will be a void not easily filled. Thank you so much for your insight, your timely and honest responses operational concerns...but mostly, thank you for your laughter, the facial expressions that said it all, and mentoring us to being better people." Thank you Bill! ■

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## A Moment in the Spotlight



Gloria Gamboa has been employed with FBG as the Human Resources/Internal Manager for approximately seven years. Gloria was recently promoted to the Education Specialist position. Her background in education, dedication to the future of FBG and impact on her community makes her the best person to lead FBG in the education sector. For the past two years Gloria has participated in the production of an annual show that helps raise money for the SteppingStone Theater, a small community theater located in St. Paul, MN. Their mission is "to develop the whole child by using educational theatre programs, and fully staged productions to build self-esteem, confidence, and a sense of community while celebrating diversity in a supportive, non-competitive atmosphere." Gloria partnered with choreographer Luis Castillo to develop a show called "Legacy: A Tribute to the King of Pop" which became a huge success and drew thousands of spectators. They have raised nearly \$32,000 and have

donated 100% of the proceeds back to the theatre to support their mission. "Legacy is a labor of love. Directing and Stage Managing a show of this caliber while working a full time job can be daunting, but I love it. Having the creative outlet of the show really helps my daily work life. No matter how busy my day may get, I'm forced to let go of it once I leave the office and focus on my dancers," says Gloria. Thank you, Gloria, for your many good works. ■

## GOOD WORKS AT HAWKEYE



**From:** *Peg Brown, Foundation Executive Director,  
Hawkeye Community College, Waterloo, Iowa*

**To:** *Tom Montgomery, District Manager, FBG Cedar Rapids District*

**Subject:** *Scholarship*

On behalf of the students and staff of Hawkeye Community College, thank you for your gift of \$1000 to the FBG Service Corporation Scholarship.

Community support is vital as we continue to strive to meet the needs of Hawkeye students..We are honored that you have chosen to support Hawkeye in this way and we appreciate your generosity and support of our students and programs. ■

**From:** *Penny Teisinger,  
Hawkeye Child Care Center*

**To:** *Dennis Westendorf,  
FBG Program Manager*

**Subject:** *Deb Muhlenburg's  
Good Work*

I want to let you know how very impressed I am with Deb. I thought no one could take the place of Cottrell but Deb is right there with him. She is on top of things and knows exactly what to do and who to contact to get things done and done correctly. Not only does she do an excellent job cleaning and sanitizing, she is very observant. For example she is the one who notices the air conditioner was leaking because she is in the kitchen closet every day and she noticed all the ants we were having thanks to her scrutiny. We are very fortunate to have Deb at the child care center because I know every day the child care center is cleaned and sanitized the way it needs to be to be a safe and germ free center for the children. The floors and the carpet are wonderful! They look clean and fresh! ■

**From:** *Kathleen Elliott,  
Health Education and  
Services Center/HESC*

**To:** *Dennis Westendorf,  
FBG Program Manager*

**Subject:** *THANK YOU!*

Thank you for all your help! I heard only great things about how the building looked and without all of you it wouldn't have looked this great! Thank you for coming over whenever we called, which was a lot!

Dennis - Thank you for the help and for keeping things organized as well as allowing your staff to spend so much time at the HESC. Tom, Gary, and Joe—thank you for all your help! Especially with the floor covering, putting up the banners and for cleaning the street out front! Cheri—thank you for cleaning the windows and for keeping the building so clean!

Night Crew - Thank you so much for cleaning the backboards and weight room floor, as well as keeping the building clean.

You all are great people to work with! Thank you again! ■

**From:** *David Lies,  
Information Technology  
Consulting, McGladrey*

**To:** *Dennis Westendorf,  
FBG Program Manager*

**Subject:** *Relay Thanks*

Hi Dennis, just a quick note to thank you for your hard work in making the 2011 American Cancer Society's Relay for Life a much easier event to run. Your guys stepped up for every need throughout the Relay and went above and beyond our expectations. You and your staff (especially Bron) helped us out in so many ways with glitches that occur from time to time in events this size. It would be hard to cover this with enough volunteers from year to year. Who else could come over move the Relay Ritz RV and help diffuse that situation? Thanks again for your efforts and please let everyone know their help is greatly appreciated. We would like to drop some donuts off one morning. What is the best time drop off the goodies and expand your waist lines? ■

## From the Mailbag

**From:** *Eve Espinoza, Administrative Assistant,  
Alii Management, Colorado Springs, CO*

**To:** *FBG Management Team:  
Roy Van Esselstine, Che Giuliano,  
Erica Stowell*

**Subject:** *Power Outage*

Last night we had a power outage downtown during the rainstorm. The entire building lost power, but the back up generator came on and there was light in all stairwells and for all exit signs for stairwells. It happened at 5:40 p.m. Brenda Austin (security guard, Securitas) manually locked all entrances to the building. We had two janitors that helped her with the tenants getting out safely. Brenda stationed Chris (FBG) at the west entrance to watch the doors. Brenda and Paladin (FBG) walked up eight flights of separate stairwells to each floor to see who was still in building. Brenda checked the three elevators to see if anyone was stuck in an elevator. All okay.

At this time 5:30 p.m. (Raeanna) the parking booth attendant brings the money from the day into the office on the third floor. She had stopped at the restroom before getting on elevator or she would have been stuck on elevator. Paladin located Raeanna and walked with her down the stairs to make sure she made it out okay. Power came back on at 6:40 p.m.

I want to thank the FBG Team of Brenda, Chris, and Paladin for working together as a team for the safety of the building, tenants and all. ■

**“...working together as a team for the safety of the building, tenants and all.”**

**From:** *Brandy Bolton,  
FBG Supervisor,  
Quantum, Colorado Springs*

**To:** *FBG Cleaning Specialists Luis  
Jerez, Bill Van, and Rudolfo Elep*

**Subject:** *Job Well Done!*

The client was having an appreciation luncheon for over 300 employees and requested that they set up and breakdown for this luncheon very quickly. Not only were they able to do this in a timely manner, they were also able to complete all of their assigned tasks for the day.

The clients were so happy they insisted that they sit down and enjoy the food with them which made them all feel much appreciated. Several people verbally thanked them for a job well done and expressed that the team at Quantum can be depended on to do what they say no matter how busy they are. Just shows what teamwork can accomplish! Great job! ■

**From:** *Karen Milner,  
DBQA Specialist, Infogroup*

**To:** *Tom Hill,  
Infogroup Papillion Facilities*

**Subject:** *Cleaning People*

We are in our ‘new home’ now and have been for awhile. Based on the number of people here – especially women – many of us had anticipated cleanliness issues in the ladies room.

Much to my surprise – at least so far, it’s been just the opposite. The lady who cleans in there does an outstanding job. She is in there quite frequently, keeping paper towel dispensers full, trash emptied and just generally keeping it much cleaner than I had expected it to be.

She just does a marvelous job and she should be commended! ■

**From:** *Marilyn Belding,  
Nebraska City Medical Clinic*

**To:** *Rhonda Hester,  
Lincoln District Area Manager*

**Subject:** *Good work*

I would like FBG to know how much we value you and your staff at our clinic. Larry is very good about checking to see how things are going whenever we have contact with him. Thank you! ■

**From:** *(Raymond) Drew Gocken, MA.  
Ed, Dean of Business.  
Management and Information  
Technologies, Ankeny, IA*

**To:** *Larry Karlovsky, FBG Area  
Manager, Des Moines District*

**Subject:** *Your “A” Team*

I want to personally thank you and your crew on making our 30-year old floors look almost new. Very nice job. I know you had to work extra hard and it shows. My compliments!

*The “A” Team includes Tonya Le,  
Mark Waters and Danny Davis. ■*

## LEED-EB Ceremony in Highlands Ranch, CO.

FBG Area Manager and LEED-AP Penny Johnson attended the LEED ceremony for Highlands Ranch Office Complex. It is the first LEED for Existing Building (EB) building in Highlands Ranch Colorado (a suburb of Denver). There are only two other LEED buildings in Highlands Ranch, both of which were New Construction (NC).

It was important for the tenant, ARCADIS, to office in a LEED building because of their mission is to enhance mobility, sustainability and quality of life by creating balance in the built and natural environment through design, engineering and management services. Everyone from ARCADIS, Vector Properties and FBG played a part, all facilitated by Amanda Timmons, LEED AP with Ampajen Solutions. ■



From Left to right: Penny Johnson with FBG, Gary Coates, Jodi Jacobs both with the building tenant Arcadis US., Inc, Deb Kleinman (USGBC Executive Director Colorado), Deborah Yacovetta (Property Manager with Vector Properties), Amanda Timmons (LEED Consultant and owner of Ampajen Solutions), James West (Facility Engineer Vector Properties), Steve Blake and Alan Hurley both of Arcadis US., Inc.

*continued from page 2*

### FBG Retiree Appreciates ESOP Retirement

Max Ervin, FBG retiree and former Area Manager recently wrote to his old boss, Mike Livermore, Des Moines District Manager about what the retirement plan means to him. Thank you Max!

“Good morning Mike. Just wanted to let you know that I received my third ESOP check Saturday and today I paid off the business that it purchased two years ago. I hope and pray that the employee’s of FBG really understand what they have with this retirement plan. The blessing of God is on that company because of your Christian management and the above and beyond service it provides. I just wish I would have found it sooner but it was in Gods time. Please thank all for me.” ■



FBG Area Manager Bob Jones and FNB’s Dean Lowrey

### How in the World Did We Get These Floors to Shine?

Banks like their floors to shine. 1<sup>st</sup> National Bank of North Platte had previously used an acrylic product on this floor which produced a clean, but dull, non-gloss appearance.

In order to get a real shine, we had to remove this product. We first stripped off the old wax in 7’x7’ areas at a time using various grit grinding pads. With each grinding process, we would run the buffer in one direction then run it 90 degrees over the area and then repeat in the original direction. Once the grinding was complete, the slurry was wet-vacuumed up and rinsed with clean water, then wet vacuumed and rinsed a 2nd time. After the grinding, a polishing compound made for hard surface floors (i.e., terrazzo, marble, travertine, limestone) was applied to give the floor the high gloss. This process has effectively eliminated the need for future regular buffing, scrub and recoating of the floor to maintain the shine and luster, a cost benefit to the customer. We will now dry buff on a monthly basis, and as needed (depending on weather and traffic which brings in sand, dirt, dust which will impact floor shine).

For these high traffic areas we may need to polish more often. This whole process took five grinding applications, followed by the polishing paste and a buff to get these results.

We haven’t tried on concrete, but plan to and we’ll report those results next issue. ■

# AUGUST CELEBRATIONS

## BIRTHDAYS ANNIVERSARIES

### Cedar Rapids

- 5 Angela Gonzales
- 9 Roman Rodriguez
- 10 Clifford Bowman
- 15 Joyce Bowman
- 23 Idalia Lopez
- 29 Helen Ahrenholz

### Colorado - North

- 1 Delfino Romero
- 2 Juan Mendoza
- 4 Eduarda Delgado
- 9 Carmen Serrano
- 11 Somchay Nhoisaykham
- Stormy Pacheco
- 17 Penny Johnson
- 20 Maria Ceballos
- Elaine Deleon
- 24 Bartolome Gomez
- 29 Linda Rodriguez

### Colorado - South

- 2 Michael Medina
- 3 James Vigil
- 4 Ramon Esparza
- 7 Maria Plewniak
- 11 Maria Saldana
- 17 Juliana Agtarap
- 18 Luis Jerez
- 21 Rosario Aragon
- Jonathon James
- 26 Zachary Padilla
- 28 Trent Stewart

### Corporate

- 2 Barbara Luna

### Davenport

- 6 Raymond Brisker
- 7 Blanca Cruz
- 12 Cynthia Stellern
- 13 Carol Ford-Pemberton
- 16 Rickey Snyder
- 19 Noemi Lopez De Ramirez
- 26 Karen Washburn
- Theresa Washburn
- 31 Rosalie Williams

### Des Moines

- 1 Mary Cavender
- Susan Widmer
- 2 Rose Green
- 7 Sherry Lopshire
- 9 Dawn Brown
- 10 Phoun Baccam
- 12 Boun Baccam

- 14 Aurora Terrazas
- 21 Michael Livermore
- 24 Sheena Heemsbergen
- 29 Christy Elliott

### Lincoln

- 3 Laurie Cook
- Bryant Vann
- 5 Tyler Eichthaler
- 7 Stephen Mcalister
- 13 Michelle Collins
- 18 Dora Jiminez
- 20 Luke Bradley
- 22 James Klein
- Anita Rivera
- 23 Yvonne Pierce
- 24 Marcos Gutierrez
- 26 Brett Hart
- 28 Dennis Mount
- 30 Nelson Jones
- Larry Owen
- 31 Justin Carper
- Wendy Wochner

### Minnesota

- 8 Willis Braziel
- 16 Chauncy Page
- 30 Michele Kasten

### Omaha

- 1 Shirley Gasper
- Anthony Harris
- 2 Phyllis Blankespoor
- James Pulsis
- Robert Wright
- 6 Agapita Rosales
- 9 Jamie Tallant
- 10 Marvin Dixon
- Dora Gomez
- Darrin Hay
- Sally Kreizel
- 11 Alonso Lopez
- 13 Daniel Sundberg
- 14 Micheal Conklin
- 15 Carlos Gonzalez
- 16 Amie Murray
- 18 Donald Dorn
- 19 Kelly Griffin
- 20 Edwin Alvarado
- Ailene Kelly
- Bernardo Marquez Camacho
- 23 Eduardo Garrido
- 24 Juan Adame
- Maurice Williams

- 27 Wendy Christensen
- Teresa Sauer
- 28 Jose Hernandez
- Salomey Mensah
- Luis Osorio
- 30 Robyn Clawson
- 31 Makayla Adams
- Jeffire Elmore
- Joseph Jimerson

### Cedar Rapids

- 17 Lawrence Bell
- 12 Ana Rodriguez
- 9 Saul Torres
- 6 Maria Loza
- 3 Matthew Borum
- Lucia Raymundo
- 1 Gilberto Ortega

### Colorado - North

- 11 Kane Phalay
- 6 Carlos Saenz
- 2 Maria Ramirez
- 1 Adriana Escalante
- Mireya Molina
- Maricela Murillo
- Lourdes Perez
- Elvira Velasquez

### Colorado - South

- 39 Randy Zornes
- 23 Michael Carpenter
- 6 Yolanda Banuelos
- 4 Brandy Bolton
- 2 Julio Lopez
- 1 Michael Medina
- Michelle Ownbey

### Corporate

- 30 Terri Gogetap
- 15 Duane Short
- 14 Rodger Stroup
- 13 Sue Roy
- 12 Dawn Cunningham
- Romona Horne
- Barbara Luna
- 4 Tabatha McDonell

### Davenport

- 12 Tanna Rowell
- 3 Saul Frias

### Des Moines

- 7 Ellen Cooper
- 5 Sherie Russell
- 4 Kimberly Steen

- 3 Lucas Bricker
- 2 Dragan Djuric
- Zaklina Djuric
- Susan Widmer
- 1 Ramona Bedford
- Christina Hopkins
- Tait Knight

### Lincoln

- 7 Cindy Story
- 6 Florence Mayr
- 5 Valeria Hunt
- 2 Angie Trotter
- 1 Mohammed Ali

### Minnesota

- 9 Omar Martinez
- 8 Gary Stollenwerk
- 6 Jose Linares Dominguez
- 3 Yancy Vega

### Omaha

- 25 Peggy Christensen
- 25 Peggy Teutsch
- 14 Larry Nicholson
- 13 Sally Kreizel
- 12 Peggy Brittell
- 12 Enrique Ortega
- 10 Arthur Lopez
- 9 Kenneth Emge
- 8 Tim Beezley
- Darrin Hay
- Lowell Nuetzmann
- 7 Justa Arroyo
- 5 Genaro Jaquez
- 4 Bonnie Campbell
- Shawn Ebling
- Maurissa Garcia
- Michael Snoddy
- 3 Lanora Muhammad
- Patricia Perry
- Kathleen Shea
- Amanda Stilen
- 2 Rosa Alvarez Ceballos
- Jose Cordova
- Maria Cortez
- Thomas Elder
- Randall Foote
- Karen Lawler
- Jeanette Mitchell
- Kathleen Pieken
- Petra Salguero
- 1 Eduarda Flores Valadez
- Joseph Ser
- Clara Tello



After a long cold winter, we finally get to enjoy the flowers planted by the Lincoln District employees that were planted last year as part of our 50th Anniversary celebration.

FBG beauty growing into the future!

## SEPTEMBER CELEBRATIONS

### Cedar Rapids

- 3 Brent Gross
- 3 Aristeo Torrez
- 12 Michael Stocks
- 28 Steven Blake

### Colorado - North

- 3 Mercedes Vincent
- 6 Cesar Trujillo Tanelo
- 16 Lidia Martinez
- 20 Ruben Ventura

### Colorado - South

- 6 Luis Lopez Santiago
- 8 Carlos Aguilar Pulido
- 9 Daniel Algien
- Carissa Esquibel
- 10 Elvira Cuevas
- 11 Brandy Bolton
- 13 Rosa Martinez
- 19 Johnny Chavez
- 22 Christopher Pouncey
- 23 Clive Lockwood
- 27 Rudolfo Elep
- 28 Nate Frausto
- Roy Van Esselstine
- 30 Coletta Stroughter

### Corporate

- 1 Richard Daniel
- 5 Judy Hollinger
- 10 Kris Bruno
- 30 Carolyn Peterson

### Davenport

- 2 Eva Hernandez
- 8 Scott Hess
- 9 Deborah Tinkler
- 11 Nicholas Pursell
- 15 Rhonda Miller
- 18 Deirdre Stebbins
- 20 Christine Gerleman Smith
- 23 Gina Peacock
- 26 Glenda Elmore
- 28 Lizzette Ortiz

### Des Moines

- 3 Helen Guzman
- Larry Karlovsky
- 7 Jonetta Douglas
- 11 Janie Smith
- 16 Valerie Williams
- 17 Deanna Vaudt
- 19 Lorraine Hibbs
- 25 James Kellogg
- Charles Staples
- Desmir Zarifovic
- 26 Lacey Mason
- 27 Cheryl Kimball

### Lincoln

- 2 Carl Bouges
- Richard Hejtmanek
- 3 Jesse Radcliffe
- 9 Roger Halvorson
- 12 Walter O'Neal
- 20 Brian Sanley
- 29 Jeannette Wells

### Minnesota

- 3 Jose Linares Dominguez
- 8 Yancy Vega

### Omaha

- 1 Lowell Nuetzmann
- 3 Maria Garfias
- 4 Samuel Gutierrez
- Rubelia Loera
- 6 Jose Olvera
- 7 Richard Newton
- Richard Vela
- 8 Erika Torres Rosales
- 10 Lawrence Shields
- Raul Versallos
- 11 Rebecca Foote
- Raymond Simmonds
- 12 Rufus Dunlap
- 13 Tadeusz Adamowski
- 15 Thomas Elder
- 16 Charles Liford
- 17 Pablo Ochoa

## BIRTHDAYS ANNIVERSARIES

- 18 Amanda Karr
- Melissa Karr
- Sofia Lozano De Briceno
- 19 Genaro Jaquez
- 22 Lucinda Greer
- 24 Mary Brown
- 27 Ralph Furst
- 28 Joe Hayes
- 29 Rondy Porter
- 30 David Mitchell

### Cedar Rapids

- 9 Sandy Berry
- 8 David Penick
- 2 Andrew Fisk
- Joseph Becker
- 2 Thomas Roberts
- 1 Ma De La Luz Garcia
- Ruth Loyd

### Colorado - North

- 4 Gail LaGrenade
- 3 Eduarda Delgado
- Maria Nunez

### Colorado - South

- 10 Bertha Espinoza
- 8 James Vigil
- 3 Carmen Rodriguez
- Carmen Serrano
- Ismael Trejo
- 1 John Anderson

### Corporate

- 33 Richard Daniel
- 10 Carolyn Peterson
- 6 Michael Wurth
- 4 Deborah Haynes
- 2 Joseph Nartowicz
- Davenport
- 17 John Deahl
- 12 Cindy Becerra
- 7 Juana Diaz
- 3 Carolyn Laughlin-venardi
- 1 Cristal Garcia
- Bradley Venardi

### Des Moines

- 6 Gary Phelps
- 5 Carol Lamb
- Fatima Osmanovic
- 3 Susan Moore
- 2 Sheena Heemsbergen
- 1 Lonnie Florence

### Lincoln

- 5 Brett Hart
- 5 Rhonda Hester
- 2 Brad Pence
- 1 Laura Brown
- Adam Cutshall

### Minnesota

- 7 Gloria Gamboa Spencer
- 1 Willis Braziel
- Michele Kasten
- Amazzancutt

### Omaha

- 41 Wayne Scheer
- 26 Patricia Mcgrath
- 16 Donald Dorn
- 14 Robert Couden
- 10 Lawrence Shields
- 7 Mickie Jones
- 5 Robert Allen
- 3 Rufus Dunlap
- Marvin Karr
- Laurie Skoglund
- Vicky Trauernicht
- 2 Elizith Zepeda
- 1 Makayla Adams
- Heather Booze
- David Brown
- Darrell Hensley
- Ailene Kelly
- Scott Philmalee
- Carmen Reyes

## Get Your Geek On!

Now that summer has arrived, many of you will be heading to the beach or the lake or just getting away from the office. Here are some great technologies that can help you make the most of it:

The **Fitbit** tracks your calories burned, steps taken, distance traveled and sleep quality. The Fitbit contains a 3D motion sensor like the one found in the Nintendo Wii. It tracks your motion in three dimensions and converts this into useful information about your daily activities (i.e., exercise, nutrition, sleep quality). You can wear the Fitbit on your waist, in your pocket or on undergarments. At night, you can wear the Fitbit clipped to the included wristband in order to track your sleep. Anytime you walk by the included wireless base station, data from your Fitbit is silently uploaded in the background to Fitbit.com. [fitbit.com](http://fitbit.com)

**Square Up!** Free credit card reader for your cell phone! 2.75% per swipe for all credit cards, no monthly fees of contract. Do your transactions via cell phone and avoid writing checks. [squareup.com](http://squareup.com)

**MP3/Bluetooth Sunglasses with 8GB Flash Memory:** Automatic switch when there is incoming calls or making calls while playing music. MP3 stores more than 2400 songs, Up to 6 hours of playback time on a single charge, high-quality speakers; Polarized lens material to filter out 100% of UVA/UVB/UVC and harmful blue light. These are widely available, try Amazon and read the reviews. ■

**What's your favorite app? Email [bluna@fbgservices.com](mailto:bluna@fbgservices.com) and we'll share in the next newsletter.**



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## ||: MUSIC REVIEW by Rodger Stroup

Some old friends have new music for us to enjoy this month, along with some cool music from a new friend.

**How to Become Clairvoyant, Robbie Robertson** – A quick history lesson; Robertson was the chief songwriter for The Band, who, before striking out on their own, were Bob Dylan's touring band when he went electric.

Joining Robertson in this musical adventure is Eric Clapton, making this a fun album for the guitarists in the crowd. Robertson is one of America's best storytellers, and for the first time, he's telling his story. "When the Night Was Young" is filled with a young man's idealism, certain that theirs would be the generation that would stop the war and change the world.

"This is Where I Get Off" is the short version of how The Band came to an end. After going years without

revealing anything on this subject, Robertson finally gives us his side of the story.

There's nothing flashy here. Just great songs sung and played by great musicians. To my ears, this sounds like one of the best albums of the year.

**21, Adele** – I'm behind the times when it comes to current pop music, so Adele caught me by surprise. She's got a great range, and you can hear her influences throughout her latest album.

Did I say she had great range? "Rumour Has It" and "Set Fire to the Rain" demonstrate Adele's vocal prowess. And, it's not just vocal range that sets Adele apart from her peers. She feels these songs and gets inside them. When it's just Adele and an acoustic guitar ("Lovesong") or a piano ("Someone Like You"), you can feel the emotion pouring out of her.

I'm probably the last person to get on the Adele bandwagon, but if you haven't had the pleasure and you're wondering what all the fuss is about, give 21 a listen.

**Move Like This, The Cars** – It's been 24 years since the Cars released their last album. From the opening track, "Blue Tip," it's clear that the Cars have found their Mojo, returning to the very cool mix of synthesizers and guitars that made their first two albums so spectacular. Move Like This is a fun record that I think will sound great with the car windows down and the stereo turned up.

What are you listening to this summer? I'd love to see your list of favorite summertime albums, so e-mail your Top 10 to me at [rstroup@fbgservice.com](mailto:rstroup@fbgservice.com).

### SPOTLITE FEEDBACK

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