



A publication of Dow Janitorial
www.dowservices.com

DOW information

Down the Drain
A Spotless Reputation

Running For Your Mind, Body, and Soul

Marathon Racing in Arkansas

Whether you are a seasoned jogger who wants to work towards a new goal or a novice runner who is inspired by a friend's accomplishment of winning a race, there are many personal reasons as to why you would want to train for and run in a marathon. Sure, there are plenty of excuses not to run a 26.2-mile race. You may tell yourself it's too hard and too far. You may be scared of getting injured and don't want to lose toenails, deal with swollen feet, or experience constant soreness, so you talk yourself out of realizing your marathon dreams. But somewhere deep down you always go back to wondering what it would be like to put the effort into training for a marathon.

The Benefits of Running a Marathon

Although running a marathon can be a scary and painful endeavor, training for and running a race can offer a number of benefits for the body, mind, and soul. In fact, there are many reasons why you should run. Below are just 26 reasons, one for every mile you'll run in a marathon, for why you should start training now.

For Your Physical Health

Training for a marathon has many physical health benefits for the body and also allows you to enjoy some added perks, such as:

Running regularly strengthens your heart and helps keep your blood pressure and high cholesterol at healthy levels. You'll sleep better; marathon training can be exhausting and your body will crave sleep since it repairs itself while you're resting. You can get in better shape, marathon training challenges even the fittest athletes.

For Your Mind

Long runs play a big role in helping you hone your mental toughness and develop a coping system to deal with running, day-after-day, mile-after-mile, in some very tough conditions. Running a marathon will also help you reap the following benefits:

It reduces stress; research suggests that running in times of stress helps you better handle life's challenges by increasing your mental resilience. You'll stay motivated to run; you can't get away with not training when it comes to a marathon, so having one on your calendar will keep you motivated to stick to your training schedule. On days when your motivation is lacking, you'll think about how you'll feel if you're undertrained, can't finish, or have to cancel and find the strength to train anyway.

For the Soul

Running a marathon isn't just good for your body and mind, it can also help feed your soul as it helps in social situations and can give you a reason to get into charitable work.

You can raise awareness and money for a good cause. Many marathons benefit charities and worthwhile causes, from disaster relief to fighting cancer. Running for something that's bigger than you is a great way to stay motivated to keep training, meet other runners to train with, and can make your training and races even more meaningful. You'll be a great role model. It's hard not to respect someone who is dedicated and determined to complete a substantial goal such as running a marathon. You'll be setting a great example for many people in your life.

For more information: www.verywellfit.com



Give a warm WELCOME to the newest members of the DOW Family.



Ben Webb

Fayetteville Area Supervisor



Kevin Cole

Floating Supervisor North & South



Patricia Bateman

Hot Springs Area Supervisor

Kick off the Spring season by cleaning all those asset killers that eat away at your wood decking, concrete/stone patios, and exterior of your home or business. Below we have listed a couple of tips to adding life and value to your property.

Clean your deck and patio - Your deck acts as a natural extension of your house; to get the most out of it, regular cleaning is required. A well-maintained deck can increase the property value and curb appeal of a home. Without correct care, however, decks can actually decrease the value of a property.

Clean and disinfect the EXTERIOR of your home or business - Cleaning your home's siding every year and keeping it in good repair extends the life of any siding and heads off replacement costs.

...and that means you won't have to replace siding as often. Cleaning siding removes the dirt and mildew that shortens the life of siding. A clean house protects your investment, too.



MARCH Marathon Races Around Arkansas

- March 7 - Conway- 2M, 1M Run - Chase, Race & Paws.
- March 7 - Fayetteville - 10K, 5K Run - Running of the Hogs
- March 13 - Mountain View - 3 Days of Syllamo Stage Race
- March 14 - Cave City - 5K - SkillsUSA Color Run
- March 20 - Fayetteville - 13.1M 4M Trail - Beer & Bagel Run
- March 21 - Hot Springs - 5K - I LOVE LK Run
- March 21 - Arkadelphia - 42K, 25K, 10K Trail Run - Iron Mountain
- March 22 - Little Rock - Arkansas Run for The Fallen

For more information on the aforementioned races and more races around our great state, check out www.runningintheusa.com.

March 2 - Read Across America Day (Dr. Seuss's Birthday)



March 8 - Daylight Savings Time (Spring forward 1 hour)

March 17 - St. Patrick's Day



March 23 - National Puppy Day

**Did you know...
March Facts**



Employee of the Month is Taronnica Blackmon



Our Employee of the Month for March is Taronnica Blackmon. Taronnica was hired in June of 2019, to help with our summer cleaning of the Malvern School District. After the summer, she chose to become a permanent DOW team member and now cleans at the Malvern Elementary School. Taronnica's Supervisor, Lisa Stevens, has great things to say about Taronnica, "[she] is a very hard worker, who always does her job well and will do extra work when short staffed or whenever asked. I can always depend on her to get the job done right." Andrew Klich, Hot Springs Area Manager, says, "[he is] glad to have Taronnica on our team and cleaning the Malvern Elementary School. She has proven herself to be a great asset." Congratulations Taronnica Blackmon, on a job well done!



Clean Vehicle Award goes to Claude Green

Congratulations to Claude Green for earning the Clean Vehicle Award for March. Claude has worked for DOW's Springdale office for 11 years. Claude has worked his way up in the company from being a Floor Tech for several years and was promoted to Area Supervisor. Springdale Area Manager, Ramona Meeker, says "even when



Claude was a Floor Tech, he had the cleanest vehicle..." she goes on to say "when she uses Claude's work vehicle, his vehicle is wiped down and vacuumed at all times." Way to go Claude!



Clean Closet Award goes to Marsha Trusty



March Clean Closet Award is awarded to Marsha Trusty, out of our Jonesboro office. Kristin West, Jonesboro Area Manager, says "[Marsha] is a wonderful employee, she keeps our CenterPoint and Car Today accounts looking amazing." Kristin goes on to say, "[Marsha] is very dependable and always asks if we need her help." Marsha has worked for DOW since November of 2018 and while maintaining a day job as well, but she never skips a beat! "I am grateful for Marsha and all of her hard work. She is an asset at the DOW Jonesboro office." Keep up the great work Marsha!



To inquire about services or special pricing for **DOW** Janitorial, contact Terri Stephens today at 501-791-2900 or tstephens@dowservices.com.

Anniversaries

Roger Strock	22 Years
Claude "Allen" Green	11 Years
Evelyn Toney	11 Years
Ardelia Taylor	11 Years
Odel Snider	7 Years
Patricia Backhaus	6 Years
Karen Wacaster	3 Years
Annette Rogers	2 Years
Crystal Hughes	2 Years
Velma Daniels	2 Years
April Underwood	1 Year
Tammie Stanford	1 Year
Wilbert Johnese	1 Year
Alicia Frazier	1 Year



Birthdays

William Belt	3-1	Roderick Boyd	3-20
Taletha Howard	3-1	James Taylor	3-20
Lucille Dexter	3-3	Robert Lane	3-22
Marcus Barton	3-4	Deidra Asmus	3-23
Jacob Langinbelik	3-5	Peggy Barnett	3-24
George Kinsey	3-6	Jessica Canizales	3-24
Craig Scott	3-7	Sharron Perry	3-25
Veronica Palos	3-8	Tom Holt	3-25
Lisa Caplinger	3-9	Gary Mitchell	3-28
Nautia McCoy	3-9	Patricia Lynch	3-28
Marquia Johnson	3-10	Oscar Tejada	3-29
Tiffany Deems	3-11	Mary Kee	3-29
Reginald Dokes	3-12	Felicia Peal	3-30
Maria Salas Palomares	3-13		
Zachary Warford	3-13		
Leona Ford	3-14		
Patricia Backhaus	3-15		
Tarsha Faulkner	3-15		
Thomas Hagen	3-15		
Julia Cox	3-16		
Candice Clark	3-16		
Sheliscia Phillips	3-17		
Sonia Worsham	3-20		



Employee Referral Incentives

LOVE EXTRA MONEY?

Tell your friends and family to apply today!

\$25.00 after 30 days*

\$50.00 after 90 days*

\$50.00 after 1 year*

*Subject to employee qualification.