

A publication of Dow Janitorial  
www.dowservices.com

**DOW** information

**GARDENING WILL KEEP YOU WELL DURING THE COVID PANDEMIC**

With as much as one-quarter of the world's population currently in coronavirus lockdown now is the time to use your time in the garden or balcony to keep safe and healthy too.

As 'the world's champion for the power of plants' the International Association of Horticultural Producers (AIPH) has pulled together the scientific evidence that shows how gardening and being in the garden will help to keep you well.

- Gardens provide a place for experiencing nature which is proven to benefit mental health, cognitive functioning and emotional well-being.

- Gardening reduces depression, anxiety, obesity and heart disease as well as increasing life satisfaction, quality of life and sense of community.
- Gardens are essential to supporting recovery from illness and merely looking at gardens can reduce stress, blood pressure and muscle tension.

Above all of this, the coronavirus lockdown provides the time and opportunity to create the garden you always wanted, producing a sense of pride and of course pleasure for you and your whole household.

For more information visit:  
[www.aiph.org/coronavirus](http://www.aiph.org/coronavirus).

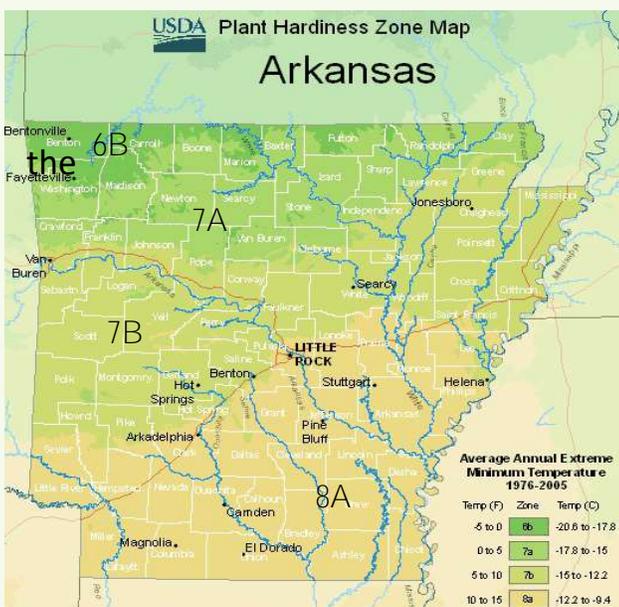
**DO YOU KNOW YOUR ZONE?**

*Make the most of your garden by knowing your zone.*

Planting vegetable seeds or transplants at correct time is important to getting the most out of your garden. Knowing your first and last frost dates will help you start your vegetable seeds at the right time.

*Did you know?... You can check on the back of seed packets to find out the best time to plant that seed in your designated zone.*

**Arkansas is in USDA plant hardiness zones 6-8.**



For more information visit:  
<https://www.ufseeds.com/learning/planting-schedules/>

## To-Do's: Your June Home list

Get your house ready for summer with a mix of maintenance musts and breezy room refreshes.



 **Empty standing water regularly.** The best way to keep mosquito populations down is by regularly checking your property for standing water and emptying it. Even a saucer of water can become a mosquito nursery, so leave no pot unturned!

 **Give your garage or shed a clean-out.** Since you'll likely be spending more time in your outdoor spaces during the summer, it's a good idea to take some time at the start of the season to clear out space in your storage area. Take old paint cans to a hazardous waste drop-off point, sell or give away items you no longer want and organize what's left into zones of use: garden tools and supplies, outdoor adventures and sports gear, and household tools.

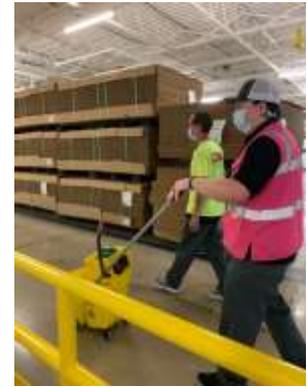
 **Clean gutters and downspouts.** If you did not get your gutters cleaned in spring, be sure to get this essential task checked off your list as soon as possible. Leaf- and debris-clogged gutters can lead to leaks and siding damage with summer storms.

For more information visit:  
<https://www.houzz.com/>

Congratulations to the Area Manager, Ramona Meeker, and the Springdale DOW Team. DOW Building Services has been selected as the Winner for the 2020 Best of Springdale Awards in the category of Janitorial Services.



## **DOW** On The Job... Environmental Services



## Employee of the Month is David Austin



Congratulations to David Austin for achieving the Employee of the Month Award for June. David is an exemplary employee and received this praise from Jared Bartlett, from ATC Scientific, "David has been cleaning our lab for several months now and I felt the need to let you know how pleased we are with the work he's doing for us. He's always totally thorough, doesn't rush through the cleaning, brings up supply issues before they're a problem, and is always pleasant to talk with. He's probably the best custodian we've worked alongside. I hope he sticks around for a long time! Thanks for sending him our way." You are a rock star, we are proud to have you on the DOW team. Keep up the great work, David!



## Clean Vehicle Award goes to Brien Harris

June's award goes to Brien Harris. Brien, is one of the floor techs that supports our North Little Rock and Little Rock customers. According to his supervisor, Alea Carnicle, "Brien keeps his van very nice and neat". Alea adds, "he has a very good sense of humor and he is very nice to work with. He is willing to help out anytime we need him". I am very glad to have you on the DOW Team, Brien!



## Clean Closet Award goes to Robin Davis



The June Clean Closet Award goes to Robin Davis, out of our Springdale office. Robin is a floater/cleaner at Old Building in Fayetteville, she's been with DOW since August of 2018. According to Ramona Meeker, Northwest Arkansas Area Manager, says this about Robin, "she keeps her closet neat and tidy at all times". In addition, Ramona said "thank you Robin for your hard work and efforts"!



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

## Anniversaries

Marquia Johnson	17 Years
Anthony Bell	11 Years
Charles Johnson	8 Years
James Thomas	6 Years
Reginald Dokes	6 years
Darrell Doby	5 years
Emma Jimenez	4 Years
Rose Woods	3 Years
Gary Walling	3 Years
Shelva Spraglin	3 Years
Shekila Jones	2 Years
Robert Cook	2 Years
Lenard Smith	2 Years
Jacquelin Brigance	1 Year
Sherry McCray	1 Year
Tony Goderstad	1 Year
Panvera Ymeri	1 Year
Amy Bell	1 Year
Gary Hill	1 Year
Melody Hill	1 Year
Angeles Garcia	1 Year
Billy Walters Jr.	1 Year
Taronnica Blackmon	1 Year
Willie Allen	1 Year
Kenneth Mann	1 Year

## Birthdays

Jim Dampier	6-1	Patricia Mount	6-11
Mark Ostenson	6-1	Monique Murphy	6-11
Donna Henman	6-2	Jacqueline Arnold	6-12
Khadajaih Day	6-2	Kauwyana Yancy	6-12
Elvin Neal	6-3	Corey Shields	6-14
Gary Pearson	6-4	Virginia Cones	6-16
Sasha Purifoy	6-4	Miguel Gonzalez	6-18
Nikita Cross	6-4	Dunta Scott	6-18
Ramona Byrd	6-5	Wayne Held	6-19
Kathleen Davis	6-5	Secquoya Reed	6-19
Jalessa Easter	6-5	Streter Olosan	6-19
Brittney Dancy	6-5	Maria Aguilar	6-20
April Underwood	6-6	Helen Mount	6-20
Neijab Smallwood	6-7	Dalton Osburn	6-26
Tommy Mason	6-9	Latasa Lewis	6-27
Betty Williams	6-10	Panvera Ymeri	6-28
Gary Walling	6-11	Tiffany Westbrook	6-29
Christy Brandon	6-11	Annie Smith	6-30
		Ervin Flloyd	6-30



### Employee Referral

#### Incentives

Tell your friends & family to apply today!

**\$25.00 after 30 days\***

**\$50.00 after 90 days\***

**\$50.00 after 1 year\***

\*Subject to employee qualification.