

MYTEE TIMES

May 2011

Lights...camera...action!



Ross Lazar

Along with amateur video, Ross has been involved in martial arts since he was four, and has attained the rank of black belt. On the weekends, Ross enjoys going to the beach, or camping and hiking with friends in the local mountains. When he's not busy creating new videos for Mytee, Ross can be found tending to his vegetable garden and caring for his numerous pets, which include two dogs, two cats, and seven chickens.

A self-described perfectionist, Ross loves the challenge of creating entertaining videos that showcase the high-performance and versatility of Mytee products. I try to stay as innovative as Mytee itself, said Ross. I'm constantly learning new techniques, and I make everything I can to be the best product possible.

At Mytee we pride ourselves on being 1% better in 1,000 ways, and our new promo videos are a perfect example of that. These videos have been well received by our distributors and end-users, and can be viewed on our website at www.mytee.com, as well as our various social networking sites. While other companies in the industry are stuck in the marketing doldrums, Mytee caught the gust of wind to progress, and I'm happy to be a part of it, said Ross.

If you've checked out the Mytee website lately, you might have noticed that we now have new promo videos for many of our machines and accessories. The man behind the camera creating these entertaining and informative videos is Ross Lazar, Mytee's resident videographer.

Born and raised right here in north county San Diego, Ross started making videos with his friends in high school. Ross has taken his love of film to the next level, and he is currently in school pursuing a degree in cinema and digital video production. Since joining the marketing department at Mytee over six months ago, Ross loves to be able to use his creative talents to showcase the wide variety of Mytee products. I was very fortunate getting a job in my chosen field so early, said Ross.

Click to visit the new Mytee.com



Mytee is proud to introduce our brand new line of Spinner hard surface cleaners.

Now available for 2" hoses.

These cutting-edge hard surface cleaners are revolutionizing the industry with their combination of versatility, ergonomics and performance.

The Spinner line takes hard surface cleaning to the next level. Available in a wand or T-handle style, the Spinner is constructed with durable stainless steel, and features a low profile head for cleaning under toe kicks and other hard to reach areas. Rated from 500-3000 PSI, the Spinner is available for either 1" or 2" machines so it can be attached to a high-pressure portable extractor, truckmount, or pressure washer. Other innovative features include swivel-mounted quick connects, carbide seals, a vacuum relief, and a replaceable skirt brush.

Update your cleaning arsenal and order the new Spinner today!



Model No. 8901 & 8902



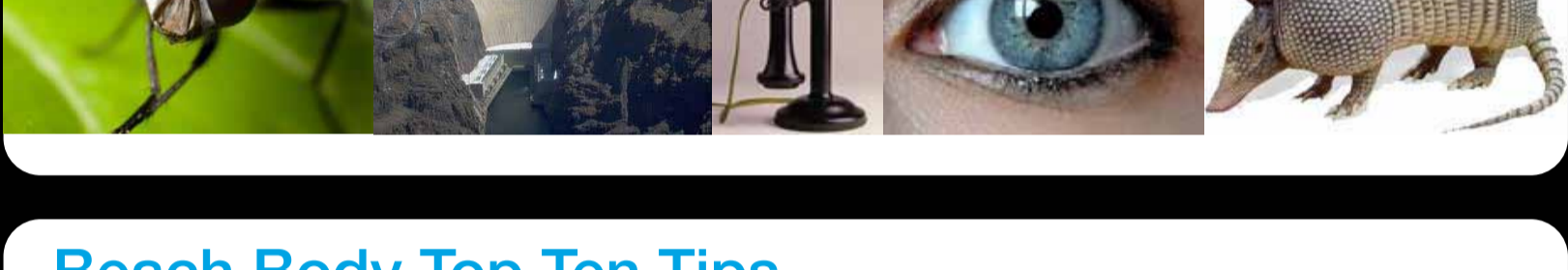
NPR With PAUL New Product Review

Paul LaBarbera is vice president of Mytee Products, Inc.

FUN FACTS:

Did you know:

- There are 206 bones in the adult human body and there are 300 in children (as they grow some of the bones fuse together).
- Fleas can jump 130 times higher than their own height. In human terms this is equal to a 6ft. person jumping 780 ft. into the air.
- The most dangerous animal in the world is the common housefly. Because of their habits of visiting animal waste, they transmit more diseases than any other animal.
- Snakes are true carnivores because they eat nothing but other animals. They do not eat any type of plant material.
- The world's largest amphibian is the giant salamander. It can grow up to 5 ft. in length.
- There are no poisonous snakes in Maine.
- The blue whale can produce sounds up to 188 decibels. This is the loudest sound produced by a living animal and has been detected as far away as 530 miles.
- The largest man-made lake in the U.S. is Lake Mead, created by Hoover Dam.
- The first coast-to-coast telephone line was established in 1914.
- The human eye blinks an average of 4,200,000 times a year.
- It takes approximately 12 hours for food to entirely digest.
- 40 to 50 percent of body heat can be lost through the head (no hat) as a result of its extensive circulatory network.
- Armadillos, opossums, and sloth's spend about 80% of their lives sleeping.
- No matter its size or thickness, no piece of paper can be folded in half more than 7 times.



Beach Body Top Ten Tips



1. Weight train at least twice a week. Strength training with dumbbells and machines builds muscle throughout your body and might increase the efficiency of your metabolism. An efficient metabolism will burn calories at a faster rate than if you didn't weight train.
2. Indulge in lean protein, found in fish, poultry, lean cuts of meat, whey powder and low fat dairy products. Lean protein helps to build and repair torn muscles. Aim to eat 3-4 servings of protein each day.
3. Eat small meals, anywhere from 300-450 calories 5-6 times throughout the day. Eating smaller meals throughout the day will keep your metabolism efficient, and will prevent you from going on unhealthy binges.
4. Eat healthy unsaturated fats found in cold water fish, olive and canola oil, and nuts such as almonds, walnuts, and pecans. Just a little added fat to each of your meals will help you feel fuller than a meal without fat. Unsaturated fats also help to lower cholesterol levels.
5. Choose complex carbohydrates such as brown rice, yams, oats, and whole grain breads over simple carbohydrates such as white bread and pasta and manufactured treats like cookies and pastries and cakes. Complex carbohydrates keep you fuller for a longer period of time.
6. Get sufficient sleep. When you are sleep deprived, the hormone cortisol is released into your body and this induces cravings for fatty, starchy carbohydrates.
7. Manage your stress levels. With too many priorities on your plate, you are prone to indulge in unhealthy eating habits and behaviors.
8. Stay away from alcohol! Alcohol is loaded with sugars and has zero nutrition. One martini weighs in at over 400 calories so if you are going to drink, only do so once every two weeks and keep your intake moderate.
9. Hire a personal trainer. If you are not educated in the basics of nutrition and exercise, it is wise to hire a trainer that will guide you through a personalized exercise program and devise an eating strategy for you to get fit and toned.
10. Twice a week, allow yourself to eat treats, so that you do not feel deprived. Without the little treats every 3-4 days you are likely to go overboard and indulge when you do have one.

**Always check with your physician or trainer before beginning a new fitness or nutrition regimen.



The Mytee® Big Show is back and better than ever!

Tune into our monthly podcast with Paul and Nathan as they keep you updated on Mytee products and answer your questions and comments live on the show! To have your questions/comments featured on the Mytee Big Show, send them, along with your name and the name and location of your business to updates@mytee.com



Ask Paul

Have questions about your Mytee products? We are proud to introduce Ask Paul, a brand new addition to our monthly newsletter, the Mytee Times! Paul from Mytee will be answering all of your tough questions and have them featured in our online newsletter. Send us your questions, along with your name, and the name and location of your business to updates@mytee.com. Paul LaBarbera is the Vice President of Mytee Products, Inc.

Mytee is taking social networking by storm!

Mytee is now on your favorite social sites! Check us out on Facebook, Twitter and Tumblr to stay updated on everything Mytee. Be the first to find out about new products, videos and upcoming events with our user-friendly sites. We want pictures of you! Send us photos of you and your Mytee products in action along with a short description, and get featured on our Facebook page! Don't be out of the loop, find Mytee online and add us today!



People who dig us!

Love my HP-100, definitely the best shampooer on the market!

Caleb

Owner of two Mytee extractors, Mytee is #1, thanks for everything guys!

Timothy



Quote of the month

"A true leader has the confidence to stand alone, the courage to make tough decisions, and the compassion to listen to the needs of others. He does not set out to be a leader, but becomes one by the equality of his actions and the integrity of his intent." Douglas MacArthur

From our Mytee® Kitchen

Beef Kebobs with Grilled Asian Slaw

Teriyaki sauce lends the meat in this recipe a sweet yet savory flavor. It's also a key ingredient in the dressing for the Asian slaw. Even the cabbage and onions are briefly grilled in this summer salad -- the vegetables end up with a slightly smoky flavor but don't lose their crunch.

Ingredients

- 1 to 1 1/4 pounds boneless beef sirloin steak, cut into 3/4-inch pieces
- 1 cup teriyaki sauce, homemade or store-bought
- 1 small head green cabbage, tough outer leaves removed
- 1 bunch green onions
- 4 rings fresh pineapple
- 1/4 cup canola oil, plus more for brushing

Instructions

1. In a zip-lock bag, marinate the beef in 1/2 cup of the teriyaki sauce for 30 minutes. Prepare a charcoal fire or heat a gas grill to medium-high, and oil the grates.
2. Thread the beef onto skewers. Cut the cabbage in half and remove the core, then cut the halves into quarters. Brush canola oil on the cut sides of the cabbage, the white parts of the onions, and the pineapple slices. Then brush oil on the skewered beef.
3. Grill the beef for 2 minutes per side, turning once, or until cooked to your liking. Grill the cabbage, onions, and pineapple rings for 2 to 3 minutes or until you have visible grill marks, turning them once with tongs. Bring everything inside. Chop the onions (include some of the green), the pineapple, and the cabbage and combine them in a large serving bowl. Whisk the remaining 1/2 cup of teriyaki sauce with the 1/4 cup of canola oil, pour it over the slaw, and toss it all to blend. Serves 5.



Events

Look for Mytee representatives and products at the following trade show:

Contractors Connection

May 18-19
San Diego Convention Center
111 West Harbor Drive
San Diego, CA 92101

Mytee representatives John LaBarbera, Nathan Pepper and Belinda Gordon will join restoration professionals, insurance carriers, and educational speakers for one of the industry's largest gatherings. Stop by the Mytee booth (#804) and say hi!

Connections Trade Show

Sept. 7, 8 and 9
Las Vegas Hilton
3000 Paradise Road
Las Vegas, NV

ISSA 2011 Trade Show

Oct. 18-21
Las Vegas Convention Center
3150 Paradise Road
Las Vegas, Nevada

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