

Grant River
office products

**Office Products
With a Personal Touch.**

December 2018

651-293-1135

The Christmas Flu



Why People Get Sick Around the Holidays

It seems to never fail, if you're going to get the flu during the winter it happens over the holidays. Why is this such a common occurrence?

It's quite common for people to fall ill over a vacation. It's so common in fact, psychologists sometimes refer to it as leisure sickness. Maybe it's the mad rush to get everything done before you leave the office for a few days that puts your immune system at risk. Or possibly you get the sniffles because you finally relax while on vacation and let your guard down allowing that cold to become a full-blown sickness.

More likely the cause of sickness around the holidays is from being out and about in crowded stores and going to holiday get-togethers. In the run up to your vacation, just think about the number of hours you spend shopping, for instance. Now multiply that time and exposure by the number of people in your office. Yikes. That adds up to a lot of opportunity for exposure to sickness. Think now about your co-workers bringing that exposure into the office. It makes you want to reach for a Lysol wipe, doesn't it?

Luckily for you we have some great tips to staying healthy this season.

- Wash your hands. Your mother was right. Clean hands keep you healthy.
- Do not rub your eyes or touch your nose after you've been in a busy store. Again, see bullet number one on hand washing. Those droplets of sneeze-borne illness being blown about the store end up on the things you touch.
- Try to relax this season. The stress hormone cortisol gets worn down the more stressed you get. So, relax and allow your body to fight off any viruses on its own.
- Use disinfectant wipes like Lysol to wipe up areas around your work desk and the break room.
- Keep some Purell handy too to keep your hands clean when you don't have access to soap and water.

We wish you a very Merry Christmas and Happy New Year. Stay healthy. Keep the office clean!

Hot or Cold - Why Coffee Has No Middle Ground



While most coffee addicts will still drink their drink even once it has cooled to room temperature, anyone who is a frequent coffee drinker knows it's better when piping hot or even iced.

Why then is tepid so unappealing?

It truly is strange. A hot cup of coffee can be delicious and so can a nice iced coffee. As coffee begins to cool and sits in the middle ground at room temperature, it starts to taste bitter. Why? Because the temperature of food and drink affects how well we taste it.

The Laboratory of Ion Channel Research in Cuba recently conducted a study on how our taste buds receive food and drink based on what temperature it is. What they found is our taste reception is altered when something is either very hot or cold. It may be because we are distracted by the temperature and less likely to notice the real taste of the food or drink.

According to this study, we're most sensitive to food molecules that are between 68-95 degrees. That means we get the most accurate taste from something when it is just at or slightly above room temperature. When food is hotter or colder than that we taste it less. Who knew?

So, this winter go ahead and make that hot cup of joe. Enjoy it; but drink it before it gets lukewarm.

Did you know we carry a new line of coffee at Great River Office Products? City Girl Coffee is a Duluth, MN based company and has exceptional tasting coffee, both hot or cold. Try some [City Girl today!](#)

NEW!

City Girl Coffee

We are now offering City Girl Coffee! A local Minnesota company, City Girl's mission is to bring awareness and equality to women of the coffee industry. Great coffee and a great mission. Try some today in convenient pods or ground in bags.

City Girl Coffee Single Serve Breakfast Blend



CGC80253

City Girl Coffee Single Cup Blondie: Brazil



CGC80250

December Specials

Smead Erasable FasTab® Hanging Folders



SMD64031

Offers Valid Through December 31, 2018

At-A-Glance Harmony 9x7 Weekly/Monthly Planner



AAG6099805G

Offers Valid Through December 31, 2018

Lorell Energizing Sit/Stand Desk Mat



LLR99985

Offers Valid Through December 31, 2018

Lorell Sit-to-Stand Electric Desk Riser



LLR99552

Offers Valid Through December 31, 2018

PURELL® Ad Refreshing Aloe Instant Hand Sanitizer



GOJ967406ECDECO

Offers Valid Through December 31, 2018

Lysol Disinfecting Wipes



RAC80296

Offers Valid Through December 31, 2018

Coffee Corner

Green Mountain Coffee Roasters Decaffeinated Breakfast Blend



GMT7522

Offers Valid Through December 31, 2018

Green Mountain Coffee Hot Apple Cider Coffee



GMT6201

Offers Valid Through December 31, 2018

Order On The Go!
Download our mobile app.

Download Now



- ✓ Enter **alpha** as your Unique Dealer Code after installing.
- ✓ Shop and scan-to-cart from your mobile device.

**NOW YOU CAN STOCK UP
ANYTIME, ANYWHERE!**



**Just scan with your
QR Code Reader and go!**

**Need Promotional Items?
Call us!**



It's Time to Be Noticed

PROMOTIONAL PRODUCTS are the most highly regarded form of advertising.

Pens, bags, hats, shirts, cups, and MORE.
If your logo can go on it, we can get it for you!

House Keeping



We now have promotional products.
How do you promote your business?
Let us help!

Our office will be closed:
Monday, December 24, Tuesday, December 25
Monday, December 31, Tuesday, January 1, 2019

Merry Christmas and Happy New Year!



Great River
office products

NWBOC[®]
WBE CERTIFIED

Committed to Providing Local Products

651-293-1135