



May 2013

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Better Home Living

The Newsletter that's Both Informative and Fun!

Weather's fine: Let's go outside and play!

For decades, parents have been after their kids to "go outside and play," especially when May brings the end of school for another year or the long summer seems to produce "lumps on a log." With the popularity of video games, texting, and cable television, outside play has become more important.

Kids have always been more cooperative, when parents say, "Let's play a game." Parent involvement brings more excitement and cooperation.

National Backyard Games Week, May 20-27 in 2013, encourages such activities. It offers an incentive to play some of the games that have stood the test of time.

The old standards include horseshoes, badminton, croquet, Frisbee, corn hole or horse if you have a basketball hoop. Horse is fun played in your swimming pool. Also in the pool, swim laps and practice treading water.

Ladder Ball is a new game of skill for older kids, family and friends, in virtually any open space. Two players or teams take turns tossing "bolas" at a short three-rung ladder apparatus in an attempt to score points.

A bola is a short nylon rope with a golf ball attached to each end. Players score by wrapping bolas around the ladder rungs. Sets are available at Walmart for \$39 and more extensive and more expensive sets are available online.

Maybe it's time to try those that don't require an investment. How about tag, kick the can or red rover? Three-legged races are a good choice, as are relay races (like who can carry a raw egg in a spoon across the yard to dump in a bowl the fastest).

You can involve your neighbors and organize teams. Meet at someone else's house each night of the week and end game time with a barbecue or simple supper, the host's treat.

Keep competition enjoyable. Focus on active fun that will keep everyone moving and, hopefully, stimulate brains and closer friendships.

Facts about lightning, your car, and your safety

If you are outside during a thunderstorm, a hard-topped car or truck with the windows rolled up is a safe place to be. It's not the rubber tires that offer protection. It's the metal frame that directs the electricity away from you.

During the storm, don't touch anything metal inside the car, including the radio dial or the window levers.

If you are driving during a very strong storm, pull over and turn the engine off. Lightning has been known to destroy engines and electronics in cars. If you are driving on the highway and power steering or power brakes fail, you are in danger.

If you are caught outside in a storm, take cover in a clump of low bushes. Never stand under a tree. If there are no bushes, hunch yourself into a ball and balance on the balls of your feet. Don't stay in a group. Stay at least 15 feet away from the nearest person. Lightning can travel.

Don't be afraid to touch someone who has been hit by lightning. The charge doesn't remain. If someone is struck, call for help. Check for burns, and if the victim has no pulse, perform cardiopulmonary resuscitation as you wait for paramedics to arrive. Only 10 to 20 percent of people struck by lightning die, but 70 percent suffer effects that include nervous-system damage, broken bones, or loss of hearing or eyesight.

Recognizing and dealing with high-risk situations can minimize your risk of being struck by lightning.

Free Cleaning Tips at www.CleaningSolutionsByMari.com



We hope you enjoy this month's newsletter!

Mari Williams & Staff

Mother's Day Honors mothers, grandmothers, unofficial mothers

In most workplaces, as in our own, we can't recognize the mothers among us on the right day because Mothers' Day is on Sunday. Workplaces that operate seven days a week are luckier, because they can say "Happy Mothers' Day" at the appropriate time. But no matter what day it is, we send our best wishes and appreciation to all.

Our recognition is also for the many young grandmothers who work with us. Their presence here and their many contributions to the organization are totally appreciated.

The star of Sunday's show is your very own mother. If she lives in your city, you can visit her and present a card or gift. Taking her to a restaurant's Sunday brunch will make it an event she will remember.

If your mother lives in another part of the country, be sure to call her and wish her a Happy Mothers' Day. Thank her for giving you life and caring for you.

There's one other type of "mother" we should acknowledge. It could be an aunt, a co-worker or a friend who has cared about you, always been on your side and mentored you, now and in the past. She's the "unofficial mother" who has played a special role in your life. You will both enjoy visiting or talking on the telephone on this day.

Mothers today are at many different ages and stages of life, but to all, we say "Happy Mothers' Day".



Do You Know . . .

... Someone that could use our services? Perhaps a friend, family member, co-worker, or someone from church?

When a new client signs up for regular cleaning services at your recommendation; you will receive **\$50** off your cleaning after their 3rd cleaning!

If you would think of 3 or 4 people that could use our services, then don't hesitate to call them and give them our name and phone number. Be sure to have them mention your name when they call so we can send your Bonus!

Thanks in advance for your confidence in us!

Thanks a Bunch!

"I am going through breast cancer treatment, and I don't know what I would do without Mari's Cleaning Services to help me keep my house clean. I like a very clean house and I am picky about quality. Mari's came through for me. The cleaners are friendly, professional and do a great job, every time. I would highly recommend this company."

Amy Leonard
Arizona

A special thanks to all these fine folks who recently referred us...

Michael Edgar, Travis Kyle, and Brooke Lynn Williams.

Aerobic exercise is best for weight loss and fat loss

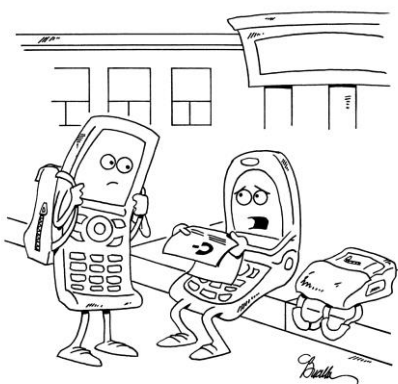
Some studies have concluded that weight lifting and resistance training were better for losing weight, because they increased the amount of energy used when the body was at rest.

Now, new studies as at Duke University Medical Center, Durham, N.C., show that aerobic exercise is more effective for people who want to lose both weight and reduce fatty tissue.

Aerobic exercise includes walking, hiking, jogging, cycling, swimming, jumping rope and using exercise machines.

At the same time, exercise physiologists at Duke say no one type of exercise will be best for every health benefit. For example, older adults experiencing muscle atrophy can benefit from resistance training, which can offset muscle loss.

Younger adults in good health who want to lose weight would see better results with aerobic training.



"The worst part is listening to my parents' comparisons to my brother. He's a smart phone."

Gas or electric, which power washer would be right for you?

Until recently, only professional cleaning services used power washers. In recent years however, homeowners are buying them in huge numbers.

They're the new must-have for those who already have a riding mower in the garage. But before you head for the hardware store, decide how you will use the power washer so you know how powerful a machine to buy.

For tough jobs such as cleaning the siding on the house, removing grease spots on garage floors, or stripping paint from a fence, you'll need 2000 to 3000 pounds per square inch (PSI) of power driven by a gas engine. For lighter duty, electric models have 1000 to 1500 PSI and are less expensive.

They have an adjustable nozzle. To begin, you set the nozzle wide open and be at least a few feet away from what you're cleaning. You can move closer or close the nozzle tip somewhat to achieve the effect you want.

Product testers for Business Week say safety must be considered. Keep power washers away from children and wear shoes and safety glasses.

Lower PSI models are good for cleaning dirt from cars, lawn furniture, and first-floor windows. Indoors, they can be used to clean soap scum and mildew from tile in a shower stall.

The gasoline engine models are best for bigger projects, like washing boats and second-floor windows. They have a wide swath, which means you can clean driveways three times as fast as you could with an electric model.

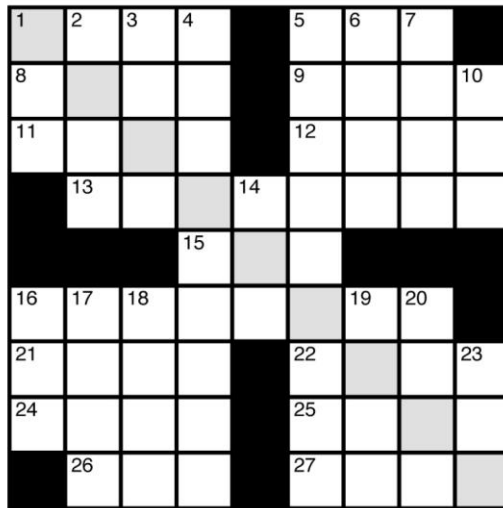
A gas-powered washer requires more maintenance and takes more skill. A new user could put grooves in a redwood deck or punch a hole in wooden siding. And they require more maintenance than electric models.



Name this famous World War I ship

Across

1. Cuts off
5. P.I., e.g.
8. Evict
9. Willa Cather's "One of ___"
11. "Back in the ___"
12. Like the Sabin vaccine
13. Cause of a disease
15. Kind of card
16. On the ___ of, in politics
21. Wrinkly fruit
22. Patella's place
24. 100 centavos
25. Cut and paste
26. Long, long time
27. Santa ___, Calif.



Down

1. Baseball's Brock
2. Yorkshire river
3. "Check this out!"
4. Number of parallel grooves in rocks
5. Skilled machinist
6. Continental currency
7. Mountain goat's perch

10. Furtive
14. Polo Grounds legend
16. Dixie or Davis ___
17. S-shaped molding
18. Furthermore
19. ___-European
20. Luau souvenirs
23. O'Hare info

The title is a clue to the word in the shaded diagonal.



What to do with a hunch or 'sixth sense'

Sometimes people have a flash of knowledge that seems to come out of the blue. Whether you call it intuition, a hunch or a "sixth sense," psychologists think they may have a fix on such insights and how to use them.

A hunch is the ability to reach conclusions with limited information, say psychologists at York University in Toronto. People can combine limited bits of information with knowledge gleaned from their own experience to get their answers.

Those with more experience and information on a subject are more likely to have the best hunches. With experience, hunches become better and better. How can you use your intuition? Here's what the experts advise:

- * Learn more, especially if you are out of your area of expertise. Only when you have a good background in the subject will you get the flash of insight that experience gives.

- * Study the question and possible answers, then relax. Distance yourself for a time. You will return with a better chance at coming up with an original solution. What you do to relax doesn't seem to matter much as long as you enjoy it and are completely occupied by it.

- * Trust your experience. People have the best hunches about what they know the best. Sometimes intuition goes against logic but can lead to an answer.

- * Double-check your hunch. Each intuitive judgment should be checked against reality before you follow it. A gut feeling is best used as a path to problem-solving.

Pure facts can take you only so far. At some point, you must trust your hunch enough to pursue it.

Trivia Teaser – I Got Nothing

1. What color are the spaces for 0 and 00 on a standard roulette wheel? a-Red, b-Yellow, c-Black, d-Green.

2. The prime meridian, at which longitude is defined to be 0 degrees, passes through how many continents? a-1, b-2, c-3, d-4.

3. What car manufacturer produced the Japanese WWII aircraft nicknamed the Zero? a-Volvo, b-Datsun, c-Mitsubishi, d-Subaru.

4. Who sang the 1974 hit song "Nothing from Nothing?" a-Paul Simon, b-David Bowie, c-Albert Hammond, d-Billy Preston.

5. What existentialist demonstrated the existence of free will in the 1943 book "Being and Nothingness?" a-Fyodor Dostoyevsky, b-Albert Camus, c-Jean-Paul Sartre, d-Soren Kierkegaard.

6. The Empty Quarter is the largest sand desert in the world, covering some 250,000 square miles. It is located on which peninsula? a-Baja, b-Sinai, c-Paracas, d-Arabian.

7. Who owned a ghost dog named Zero in the animated film "The Nightmare Before Christmas?" a-Jack Skellington, b-Santa Claus, c-Oogie Boogie, d-Dr. Finkelstein.

8. What was the last name of Dr. Harry, and his daughters Carol and Barbara, on the TV sitcom "Empty Nest?" a-Moran, b-Weston, c-Seaver, d-Windermere.

9. The science fiction novel "Count Zero" is the middle novel of the Sprawl trilogy that begins with "Neuromancer" and concludes with "Mona Lisa Overdrive." Who is the author of this trilogy? a-William Gibson, b-Poul Anderson, c-Frederik Pohl, d-Philip Jose Farmer.

10. "Nothing's Gonna Stop Us Now" was a #1 song in 1987 for what band? a-U2, b-The Smiths, c-Journey, d-Starship.

- 1-d, Green
2-c, 3 (Europe, Africa, and Antarctica)
3-c, Mitsubishi
4-d, Billy Preston
5-c, Jean-Paul Sartre
6-d, Arabian
7-a, Jack Skellington
8-b, Weston
9-a, William Gibson
10-d, Starship

Answers to 'I Got Nothing'

Cut Out Cookies in a Flower Pot

Ingredients

2 cups butter, softened
3 cups white sugar
4 eggs
1 tablespoon vanilla extract
1 tablespoon butter flavored extract
7 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon salt



Directions

- Cream butter and sugar. Add eggs and flavorings and mix well. Stir flour, baking powder and salt together. Add to batter and mix well.
- Chill 3-4 hours or overnight before using.
- Roll cookies out approximately 1/4 inch thick and insert cookie sticks at least 1/3 to 1/2 way into cookie.
- Bake cookies at 350 degrees F (175 degrees C) for 8-10 minutes. This dough keeps well in a covered container in the refrigerator for a couple of weeks.
- Decorate as desired. Display 3-7 cookies in a 6 inch clay pot (depending on size of cookie). Weigh pot down with dried beans and cut a circle of Styrofoam to fit snugly into top. Add ribbons and enjoy.

Memorial Day: A time to honor the fallen

On this Memorial Day, the sacrifices of those who fought in Afghanistan, Iraq and other war zones are fresh in our minds. Be it a family member, friend, acquaintance or a service member we didn't personally know, we honor them.

In part, this is President Barack Obama's 2009 Memorial Day speech given at Arlington Cemetery.

"As a nation, we have gathered here to repeat this ritual in moments of peace, when we pay our respects to the fallen and give thanks for their sacrifice. And we've gathered here in moments of war, when the somber notes of Taps echo through the trees, and fresh grief lingers in the air.

"Today is one of those moments, where we pay tribute to those who forged our history, but hold closely the memory of those so recently lost. And even as we gather here this morning, all across America, people are pausing to remember, to mourn, and to pray.

"Old soldiers are pulling themselves a little straighter to salute brothers lost a long time ago. Children are running their fingers over colorful ribbons that they know signify something of great consequence, even if they don't know exactly why. Mothers are re-reading final letters home and clutching photos of smiling sons or daughters.

"They, and we, are the legacies of an unbroken chain of proud men and women who served their country with honor; who waged war so that we might know peace; who braved hardship so that we might know opportunity; who paid the ultimate price so we might know freedom.

"Their stories are the American story."

'Likes' are revealing

When it comes to the Internet, nothing is totally private. Data searchers can even use the "Likes" you post on Facebook to determine your political and religious views, drug use, divorce and sexual orientation.

A study of Facebook users reported in the Proceedings of the National Academy of Sciences shows that experts sift large data sets and collections of web searches, Facebook and Twitter messages. The "Likes" are used to target online advertising.

Cleaning Tip of the month

Remove shoes at the entry way of your home. Wearing shoes around the house brings in bacteria through dirt, oils, and other contaminants. By removing your shoes and not wearing them in the house, you will prolong the life of your carpet, tiles, and hardwood flooring. Also this is good for your health. Brining in bacteria and contaminants inside your home opens the doorway for germs and diseases to spread throughout your home.



Proverbs 31:2

Her children rise up and call her blessed; her husband also, and he praises her.

Happy Mother's Day! ☺

Happy Mother's Day!

*Give mom more time with YOU by
having US clean her house!*

*Gift Certificates available starting
at only \$100!*

Take the Trivia Challenge!

What % of people struck by lightning suffer effects like nervous system damage or loss of eyesight?

1 – 70 2 – 30 3 – 50 4 – 40 5 – 20

HINT: The answer is hidden somewhere in this newsletter.