



BETTER HOME LIVING

THE NEWSLETTER THAT'S BOTH INFORMATIVE AND FUN!

Time to grill up for spring

If you will be shopping for a new outdoor grill this year, here are a few points to consider.

What will power it? Charcoal is classic and imparts a distinctive flavor, but it takes time to get it started and clean up afterward. Natural gas is the most convenient, but it takes a licensed or certified gas fitter to install it. That leaves propane, which is the most popular choice.

While there's no denying the snob appeal of a stainless steel grill, classic black will serve you well if you aren't installing an outdoor kitchen. Stainless steel has one big advantage though. It won't rust if left outside all year.

The cooking surface is an important choice, according to authorities featured on CBS News.

- * Chrome cooking grills are harder to clean and will rust.

- * Porcelain-coated grills resist rusting and are easy to clean.

- * Cast iron holds the heat well and evenly, but must be seasoned with cooking oil to avoid rusting.

- * Porcelain-coated cast iron has the benefits of iron and is easy to clean.

Use a soft brass brush to avoid scratches.

- * Stainless steel grills last a long time, but don't hold the heat as well or sear as well as cast iron.

If you are buying a two-burner gas grill, pick one with the burners in an 'H' shape rather than an 'I' shape for more even heating.

You will notice a BTU rating (British Thermal Units) on most grills. They range from 35,000 BTU to 45,000 or more. This is the total heat the grill will generate with all burners on. A 35,000 BTU unit will use 2 pounds of propane per hour.

Other features to consider include a stainless steel warming rack which will increase cooking area for baking or warming, a sturdy handle, a side shelf for extra space, rotisserie burners and side burners.

Some Storage Companies pick up your \$5 box, then deliver it back to you

A new segment of the storage industry is challenging the 'you-haul-it' model of storing your stash.

A startup called RedBin will pick up and store boxes for you, according to Bloomberg Businessweek.

First the New York company's van drives to the customer and delivers big red plastic boxes. A few days later, they send another van to retrieve the filled boxes. They charge \$5 a month per three-cubic foot box to store them.

Founder Tom Anderson thinks his business will prosper because U.S. consumers are a lot better at acquiring things than they are at letting go. And the on-demand model works well for apartment dwellers who live far from traditional storage facilities.

Sixty percent of storage customers live in 25 U.S. metropolitan areas. Services similar to RedBin are available in Boston, Denver, Los Angeles and San Francisco.

There are more than 50,000 self-storage facilities in the U.S. Together, their businesses will generate \$33 billion in 2016, according to research firm IBISWorld.

Ellen Faye, president of the National Association of Professional Organizers, says people "buy and buy and buy."

Occupancy rates at storage facilities are at an all-time high, according to SpareFoot, a website that helps people comparison shop for the best deals. New businesses want to stay competitive.

Whether they are grabbing customers who would have gone to regular storage companies, or attracting a new kind of customer, is not clear at this time.

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Memorial Day is May 30!

For some 150 years since the end of the Civil War, decorating the graves of military service members has been the primary activity on Memorial Day. Most cemeteries place an American flag on each service member's grave regardless of how long ago he or she died.

Memorials in the form of a cross are called intending crosses.

At Arlington National Cemetery, the President places a wreath on the monument known as The Tomb of the Unknown Soldier, honoring those soldiers who, in the chaos of war, could not be identified and are 'known but to God.' The tomb stands on a hill at Arlington, overlooking Washington, D.C.

As visiting cemeteries on this day became more common, the graves of deceased family members were also decorated. Many individuals remember visiting the graves of grandparents, brothers, sisters, aunts and uncles on this one day each year.

And as cremations and natural burials become more popular, online memorials and tributes printed in newspapers are also becoming more common. At natural burial cemeteries, laying of gravestones or memorial plaques is often not permitted.

During the 150 years since the custom began, almost every family has lost someone, if not a family member, a friend who was lost is remembered.

For all, a prayer for those who are gone is a fitting memorial.

Can't think of gift for your special lady in your life? How about a gift certificate from Mari's Cleaning Services? Give them a day of pampering and a home that is professional cleaned for them.

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Gift Certificate requires a minimum of 4 man hours.

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Pam

Health in the News Actually taking vacation days

Last year, LinkedIn joined the ranks of other tech companies by offering employees unlimited time off. But there was a problem with that.

Research reported in Health magazine shows that without set guidelines, some people never ask for a vacation. But it's key for your physical and mental health to take advantage of however much time off you're given.

Christine Carter, PhD, a sociologist at UC Berkeley says, "Not doing any work is crucial to reaping the benefits of vacation. Those benefits include reducing your risk of heart attacks and depression. She also says:

- * Net productivity increases both before and after a vacation.

- * Have a trusted colleague check your emails while you're away and organize them by priority so you don't return to a stuffed inbox.

- * Schedule a re-entry day. Before going back to work, take a day at home to unpack, return messages and restock the fridge. You'll stay more relaxed if you're not scrambling to catch up.



"Five minute energy drink...for those times when you want to race around the house for no reason whatsoever."

5 Essential Steps to getting off the couch every day

British fitness convert Susannah Taylor reveals five ways she gets moving even when moving is the last thing she wants to do.

Taylor, the editor of the health hub Get the Gloss, started out exhausted and weary as she worked on the launch of her business.

At one point, she commuted three hours daily, took care of her two kids, and promoted her business.



At a dinner party three years ago she found herself miserable and exhausted from work and commuting.

As Taylor sipped her third glass of wine at a dinner party, she had a conversation with one of her fittest friends about exercise. She became convinced that moving her body would make her feel more alive, less exhausted and less stressed.

Today, she exercises 3 to 5 times a week and she feels great.

Here are the five essential tips for getting off the couch:

1. Start slowly. If you are going running, start by walking fast and then at that moment where your walk breaks into a jog, stay at that pace and you'll be able to go farther.

2. Exercise even when you don't feel like it. No one ever regretted a workout, she says.

3. Overthrow the "stay here on the sofa" gremlin who says "It's cold"; "it's starting to rain"; "I haven't got time", "it's late"; "I'm tired"; "I'm hungry"; "it's getting dark." Go out anyway.

4. Put your trainer outfit and shoes on and walk out the door. You'll feel really guilty if you then go back inside.

5. Buy some new training clothes. Whether it's a pair of leggings, a bright new pair of running shoes, or just a vest top, wearing flattering, stylish training clothes inspires you to work out. And make sure you buy a good sports bra.

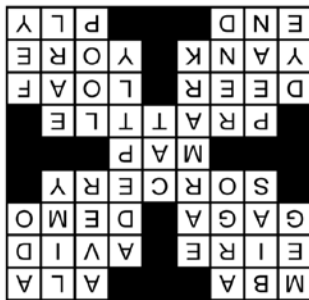
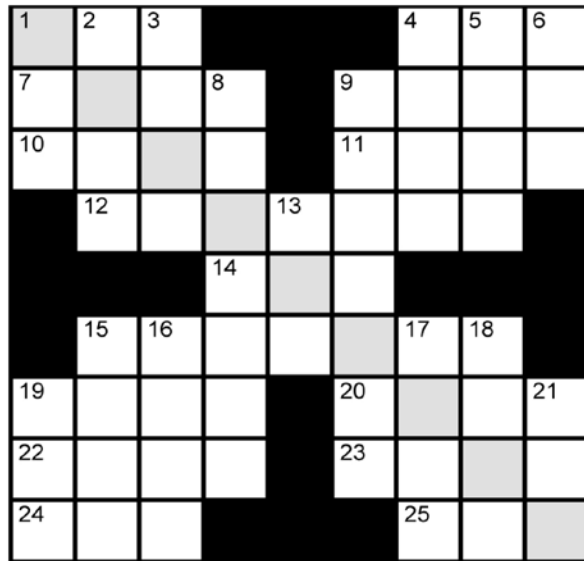
Route of the birds

Across

1. C.E.O.'s degree
4. In the manner of
7. Cork's country
9. All fired up
10. Pop singer Lady
11. Audition tape
12. Black magic
14. Glove compartment item
15. Cab
19. Antelope's playmate
20. Do nothing
22. Pull hard
23. Nostalgic time
24. Finale
25. Thickness

Down

1. Ryan of "When Harry Met Sally"
2. Bent
3. Cornstarch brand
4. Allege
5. Like a gimlet
6. "Much ___ About Nothing"
8. Designate
9. In a proficient manner
13. Tabby
15. Hymn of praise
16. Rip apart
17. Aerial maneuver
18. Rank above viscount
19. Hair colorer
21. Effeminate



Trivia Teaser – “21”

1. What was the first single released off Adele's album "21"?
a-"Rolling in the Deep,"
b-"Someone Like You," c-"Hello,"
d-"Set Fire to the Rain."
2. In what city is the noted restaurant, the 21 Club? a-Paris, b-San Francisco, c-Dallas, d-New York City.
3. Whose #21 jersey was retired by the Pittsburgh Pirates in 1973?
a-Willie Stargell, b-Paul Waner,
c-Roberto Clemente, d-Paul Mazerowski.
4. Who played a college professor teaching students how to cheat at blackjack in the 2008 movie "21"?
a-Benicio Del Toro, b-Jude Law,
c-Topher Grace, d-Kevin Spacey.
5. The Century 21 Exposition was the official name of the World's Fair held in what city in 1962? a-Knoxville, b-St. Louis, c-Montreal, d-Seattle.
6. Which planet in our solar system has 21 moons? a-Neptune, b-Uranus, c-Jupiter, d-Saturn.
7. What college professor was a big winner on the 1950s TV quiz show "21," although it was later discovered he was provided with answers by the show's producers? a-Brad Rutter, b-Ken Jennings, c-Charles Van Doren, d-Ed Sullivan.
8. Who was the 21st President of the U.S.? a-Chester A. Arthur, b-Benjamin Harrison, c-Grover Cleveland, d-James K. Polk.
9. Who starred as an American soldier stranded in the wilds of Vietnam after his plane is shot down in the 1988 movie "Bat 21"? a-Nicolas Cage, b-Gene Hackman, c-Peter Fonda, d-Colin Farrell.
10. "21 Guns" is the most recent hit by what band to reach the Billboard Top 40 chart? a-Panic! at the Disco, b-Red Hot Chili Peppers, c-Green Day, d-My Chemical Romance.

More women who could retire choose to stay on the job longer

In 1992, one in 12 women worked past age 65. This year, that number is about one in seven. The U.S. Labor Department projects that number to grow to one in five by 1924.

At the Urban Institute it's called one of the most stunning developments in the labor market over the last 50 years. Since 2007, the share of older working women has grown while the percentage of every other category of U.S. workers (by gender and age) has declined or hasn't grown.

Many Americans continue working because they find their jobs rewarding, and many full-timers and part-timers enjoy the social aspects of their jobs more than staying home. Others work to pay off debt or increase their savings.

In the last recession, many older workers were forced out of their jobs, especially women, according to the Federal Reserve Bank of St. Louis.

Older men and women are leaving the workforce more slowly than in the past, suggesting a greater potential labor supply than unemployment figures typically imply. And older workers are better off financially, thanks to two-income households and real-estate equity.

But they also have more debt than in the past. Half of homeowners age 65 and older had a mortgage for about \$88,000 in 2013, up from \$43,000 in 2001. And many still have student loan debt for themselves or for a child's education.

Americans are more highly educated, but workforce participation among those 65 and older with a college education is roughly double those with less than high school.

For women age 55 to 64, the percentage is about the same for high school and college graduates, according to census data maintained by the University of Minnesota.

- Answers to "21"
- 1-a, "Rolling in the Deep"
 - 2-d, New York City
 - 3-c, Roberto Clemente
 - 4-d, Kevin Spacey
 - 5-d, Seattle
 - 6-b, Uranus
 - 7-c, Charles Van Doren
 - 8-a, Chester A. Arthur
 - 9-b, Gene Hackman
 - 10-c, Green Day

Five food rules for a long and healthy life

It's National Nutrition Month, a good time to re-evaluate your eating habits, as well as those of your loved ones.

The good news? Research by Laura Dixon, a Caring.com editor, shows that regardless of your age, keeping key food guidelines in mind can boost your health. The guidelines include these.

1. Choose whole foods over processed foods. They generally are composed of one ingredient, have been refined as little as possible, and don't include added salt, carbohydrates or fat. Whole foods include fruits, vegetables, nuts and legumes.

2. Get more of your food from plants. Eating plant-based foods and limiting meat can boost health outcomes and possibly add years to your life. Fruits and vegetables are associated with a lower risk for heart disease and cancer, and they help you stay full longer. In a study published in the American Journal of Clinical Nutrition, participants who ate meat less than once a week had a significantly lower risk of death over time than those who ate it more often. Cutting back on red meat can cut your risk of dying early, the National Cancer Institute has found.

4. Slash sugar. It may be one of the best things you can do for your health. The American Heart Association recommends no more than nine teaspoons a day for men and six for women.

5. Eat nuts. They are one of the best snacks. In one study, participants who ate a handful of nuts daily were less likely to die for any reason over a three-decade period. Registered dietitians and nutritionists recommend nuts as part of a diet for a longer life, according to a 2013 New England Journal of Medicine study.

6. Water, coffee, tea and red wine are fine. The vast majority of the long-living people were found to drink these liquids. Voluminous research has shown the health benefits of drinking plenty of water, especially as you age, when it's easier to become dehydrated. Meanwhile, coffee is an antioxidant. Antioxidants are linked to lower rates of diseases and conditions.

The Brain is like a Muscle, so exercise it more often

The mainstream view in neuroscience today is that the living brain is actually neuroplastic, meaning its circuits are constantly changing in response to what we do.

As we think, perceive, form memories or learn new skills, the connections between brain cells also change and strengthen. Far from being hard-wired, the brain has circuits that very rapidly form, un-form and reform.

Researchers at Cardiff University in the UK found that the physical activity with the largest positive impact on the brain was walking at least two miles a day, biking 10 miles, or regularly engaging in vigorous exercise.

The LORD gives strength to his people; the LORD blesses his people with peace.

Psalms 29:11

MINI LEMON TARTS



INGREDIENTS

- ❖ ¼ cup plain flour
- ❖ 1 cup sugar
- ❖ ½ cup fresh lemon juice
- ❖ Zest of 1 lemon juice
- ❖ 3 eggs
- ❖ 1 egg yolk
- ❖ ⅛ teaspoon of salt
- ❖ Shortcrust pastry (use your favourite recipe, or frozen is fine)

DIRECTIONS

- ❖ Preheat your oven to 180°C.
- ❖ Use a round pastry cutter to cut out discs of your shortcrust to the right size for your tart tray (you can use a muffin pan if you don't have a tart tray).
- ❖ Bake the pastry for eight to 10 minutes, or until it starts to turn golden. Remove from the oven and allow to cool.
- ❖ Reduce the oven to 150°C.
- ❖ Combine the flour and sugar in a large mixing bowl. Add the lemon juice and zest and mix until the sugar has dissolved.
- ❖ In a smaller bowl, whisk together the eggs, extra yolk and salt.
- ❖ Add the egg mixture to the flour mixture and whisk until it is well combined.

Pour the tart mixture into the pastry cases and bake for 10 minutes, or until the centres are just set. Baking time will vary depending on the size of your tarts, so perhaps practice with a single tart to get it right.