



June 2013

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Better Home Living

The Newsletter That's Both Informative and Fun!

JUNE

We hope you enjoy this month's newsletter!

Mari and Staff

Father's Day Brings Memories of Summer Fun...and Baseball

Most Americans know about Little League Baseball and Softball because a family member has been a player, coach, umpire, or parent of a player. Some have three generations of Little Leaguers supplying "remember-when" stories that bring laughter, groans or nods of pleasure.

Father's Day, Sunday, June 16th, is a great time to bring up such memories and share them at the family barbecue or sit-down dinner. The national holiday for fathers comes directly after National Little League Week (June 9-15).

Of course, many boys weren't lucky enough to have a team nearby, or to qualify for one. But they were good at other things, including playing tennis, skateboarding or building rockets. Actually, the percentage of Little League players who were lucky enough to have their father as a coach or umpire is not very large. But all boys' and girls' stories of "remember when," are Father's Day highlights.

Little League is as American as apple pie. Congress passed legislation in 1968, allowing incorporation of the League in all 50 states, and amended the law in 1974 to admit girls. That very year, girls by the thousands joined Little League Softball teams.

Grandpas of several generations might remember stories about when Carl Stotz started Little League in 1939, in Pennsylvania, and when George W. Bush became the first Little League graduate elected to the U.S. Presidency.

happy father's day!

Celebrate International Picnic Day and Have a Blast on June 18

(Or have your picnic on June 16, Father's Day!)

Because life is so cluttered, International Picnic Day is the perfect time to slow down and enjoy the simple things in life. Get together with your favorite people, relax and enjoy a leisurely picnic.

For those who think preparing foods like potato salad and baked beans are too much work (since relaxing is the goal), almost every picnic food is available in a prepared form. Everyone can just show up with a food container, eat, tell stories and play outdoor games. Badminton and corn hole are popular choices. If your picnic is held on the grounds of a golf course, a one-club round is fun. Whether you play nine holes or four, you'll use a single club.

Group walks after dining are enjoyable for all, including the family dog.

The history of International Picnic Day:

In North America, organizations, and social groups celebrate International Picnic Day with events where food is brought from home or a market. Some companies sponsor a picnic for their workers.

Not surprisingly, picnics have a long and colorful history. Historians say the earliest were probably held after a successful hunt. In Medieval times, they were often put on by wealthy people.

Picnics rose in popularity during English Victorian era. It was partly a way to enjoy eating socially without the restrictive rules of etiquette that applied to indoor dining occasions.

Other factors that added to the appeal included viewing outdoor scenery. And Victorians believed there was an association between good health and fresh air.

Removable ID Tattoos Offer Extra Security

You've probably seen it yourself. A little child in the middle of a shopping isle, crying, confused, yelling "Mommy."

Imagine the confusion on the other end of that as Mommy starts a frantic search for her tot.

One idea that helps to solve the problem was the brainchild of a mother of five, Virginia Lu, who came up with the idea of temporary tot tattoos, or Tottoos, naturally.

These customized transparent transfers stick to a child's arm and you can add all the information needed to find the child or help someone find you, such as: If I am lost, please call (phone number). Use your cell phone number.

In a place like Disneyland, you have a measure of security. Any message can be put on the Tottoos, even medical ones. The Tottoos wash off with soap and water.

Free Cleaning Tips on our website! www.CleaningSolutionsByMari.com

... 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!

"I called Mari based on her reviews on Kudzu, and boy was I glad I did!!! She was able to come out right away, and her two wonderful women cleaned and cleaned and cleaned. I work from home, and was worried it would be a bit of a bother having them in the house, but they were so QUIET! And EFFICIENT! And I think I got a great deal for all their hard work.

I've had bad experiences with cleaners, and so I wrote them off with a "we'll do it ourselves!" But Mari changed all that. We're extremely pleased we found her. Thanks Mari!"

*Anonymous
Phoenix, Arizona*

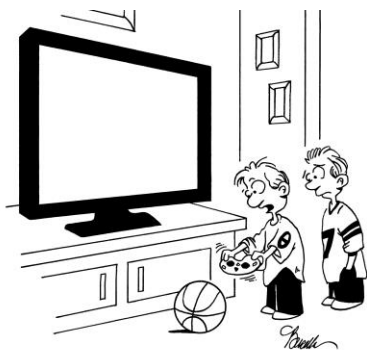
Staying Well: Smaller-sized snacks satisfied just as much

Now, it's a proven fact: small portions of various snacks are just as satisfying as larger ones.

Reported in Food Quality and Preference, two groups of people were served different portion sizes of chocolate, apple pie and potato chips to eat over a 15 minute period. The larger portion group consumed 1,370 calories, and the smaller-portion group took in far fewer calories, according to Duke Medicine.

When taking a survey after the test, both groups reported about the same feelings of fullness. The study suggests that you need less than half a normal sized serving of snacks in order to feel satisfied.

Try it yourself. Eat half a piece of pie instead of whole one, a couple of squares of chocolate instead of a larger number. You could be surprised to discover you didn't need the larger portion.



"I've seen my brother make it bounce. I guess the batteries in the game controller are dead."

Longevity Expert Advises Happiness Makeover

Explorer and educator Dan Buettner visited many countries and talked to thousands of people while researching a new book on happiness. His conclusions include:

1. Find the right neighborhood. Look for one with sidewalks, meeting places, green spaces and other characteristics that encourage social interaction.
2. Stop shopping and start saving. The thrill of buying something wears off. Financial security increases happiness.
3. Get enough sleep. People who don't are more likely to develop depression and anxiety. In the morning eat breakfast to boost your energy.
4. Don't watch so much TV. You'll get more pleasure from spending time with people, reading or engaging in a hobby, according to the National Geographic's True Happiness Test.
5. Visit with the right friends. Happy people purposely create social times. Time spent with happy friends makes our happiness grow. Time spent with unhappy people makes it decline.
6. Find your mate. Studies show that married people are more likely to be happy. But both health and happiness decline in an unhappy relationship. Work to make a relationship happy. If can't be, it could be time to move on.
7. Be part of a religious community. Happy people often attend church services regularly. They tend to live seven years longer than others. If you don't belong to faith-based community, seek one out and you'll also have a built-in social network.
8. Have a dog or cat. You'll have lower blood pressure, fewer stress hormones in your blood and higher self-esteem. Visit your local animal shelter to adopt one.
9. Practice compassion. At the Institute for Research in Brazil, studies show altruism stimulates the pleasure centers in the brain.

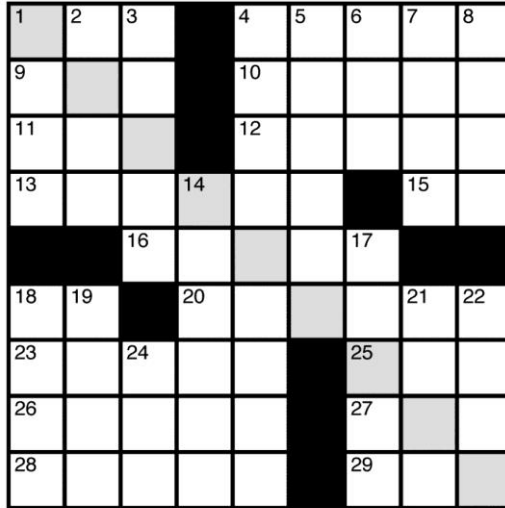


Trivia Teaser – Fathers and Sons

A Vision in Spring

Across

1. Bleacher bum's shout
4. TV teaser
9. Nope's counterpart
10. Mature
11. "C'__ la vie!"
12. Wedding band, perhaps
13. Very funny person
15. "__ the point"
16. Angler's basket
18. Thus
20. Antenna
23. For all to hear
25. French vineyard
26. Gunk
27. Run smoothly
28. Pre-entree course
29. Babysitter's handful



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

Down

1. Tournament passes
2. Remove from office
3. Kind of nerve
4. Went forward
5. More moneyed
6. Pick
7. Track events

8. "I'm __ you!"
14. Kind of center
17. Chinese fruit
18. Be rude to
19. Earthenware pot
21. Starch
22. A compact mass
24. Painter's medium



The President's White House Photographer Tells How to Take a Picture

In its "How-To" issue, Bloomberg Businessweek surveyed 46 experts for advice on such subjects such as how to eat crow (a recipe), walk like a zombie, talk to a dictator, lie, and live on snacks.

The advice of Pete Souza, White House photographer, on how to take a picture, might be helpful for most people.

* If there's clutter in the background step to the right or left until it's not in the picture. Take pictures from a higher or lower level so they look different.

* Candid photos are more memorable than posed pictures. Watch and wait for an opportunity.

* Get in close. Photos are more interesting when the subject, be it man, woman or cat, fills a good part of the frame.

* Early morning and late afternoon light is best for taking pictures. Rain, snow or fog can lead to memorable shots. In sunlight, use your flash to fill in shadows and add a twinkle of light to the subject's eyes.

* The most important tip: have fresh batteries with you at all times. If your camera is out of juice or the memory card is full, you've missed the moment.

* Keep your iPhone handy. He uses his to take shots on Air Force One and to grab shots of Bo.

Pete Souza is the chief official White House photographer for President Obama.

1. Who played the role of Superman's Kryptonian father in the 1978 movie "Superman"? a-Cliff Robertson, b-William Shatner, c-Robert Duvall, d-Marlon Brando.

2. What is the first name of the father of wizard Harry Potter? a-Charles, b-Andrew, c-Liam, d-James.

3. Because he and wife June Haver had adopted twin girls, what actor gave up his movie star status to star on TV on the sitcom "My Three Sons"? a-Fredric March, b-Fred MacMurray, c-Bing Crosby, d-John Payne.

4. Who had a hit song in 1971 with "Papa's Got a Brand New Bag"? a-The Mamas and the Papas, b-James Brown, c-The Temptations, d-War.

5. In the Andy Hardy film series, starring Mickey Rooney, what was the profession of Andy's father? a-Doctor, b-Architect, c-Steamship captain, d-Judge.

6. On the sitcom "Sanford and Son," what was the first name of Fred Sanford's son? a-Graham, b-Charlie, c-Lamont, d-Nick.

7. Spencer Tracy starred in the 1951 movie "Father of the Bride." Who played the title role in the 1990 remake? a-Steve Martin, b-Bruce Campbell, c-Robert Downey Jr., d-Colin Farrell.

8. The bestselling nonfiction book "Flags of Our Fathers" by James Bradley and Ron Powers detailed what WWII battle? a-Remagen, b-Pearl Harbor, c-Kursk, d-Iwo Jima.

9. In the 2003 animated film "Finding Nemo," what was the name of Nemo's father? a-Marlin, b-Gil, c-Raymond, d-Freddy.

10. On the sitcom "How I Met Your Mother," Barney Stinson believed his father was what TV game show host? a-Chuck Barris, b-Bob Barker, c-Monty Hall, d-Peter Marshall.

- 1-d, Marlon Brando
2-d, James Brown
3-b, Fred MacMurray
4-b, James Brown
5-d, Judge
6-c, Lamont
7-a, Steve Martin
8-d, Iwo Jima
9-a, Martin
10-b, Bob Barker

Let Us Coordinate Your Professional Window Cleaning

Benefits of Window Cleaning

They say eyes are a window to the soul. The same could be said about windows to a home. Clean windows and screens make a home more inviting and show the owner cares about maintaining the property. This also means the home has most likely been well taken care of over the years. Windows are much more efficient when cleaned. Hard water, dirt, and bugs can prevent warming of the home in the winter and cooling in the summer. People are more comfortable and enjoy their home or office when the windows are clean.

Other benefits of utilizing a professional include:
Professional window service removes the risk using a tall ladder.

Affordable option – Most times, homeowners have shied away from a professional service because of cost and they don't understand the benefits of a professional service. Because Mari's Cleaning Services is already a known commodity for competitive pricing and excellent service we can provide the same for window cleaning.

Life of the windows – The longer hard water, acid rain, and dirt stays on the panes; the more it will etch into the glass making it harder and sometimes impossible to remove. This is why it is important to have a consistent professional window service keeping your windows clear and less likely to become etched.

Taking Care of Your Eyes: Seasonal and All-Year Advice

Doctors call it allergic conjunctivitis, an inflammation of the conjunctiva (the membrane covering the white part of the eye) due to allergy. It causes red, itchy, watery eyes.

The rest of us call it spring hay fever or rose fever. It's caused by pollen released by the spring flowering of trees, grasses and plants.

When the pollen comes in contact with an allergic person's eyes, it causes cells known as mast cells to release histamine, which causes swelling and wateriness, according to the American College of Allergy, Asthma and Immunology.

The first step in treatment is the avoidance of trees and grasses that cause the symptoms. Not everyone can stay indoors, but you can avoid activities that keep you outdoors for any length of time.

Treatment with antihistamines is generally effective. Using over-the-counter medications, such as Claritin or Zyrtec, will usually clear up your symptoms. Antihistamines also are in nasal spray and eye drop form.

If you have asthma, or if over-the-counter medications don't work well enough for you, see your doctor for a prescription.

Dry eye syndrome:

It can occur any time during the year when you don't produce enough tears to lubricate your eyes. Sometimes dry eye is caused by working long hours at a computer without blinking occasionally. If you do this type of work, purposely blink your eyes so they will remain lubricated.

You can also treat dry eyes with over-the-counter preservative-free artificial tear solutions. Some people find that taking an omega-3 fish oil capsule each day prevents dry eyes.

Some medications, like antidepressants, antihistamines and decongestants can also dry out your eyes.

Strawberry Soda Ice Cream

Ingredients

- 1 14-ounce can sweetened condensed milk
- 1 1/2 cups half-and-half
- 3/4 cup red cream soda (such as Big Red) or regular cream soda
- 1/2 cup whipping cream
- 1 cup frozen strawberries, thawed and mashed

Directions

Whisk the condensed milk, half-and-half, red cream soda, cream and strawberries in a medium bowl. Churn in an ice cream maker. Transfer to an airtight container and freeze until firm, at least 2 hours.



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*Be sure to email Mari to confirm you have done so!

Mari@CleaningSolutionsByMari.com

Take the Trivia Challenge!

Little League started in what year?

1 – 1917 2 – 1952 3 – 1894 4 – 1939

HINT: The answer is hidden somewhere in

"You've kept track of my every toss and turn through the sleepless nights, each tear entered in your ledger, each ache written in your book."

Psalm 56:8

Happy Father's Day!