



Better Home Living

The Newsletter That's Both Informative and Fun!

F-covers.com

Time to come clean about mold

New research shows that household mold will rarely cause a serious illness.

A study of common molds found in homes in five regions of the U.S. by the University of Arizona shows that molds can worsen symptoms in asthma patients. In healthy people they may cause coughing or throat irritation. The symptoms are linked to moisture, which encourages the growth of mold.

Mold may not cause serious illness, but it's definitely ugly. To keep it from forming, check your home for damp areas such as basements. Do what you can to dry them out. In addition, building-safety experts recommend these steps.

*Wipe your feet. Get a good door mat that loosens dirt from your shoes. Dirt may hold spores which turn into mold. Stomp your feet before entering the house or leave your shoes at the door.

*Ventilate. Open windows or run fans in steamy bathrooms and hot kitchens. Get the warm, humid air out of the house, or try to dry out the air with the fan.

*Check the humidifiers. They add moisture to the air and require frequent cleaning to prevent mold buildup inside the units. If you must humidify, opt for a warm-mist model which boils the water so mold can't grow in the unit. Clean it often.

*Pay special attention to the bathroom. If you see mold on shower walls, ceilings, sinks, or toilets, scrub it with a diluted bleach mixture or a bathroom cleanser containing bleach. That will eliminate the problem for a time.

Why boys should help with the housework

There are probably good reasons why there has been a 25 percent drop in the amount of housework kids do today as compared with 30 years ago.

Kids spend more time on schoolwork, youth groups and athletics. And parents do less of it themselves because of modern appliances and hiring help to do it for them.

In any case, parents are more likely to assign household chores to girls. But studies at the University of Maryland show that girls hoped to share housework and child care with spouses when they marry. And studies reported in the American Journal of Sociology show that marriages are more stable when domestic duties are shared.

What else can you tell your son about doing chores? Remind him that he will probably have his own apartment in a few years. He should know how to care for his own place.

At the University of Massachusetts Amherst, sociologists say housework helps to develop the habit of serving others. Stocking the bathroom, cleaning up, and mowing the lawn help boys learn that the world is not all about them.

Teach your son about cooking and nutrition, both helpful skills for family life.



We hope you enjoy this month's newsletter!

Mari & Staff

Need a fun, furry friend? June is National Adopt-a-Shelter Cat Month

June is National Adopt-a-Shelter Cat Month and every shelter is ready for visitors, volunteers, and those who are eager to adopt.

An estimated 70 million stray cats live in the United States. About 3.4 million cats enter animal shelters nationwide every year. Around 37 percent are adopted. Less than 5 percent of stray cats are returned to their owners.

About 92 million cats have homes in the United States; they always live longer, healthier lives than strays.

Cats make terrific pets, of course. Families are drawn to playful and colorful kittens. But adult cats are great pets, too, and they are calm, affectionate and usually have skills like mousing.

Adopting a kitten or older cat from a shelter means you're saving its life. And you'll receive an already vaccinated, spayed or neutered pet. Many shelters even waive fees on adult cats during June.

Every day, animal welfare groups nationwide work hard to provide TLC to felines of every age, breed and color.

The best way to celebrate Adopt-a-Shelter Cat month is to adopt a shelter cat! There's a special cute, cuddly kitten or calm, older cat waiting for you.



...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!

More people choose running shoes for casual wear

Shoe manufacturers say this fact is sad but true: Today, looking like you run is more important than actually running. So choosing a shoe is not about how you run; it's about how you look.

Last year, sales growth of running shoes shifted away from high-performance technical shoes designed for athletes in favor of cheaper models aimed at casual wear.

The main cause is the so-called "athleisure" trend that is reshaping the retail landscape as fitness blurs with fashion.

Running is the largest U.S. athletic footwear category, according to SportsOneSource. The category includes high-tech shoes aimed at marathoners that can cost \$200 a pair, as well as retro and casual sneakers worn for fashion, which tend to sell for under \$100.

Shoppers are turning to lower-priced models that are more sporty looking, which prompts manufacturers such as Adidas AG to rejigger their lineups and sports retailers like Finish Line to make more room for fashion fare.

Adidas has had some success with its line of Boost running shoes, but at \$150 a pair, they were too expensive for the mass market. The company expects to roll out two new lines of running shoes priced at \$50 to \$100.



I have used Mari's cleaning service for several years now and I continue to be amazed with the quality of service. I also love that Mari is so willing to work with my schedule. The very few times I've had any issue she has offered to correct the problem immediately and always treated me with respect and a cheerful attitude. Her services are very affordable and I would highly recommend her to anyone without hesitation. You will not be disappointed.

-Debbie
Scottsdale



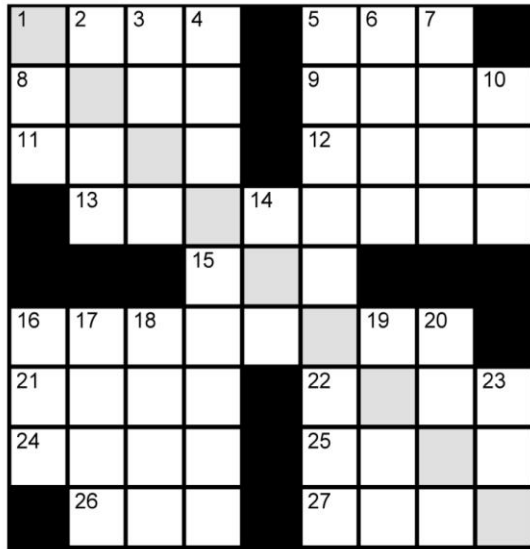
Treasure chest of lunar rays?

Across

1. Brood
5. Clobber
8. Throw, as dice
9. Needle case
11. "Beat it!"
12. Bank deposit
13. Gaps between neurons
15. Fed. construction overseer
16. Reclusive and austere
21. The "U" in I.C.U.
22. "Little piggies"
24. Fool
25. 11,000-foot Italian peak
26. Down in the dumps
27. Evaluate

Down

1. Robinson of song
2. ___ and aahs
3. Clever tactic
4. Stretched out
5. Splash



6. "Miss ___ Regrets"
7. Whimper
10. "___ alive!"
14. Balaam's mount
16. Kind of pie
17. Responsibility
18. Asian palm
19. Greek letter
20. Penny
23. Ed.'s request

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



The winning numbers for lifelong health

These numbers won't give you a cash payout, but you will get you something better: lifelong health.

2.7 – Days to stay home with the flu. Sixty percent of workers go back when they're still sick, spreading the flu or making themselves sicker.

2 – Hours you can safely watch TV each day. More hours increase triglycerides in your blood and lower good cholesterol, which can harm your heart.

7+ – Ideal daily servings of fruits and vegetables. The extra servings can reduce your risk of early death by 42 percent, according to a British study.

60 to 100 – Heartbeats per minute at rest. A gain of 10 beats per minute over normal increases your risk of dying from heart disease by 10 to 18 percent, a new study finds.

7 – Hours of sleep per night you need to control weight. Healthy people who slept five or fewer hours per night were 50 percent more likely to become obese compared with those who get a full night's rest.

20 – Miles you should commute each day. Longer commutes are associated with higher blood pressure, worrying and stress, one study shows.

1,500 – Maximum amount of sodium, in milligrams, an average adult should consume daily. Most of it comes from processed foods, so substitute fresh whole foods to lower blood pressure.

1.2 – Healthiest ratio waist to height. A larger waist increases the risk of metabolic syndrome, a cluster of factors including high blood pressure and high cholesterol, which raises the chances of heart disease and stroke.

The numbers were provided by experts writing in AARP magazine.

Trivia Teaser – Ready to Wear

1. Which of the presidents on Mount Rushmore is depicted wearing a jacket? a-George Washington, b-Abraham Lincoln, c-Thomas Jefferson, d-Theodore Roosevelt.

2. What color of shirts were worn by the followers of Italian patriot Giuseppe Garibaldi? a-White, b-Green, c-Brown, d-Red.

3. Which of Shakespeare's title characters said "Uneasy is the head that wears the crown"? a-Henry IV, b-Macbeth, c-Hamlet, d-Henry V.

4. What bandleader hosted a musical quiz show while wearing collegiate robes? a-Kay Kyser, b-Rudy Vallee, c-Benny Goodman, d-Bunny Berigan.

5. In the nursery rhyme, what attire was Wee Willie Winkie wearing? a-Straw hat, b-Petticoat, c-Nightgown, d-Knickers.

6. On the TV series "M*A*S*H," which character hoped to get kicked out of the service by wearing dresses? a-Radar, b-Klinger, c-Trapper John, d-Frank.

7. In what sport would you wear a mawashi? a-Polo, b-Curling, c-Fencing, d-Sumo.

8. According to a song by Elvis Costello, who wants to wear his red shoes? a-The President, b-Dorothy, c-An elephant, d-Angels.

9. What color is the hat worn by Paddington the Bear? a-Yellow, b-Red, c-Black, d-Green.

10. What did comic strip character "Happy Hooligan" in place of a hat? a-Pie plate, b-Tin can, c-Funnel, d-Flower pot.

- 1-a, George Washington
2-d, Red
3-a, Henry IV
4-a, Kay Kyser
5-c, Nightgown
6-b, Klinger
7-d, Sumo
8-d, Angels
9-a, Yellow
10-b, Tin can

Answers to 'Ready to Wear'

Feeling low and blue? Exercise pumps happiness into the brain

If you feel like your life is like a treadmill and nobody really cares, you need to do something. Get yourself back on the right track with physical movement (exercise), even if you don't want to.

Scientists say feeling bad is linked to low levels of neurotransmitters in the brain. Low levels of norepinephrine, dopamine and serotonin contribute to feelings of sadness, loss of interest in normal activities, tiredness, anxiety, and difficulty thinking.

One way antidepressants work is by increasing the levels of these brain chemicals. But exercise does the same thing. It works your heart and releases feel-better chemicals in the brain, and can normalize their levels.

Some depressed feelings could be caused by reduced blood circulation in the brain. Exercise can improve that circulation as well.

Working out, whether on exercise equipment, walking, or doing yard work, also decreases levels of the stress hormone cortisol.

In another discovery, scientists have found that exercise not only works against stress at the brain level, but in the muscles as well.

In addition to biological effects, exercise has positive emotional and social effects.

- * It helps you get the mental tools you need to cope with life and gain confidence.

- * Focusing on exercise gets you away from negative thoughts and worries.

- * Physical activity may bring you more social interaction. Just exchanging a smile while you walk in the neighborhood can help your mood.

- * You will cope in a healthy way. It's something positive you can do to manage anxiety or depression.

- * Even short one-time bouts of exercise will elevate your mood for a time.

Teach teen drivers by example

Your speeches on driving responsibly won't work with your teens unless you're setting a good example.

Many parents aren't. A survey by Liberty Mutual Insurance and Students Against Destructive Decisions shows that 91 percent of teens say they've seen their parents talking on a cell phone while driving; 59 percent have caught their parents texting while driving.

Anything that causes a driver to look away from the road for more than two seconds decreases reaction time, which doubles the risk of being in an accident, according to researchers at the University of Michigan.

Teen drivers are six times more likely to have a serious accident when there's loud conversation in the car.

"The LORD is good, a stronghold in the day of trouble; and he knoweth them that trust in him."

Nahum 1:7

Mini Deep Dish Pizzas



Ingredients

4 Old El Paso™ flour tortillas for burritos (8 inch)

1 cup pizza sauce

3/4 cup shredded mozzarella cheese

1/4 cup grated Parmesan

36-48 mini pepperonis

Instructions

Preheat oven to 425 degrees F. Lightly oil a 12-cup muffin tin or coat with nonstick spray.

Working one at a time, lay tortilla on a flat surface. Using an empty can, cut 3-4 medium circles, pressing firmly enough in a rocking motion to cut through the tortilla.

Fit a tortilla circle into each of 12 muffin tins, pressing carefully to make sure there is an opening in the center. Scoop 1 tablespoon pizza sauce into each muffin tin. Sprinkle with mozzarella and Parmesan cheeses, topping with 3 mini pepperonis each.

Place into oven and bake for 10-12 minutes, or until cheese has melted.

Serve immediately.