

# Better Home Living

*The Newsletter That's Both Informative and Fun!*



## 100 years ago ... Fannie Farmer changed cookery

"The time is not far distant when a knowledge of the principles of diet will be an essential part of one's education. Then mankind will eat to live, be able to do better mental and physical work and disease will be less frequent." Fannie Farmer

Born in March 1857, author and cook Fannie Farmer lived during an era when cooking from scratch did not mean opening a box of gelatin.

If you wanted to make a colorful gelatin mold, you first purchased two calves hooves. If you wanted the gelatin colorful, which of course you did, you got some spinach to make the green coloring and beets to make the red, according to National Public Radio.

Making a meal and keeping house was truly a complex and time consuming job in those days, and Fannie Farmer, known today for her legendary cook book, brought a scientific approach to cooking, including introducing level measurements.

Farmer's interest in diet and food was born out of necessity. At the age of 16, she suffered a stroke that left her unable to walk for many years. During her convalescence she began to learn to cook. Her family valued education and when, at the age of 30, she was finally able to walk, Farmer attended the Boston Cooking School.

It was there she excelled in the art of cooking, taking a particular interest in an area for which she is not especially remembered today: preparing food for the sick. She knew one or two things about that topic and she felt strongly that for those who had lost their appetite, food had to be presented well, looking colorful and tasting good. Although she was much interested in nutrition, she believed that tasty, well-presented food, was most important if the sick were to regain their appetites.

Fannie Farmer died 100 years ago in 1915 at the age of 57, having changed the world's ideas about cooking and nutrition.

## How to cultivate a positive exercise mindset

For most people exercise is a feel-good activity that makes them feel self-confident and in control of their lives. And it's fun.

Others think it's just an avoidable task. This negative mindset keeps them in their seats. An attitude adjustment can change their feelings, and here's how to move toward that goal.

\* Remember that you are actually in control of your life. It's you, not luck or fate, and not what others think. You determine your attitude about exercise as well as other areas of your life.

\* It's important to remind yourself that from an evolutionary standpoint, humans are wired to be active.

\* Make choices about what could be healthful, entertaining and fun. Include socializing as an exercise benefit. Take a class, or join a group walk. Schedule it and don't put it off. Just do it.

\* If you hesitate to start in public, work out at home in the beginning or pick a solo activity like cycling.

\* Consider counseling to find strategies to help you overcome psychological barriers to exercising.

\* Working with a coach or trainer can be a great motivator, as can using a pedometer or wearable activity tracker.



*We hope you enjoy this month's newsletter!*

*Mari & Staff*

## 5 key answers you'll need in 2015

Writing in Fortune magazine, Verne Harnish says knowing the answers to just a few questions could help your business grow. Harnish is the CEO of Gazelles, Inc., an executive education firm.

\* Can you sum up what you do in a few words? Maybe some sell biscuits for dogs or furniture for college students. Another may offer a common product with unique packaging that suits a special market. Be able to tell your approach clearly so both employees and customers can identify with it.

\* Would you rehire your present managers and leaders again? If employees aren't getting the job done to your satisfaction, it could be time to make some new decisions.

\* What relationships do you need to nurture? Harnish recommends making a list now of people who could help your business grow. It should include the major customers you want to do business with.

Decide how you can cultivate and deepen these connections, especially before asking for any special considerations.

\* Are you prepared for the black swan? As told in more than one business book, the black swan is a situation that strikes quickly, one you haven't considered and that is better, cheaper or faster for a competitor than what you are doing now.

Do your reconnaissance and studies. With the pace of change increasing everywhere, you'll need new industry contacts and advisors.





**...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!**

*"Rosa and Samantha did an amazing job on cleaning my home! Both ladies are very friendly and professional people. Thank you Mari, Rosa, and Samantha. ;)"*  
-Regina  
Phoenix

### **The controversial drone has dozens of unexpected uses**

The Federal Aviation Administration says an "Unmanned Aerial Vehicle" can be used only for personal activities. But at this time, personal and business uses are melding.

Starting with photographers, real estate agents and home builders, the unmanned vehicles are appearing in many areas, according to industry analyst Envision Group.

Technology in the form of small chips and sensors, like those used in smartphones, has come to drones. They can be smaller, cheaper and easier to make, but using them is still not a simple matter.

Drones have to be flown by a person. There is a learning curve and users have to learn how to fly them well, though newer models are way easier to use, say their manufacturers.

The Ghost Drone was launched last year through Indiegogo crowd funding. Owner Derrick Xiong ended up getting seven times his need for startup money. He advertised it as "The most affordable, user-friendly drone." The first shipments of the \$400 unit are on their way to buyers.

Most drones work by connecting to the small GoPro action cam, the wildly popular tiny camera favored by action sports enthusiasts.

As units become more automatic, they could become popular with skaters, surfers and skiers as they are enjoying their sports.



### **Affordability reigns this spring**

Over the last three years, sellers were more than pleased to see that homes were selling for a total of 25 percent more than three years before, according to the S&P/Case Shiller Index. Sellers were pleased; buyers not so much.

So far in 2015, slower gains for sellers have helped to make home affordability a more positive factor.

Sellers are still going to net more from a home sale than they would have in recent years.

But these same sellers, those who recently decided to trade up or move to a smaller place, are still doing buyers a big favor.

It's a lovely circle. Prices have been going up, which makes some sell, and that puts lots of choice homes on the market, which makes others want to buy. As the number of great homes rise, prices for settled, homes become more affordable, and everyone tends to get a great deal.

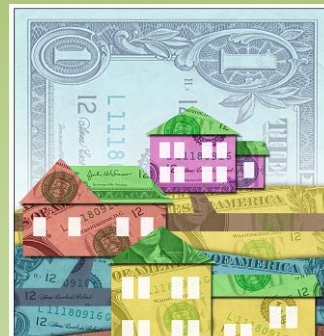
Real estate agents may be more likely to make recommendations that meet all the buyer's wants, instead of just a few.

Experts say it is too soon to calculate affordability for this year, but if you buy a home today it will definitely be more affordable than a year from now.

Quoted in The Wall Street Journal, Bill McBride, who writes the popular Calculated Risk blog, reminds us that in the existing housing market, active inventory may influence pricing somewhat, but it also influences sales.

McBride says that in 2014, home sales were just so-so, mainly because inventories remained low.

Mortgage interest rates for 30-year instruments have drifted back to about 4 percent in some areas. Some economists, however, say rates will rise beginning in June or July of this year.

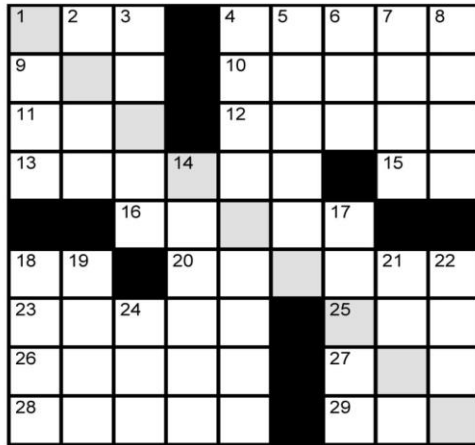




## Crown of the tropics

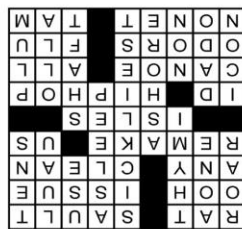
Across

1. Backstabber
4. \_\_\_ Ste. Marie
9. "\_\_\_ la la!"
10. It's debatable
11. "\_\_\_ questions?"
12. Fresh from the shower
13. Gus Van Sant's "Psycho," e.g.
15. You and I
16. British \_\_\_
18. Freudian concept
20. Rap genre
23. Camp craft
25. "That's \_\_\_ folks!"
26. Air freshener targets
27. Winter bug
28. Fair-sized musical group



- Down
1. Big laugh
  2. Bang-up
  3. Lymphoid organs in the neck
  4. Most ill
  5. Out for the night
  6. "It's no \_\_\_!"

7. Hilo feast
8. Addition column
14. On dry land
17. Mine passage
18. Clickable image
19. Carpenter's groove
21. Earthen pot
22. Pudding fruit
24. "Smoking or \_\_\_?"



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

## Trivia Teaser – A Colonel of Truth

1. What famous musician was managed by Colonel Tom Parker?  
a-Elvis Presley, b-Buddy Holly, c-Michael Jackson, d-Ray Charles.

2. The 1968 novel "Colonel Sun" was the first book to continue the adventures of what hero after the death of his creator in 1964? a-Sherlock Holmes, b-Tintin, c-James Bond, d-Biggles.

3. Who played the vain yet bumbling Colonel Wilhelm Klink on TV's "Hogan's Heroes"? a-John Banner, b-Werner Klemperer, c-Sig Ruman, d-Edward Winter.

4. How many herbs and spices are said to be included in Colonel Harland Sanders "Original Recipe" for Kentucky Fried Chicken? a-7, b-9, c-11, d-13.

5. Colonel Reb was replaced in 2010 by the Rebel Black Bear as the school mascot for which university? a-Georgia State University, b-Duke University, c-University of Maryland, d-University of Mississippi.

6. What was the name of the bomber flown by Col. Paul Tibbetts in August 1945? a-Tulsa American, b-Fort Lauderdale, c-Enola Gay, d-Statue of Liberty.

7. What was the first name of Col. Potter on the sitcom "M\*A\*S\*H"? a-Henry, b-Edgar, c-Chester, d-Sherman.

8. What 1957 war movie featured soldiers whistling "The Colonel Bogey March"? a-"The Bridge on the River Kwai," b-"From Here to Eternity," c-"The Dirty Dozen," d-"The Longest Day."

9. Colonel Stars & Stripes is a masked vigilante in what comic book movie?

a-"Iron Man 3," b-"Kick-Ass 2," c-"The Losers," d-"Haywire."

10. What author created the fictional Scotland Yard detective Colonel March? a-Arthur Conan Doyle, c-Edgar Allan Poe, c-John Dickson Carr, d-P.D. James.

Answers to 'A colonel of truth'  
1-a, Elvis Presley  
2-c, James Bond  
3-b, Werner Klemperer  
4-c, 11  
5-d, University of Mississippi  
6-c, Enola Gay  
7-d, Sherman  
8-a, "The Bridge on the River Kwai"  
9-b, "Kick-Ass 2"  
10-c, John Dickson Carr

## News from Home: Spring Cleaning Tips

It's easy to disinfect the toilet bowl with bleach or that blue stuff, but do you worry about Fido's bad habit of taking a drink there once in a while?

Try the powdered drink mix Tang, according to Woman's Day. A teaspoon of the citrus powder works like a scrubber. And Fido can sip without worry.

Save the stove for last. Cleaning the kitchen requires going over many surfaces from cabinets to counters. The dirtiest place in the kitchen is the stove. Save it for last so you don't end up cleaning with a sponge or dish towel that has grease and grime.

Wrapping yourself in plastic? If you love plastic wrap for storing your leftovers, but hate fighting the sticky stuff, try this. Simply store your plastic wrap in the fridge. That way the wrap is much easier to handle, according to greatist.com.

Spring is a fantastic time to air out the house and freshen areas long ignored. Choose a warm, dry day:

\* **Windows** -- Sparkle your windows with a mix of dish soap and water. Squeegee them clean for a finish.

\* **Refrigerator** -- Move it and clean under it.

\* **Smoke alarms** -- Check batteries and clean the unit.

\* **Webbies** -- Get in the corners and clean out the virtually transparent webs that may have accumulated on walls.

\* **Bedrooms** -- Open the windows. Flip the mattresses. Spot clean and replace any toppers.

\* **Outside** -- Mulch and trim.

\* **Floor corners** -- They catch everything. Spring is the time to clean them up!



## New study for staying well: caffeine reduces risk of kidney stones

Doctors used to tell kidney stone formers to avoid caffeinated drinks. Now they are doing the opposite because an analysis of studies given in the Journal of Clinical Nutrition suggests that caffeine actually helps to prevent kidney stones.

The research on three large studies of health professionals, who had never had kidney stones, found that those who consumed the most caffeine were 25 percent less likely to develop stones than those who seldom consumed it.

*"For just as the sufferings of Christ flow over into our lives, so also through Christ our comfort overflows."*  
**Corinthians 1:5**

## Corned Beef Hash

### Ingredients:

- 1/2 stick butter
- 1 cup) 1 poblano chile pepper, cut into medium dice (about 1/2 cup)
- 2-3 cups potatoes, cooked and cut into a 1/2-inch dice
- pieces 2-3 cups fully cooked corned beef, shredded into 1/2-inch pieces
- 2-3 carrots, peeled, cooked, and cut into a 1/2-inch dice
- 1 large onion, cooked and cut into a 1/2-inch dice
- 1/4 head of cabbage, cooked and diced
- 2 tablespoons chili sauce
- 1 teaspoon Sriracha
- 1-2 tablespoons leftover mustard (optional)
- 1/4 cup heavy cream
- Kosher salt
- Freshly ground black pepper
- 4 large eggs
- 2 tablespoons fresh parsley, chopped

In a large nonstick skillet over medium heat, melt butter. Add diced poblanos and sauté until just softened, about 3-4 minutes. Add potatoes, corned beef, carrots, onion, cabbage, chili sauce, Sriracha, mustard (optional), and heavy cream. Stir to until thoroughly mixed. Using the back of a spatula, press mixture into bottom of pan and let cook undisturbed, 3-4 minutes. Scrape bottom of pan with spatula, mixing brown bits back into mixture. Flatten into pan and let cook undisturbed again, 3-4 minutes. Scrape and mix. Repeat 3-4 more times, until mixture is browned with lots of crusty bits, about 15-20 minutes total. Using a spoon, make four shallow indentations in the top of the hash, and break an egg into each one. Season with salt and pepper to taste, cover, and cook until egg whites have set but yolks are still soft, about five minutes. Sprinkle pan with chopped parsley, and serve immediately.

## What would Lincoln do?

Abraham Lincoln had less leadership experience than previous presidents. George Washington and Andrew Jackson were generals, some had been governors, and the Southerners owned plantations. Yet Lincoln filled the office of president so effectively that he regularly tops historians' ranking of great presidents.

Which of his principles of action can guide his successors?

Cite precedent. Ever the lawyer, he found precedents and men he could look up to in America's founding fathers. His career was a long effort to show that his positions were those of the founding fathers, especially when it came to slavery, human nature, liberty and equality.

Make your case. Lincoln could play inside baseball, says biographer Richard Brookhiser. He could make deals and manipulate colleagues when he had to. He recognized that democracies are not ruled by such maneuvers but by the people. Lincoln once said, "Public opinion in this country is everything." It depends on wooing, shaping and educating public opinion.

Use Humor. He often used jokes to distract people he knew he couldn't satisfy immediately. His humor worked on a deeper level to keep things in proportion, reminding people that they shouldn't be surprised at the unexpected, but carry on, jauntily if possible.

Put principles first. His position against slavery was well established. In 1860, he ended the Cooper Union Address with this appeal to fellow Republicans: "Let us have faith that right makes might, and in the faith, let us, to the end, dare to do our duty as we understand it."

Be inclusive. The Republican Party, formed in 1854-56, included longtime abolitionists, Whigs, Democrats, and Know Nothings, who disliked both slavery and immigrants. Some called his cabinet the "Team of Rivals."

In his 1854 Peoria speech, Lincoln said, "Stand with anybody that stands with RIGHT. Stand with him while he's RIGHT and part with him when he goes wrong."

It worked for Lincoln and might work for you.

