



August 2014

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# Better Home Living

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

## *Improving the Safety of Your Bathroom*

You've probably heard that water on the floor can cause you to slip in the bathroom, or that a loose grab bar can propel you to the bottom of the tub.

Here are a couple of dangers you might not have thought of.

\* An all-white bathroom with shiny fixtures, bright lights and mirrors can cause glare that make people disoriented. They can even be blinded by the brightness, especially if their vision isn't perfect.

Reduce the glare by using frosted bulbs. Consider painting the walls a contrasting color, which can help you and your guests keep their balance.

\* Don't try to make the bathroom warmer for a child or older adult by using a space heater. They produce a risk of electrocution. Install a permanently wired heating unit instead.

\* Check your shower doors for cracks, chips or the glass rubbing against metal. Shower doors have been known to shatter. In one recent year, the Consumer Products Safety Commission received 2,000 such reports. Of course, doors will also break if someone falls into them.

Shower doors are made of tempered glass, which means they shatter into hundreds of pieces and shards. Anyone present can be injured by falling into the pieces. If it ever happens, throw one or more towels over the broken pieces so you and others can walk out safely.

## *Social Media Sites Can Make You Envious*

Psychologists say social-media websites have become huge sources of modern envy.

A study published by researchers in the journal PLOS ONE, led by the University of Michigan, found that the more people used Facebook, the less satisfied they were with their lives. In another study of 600 Facebook users, German researchers say they witnessed the "rampant nature of envy" on social networking websites.

That sounds as if envy can be all negative, but psychologists say there are two kinds: malicious and benign. With malicious envy, you may want to downplay or undermine another person's success. Benign envy could inspire you to work smarter and achieve more at work.

In a 2011 study published in the Personality and Social Psychology Bulletin, researchers conducted a series of experiments with 200 university students. They found that when they triggered feelings of benign envy, it drove the students to want to study more and perform better on a test measuring creativity and intelligence.

At Texas Christian University, researcher Sarah E. Hill says, "Those painful pangs of envy are there for an evolutionary reason, alerting us that someone has something of importance to us." They found that envy improves attention and memory, tools needed to move toward success. Study subjects were more astute.

Envy works at the office too. A Harvard Business Review paper examined envy through the eyes of hundreds of executives over a 10-year period. They found that unchecked envy damaged careers.

They also found that the "envy reflex" can point you in the right direction, focusing your time and attention on areas that are important.

To guard against the malicious trap, the researchers suggest taking stock of your own achievements when faced with envy.

# August

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

*Mari & Staff*

## *Aviation History Still Fascinates Us at All Ages*

Next to train sets, toy airplanes are probably next in popularity as gifts to boys of all ages and an increasing number of girls, especially if they come with remote controls. Ever since President Franklin Roosevelt first proclaimed August 19 as National Aviation Day, this passion for anything that flies like the eagles has fascinated us.

Roosevelt chose this date for a federal observation of flight advances for a special reason. It is the birthday of Orville Wright who piloted what is credited as the first airplane with controls. Although his flight lasted only 12 seconds and was merely a quick 120-foot trip around the yard, he steered the plane long enough to establish honors for his brother Wilber and himself.

By 2011, there were an estimated 617,128 active certificated pilots in the United States, including 118,657 student pilots, 227 recreational pilots, 194,441 private pilots and 120,865 commercial pilots.

Many airports offer Aviation Day events for enthusiasts, including affordable small plane and helicopter rides, skydiving demonstrations, and remote control aircraft demonstrations.

In North Carolina, at the Wright Brothers National Memorial, the Young Eagles will fly 111 young people age 8 to 18 on their first flights, have a model aircraft display and feature former astronaut Dr. Don Thomas. A B25 bomber will fly into the Clarion County Airport in Shippensburg, PA, to open their event.

National Aviation Day is family day in Dayton, OH, at the National Museum of the U.S. Air Force, as they commemorate aerospace history from 1903 to the present and feature the technology that has advanced flying from a backyard hobby to outer space and pilotless drones.

## 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 3<sup>rd</sup> 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 a Bunch!

### Outstanding Cleaning Service!

Mari is always responsive and accommodating. Her team of professionals consistently do an outstanding job and I recommend her to all of my friends. Been using this service for almost 10 years and a very satisfied customer!

-Stephanie M.  
Glendale, AZ

## Pushing 50 or more? Guard your muscles!

Sometime in your 30s, your muscle mass reached its peak. After that, unless you do things to preserve it, each subsequent decade shows a decrease of muscle fibers. By age 80, 30 percent of muscle bulk may be lost. Exercise and a high-protein diet can change that prognosis.

People over age 50 should pay attention to getting adequate protein from healthy sources, not just a dinner but throughout the day. Researchers at Tufts University find that a steady intake of protein, combined with aerobic activity and weight training exercises, helps to counter the loss of muscle mass.

"It's estimated that 20 percent of people between ages 51 and 70 have inadequate protein intake," says Paul Jacques, DSc, director of Tufts' HNRCA Nutritional Epidemiology Program.

Their four-year study, published in the British Journal of Nutrition, looked at the combination of protein intake and physical activity in people over age 50. They found that people who did muscle strengthening exercises, without protein intake of at least 70 grams daily, did not improve their muscle mass.

One study by the National Institutes of Health compared protein intake with lean muscle mass in men and women ages 70 to 79. Over three years, those consuming the highest amount of protein (an average of 91 grams a day) lost 40 percent less lean muscle mass than those in the bottom fifth of intake (an average of 57 grams a day).



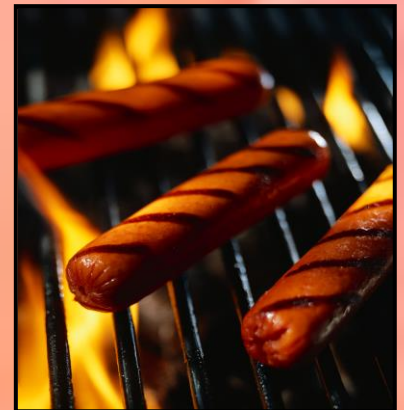
"I have two children. Ages, 'Are we there yet' and 'Mom, there's nothing to eat.'"

## Attention Grilling Enthusiasts

Want dinner in 10 hours? Smoker cooking is making a comeback to make tastier meat and vegetables.

Grilling enthusiasts are recalling their favorite tastes from a decade ago. They're bringing back smoker cooking in a big way.

If you don't have one, your home improvement store stocks them at \$100 to \$300 each. BBQ masters can spend as much as \$10,000 on one that's custom made.



Cooking temperatures are between 225 and 275 degrees. The slow cooking results in juicier food with the extra dimension of smoky flavors.

How to use a smoker:

- \* Fill the charcoal pan half full of regular or flavored briquettes. Mesquite is popular. Or you can use small pieces of wood, like pecan, cherry or hickory. Woods should be moistened and wrapped in foil.
- \* Let the charcoal burn a few minutes and slowly add more. Make sure all briquettes catch fire before replacing the pan into the smoker. Replace it slowly so you don't redistribute the briquettes or put out the fire.
- \* Fill the water pan 3/4 full and put it in the smoker. It helps to regulate the distribution of heat.
- \* Place food on the grates. If it has two grates, put the meat on the bottom and the vegetables on the top grate.
- \* Close the lid and open the vents. One vent is for ventilation of the smoke. The other is to help provide ventilation and fresh oxygen for your fire. If the fire is waning, open the fire vent more. If the meat seems to be cooking faster than you want, open the other vent more to provide increased ventilation.
- \* Check the meat periodically, but don't open the lid every few minutes.
- \* Remember that it will take much longer to cook than when the food is being grilled. Be patient.

Enjoy!

Visit our website for free cleaning tips!

[www.CleaningSolutionsByMari.com](http://www.CleaningSolutionsByMari.com)

## Trivia Teaser - White Noise

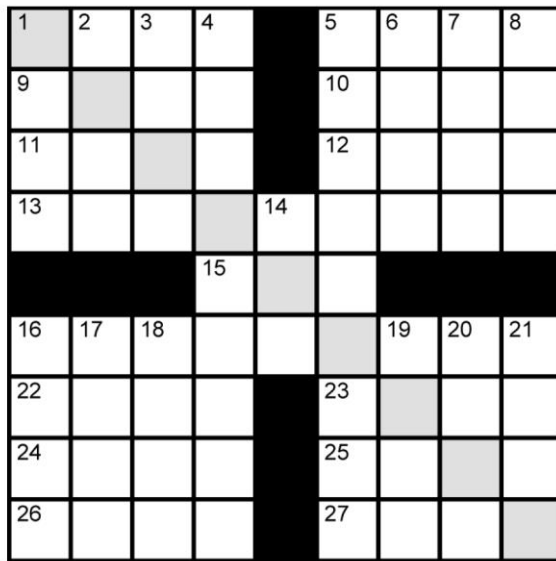
### Summer birdie game

Across

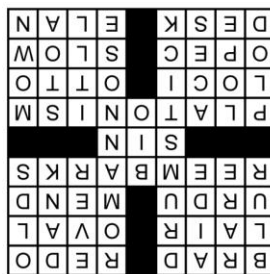
1. Actor Pitt
5. Make over
9. Place to hibernate
10. Face shape
11. Pakistani language
12. Darn, as socks
13. Goes on board again
15. Kind of tax
16. Philosophical doctrine
22. Centers of activity
23. Germany's \_\_\_ von Bismarck
24. Crude group?
25. Snaillike
26. Work station
27. Joie de vivre

Down

1. Smudge
2. Hard to find
3. Adjutant
4. Chicken order
5. Aquiline facial part
6. "... happily \_\_\_ after"
7. Clammy
8. Cutlass, e.g.
14. Life story, in brief
16. Walk heavily



17. Easy gait
18. Top guns
19. "\_\_\_ do you good"
20. Ancient gathering place
21. Cut



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

## Work Notes: Overloaded? Talk to Your Boss

If you're taxed to the max, speak up.

That's what career coaches advise staffers who become the go-to person for loads of projects.

Your manager may not realize that your time is being soaked up by multiple projects. If that's the case, it's up to you to speak up, but be sure you can back up your claims, say career coaches.

Install a time monitor on your computer that keeps track in the background of the tasks you are doing, and how long it takes for each task. This gives you precise data as to where your time is being spent (or wasted).

Before you speak with the boss, analyze your data to find out where your energy is going.

Once armed with the right data, talk to the boss if you need more resources and help.

New York City career coach Caroline Ceniza-Levine says you should off-load work that won't help you advance. Suggest a junior colleague to take on a low-profile project as a stretch role.

Quoted in CNNMoney, Ceniza-Levine says you may be part of a chronically understaffed department where the only way to scale back is to leave.

Develop a walkaway strategy before making a final attempt with your boss to have your workload modified.

1. Which child received a whole box of Turkish Delights from the White Witch in "The Lion, the Witch, and the Wardrobe"?  
a-Lucy, b-Peter, c-Edmund, d-Susan.

2. What TV series featured a chemistry teacher named Walter White?  
a-"Mr. Peepers," b-"Breaking Bad,"  
c-"Our Miss Brooks,"  
d-"Malcolm in the Middle."

3. What city is the setting for Erik Larson's historical book "The Devil in the White City"?  
a-Detroit,  
b-Vatican City, c-Chicago, d-Baltimore.

4. What city is located at the confluence of the White Nile and the Blue Nile?  
a-Alexandria, b-Cairo,  
c-Thebes, d-Khartoum.

5. The Chicago White Sox lost the 1919 World Series in what became known as the Black Sox Scandal. Which team won that Series?

a-Brooklyn Dodgers,  
b-Cleveland Indians, c-Cincinnati Reds,  
d-New York Yankees.

6. What track on the Beatles "White Album," running over 8 minutes long, is the longest song recorded by the group?  
a-"Revolution 9,"

b-"While My Guitar Gently Weeps,"  
c-"Helter Skelter," d-"Dear Prudence."

7. Which NBA team retired the #10 jersey of point guard Jo Jo White?

a-Chicago Bulls, b-Milwaukee Bucks,  
c-Philadelphia 76ers, d-Boston Celtics.

8. "White Blood Cells" and Elephant" were successful albums from what rock duo?  
a-The Black Keys,  
b-Hall and Oates, c-Capital Cities,  
d-The White Stripes.

9. What musical instrument is Jaleel White shown playing during the opening credits of the TV sitcom "Family Matters"?  
a-Electric organ,  
b-Harmonica, c-Accordion, d-Banjo.

10. What comic strip crime fighter was assisted by the sidekick Ebony White?  
a-The Spirit, b-The Phantom,  
c-The Rocketeer, d-Green Lantern.

- 1-c, Edmund  
2-b, "Breaking Bad"  
3-c, Chicago  
4-d, Khartoum  
5-c, Cincinnati  
6-a, "Revolution 9"  
7-d, Boston Celtics  
8-d, The White Stripes  
9-c, Accordion  
10-a, The Spirit

Answers to 'White Noise'

## To Live Longer: Eat a Handful of Nuts Every Day

There's no need to check a list of health problems to see if nuts would be good for you. That's because eating a handful of nuts every day makes you less likely to die from any cause.

This simple and amazing conclusion is from a study made by Tufts University's Antioxidant Research Laboratory.

Nuts are good for you because they are rich in healthy unsaturated fats, protein, fiber and vitamin E. Plus, the total antioxidant capacity of that handful is comparable to a serving of broccoli or tomatoes.

Study leader Jeffrey Blumberg, PhD, says previous studies have linked nut consumption to improvements in cholesterol, blood pressure and blood sugar control, among other benefits.

Although nuts are also high in calories, the new research found that more-frequent nut eaters tended to be leaner.

## It has a Beautiful Nose - Aroma is the Part of Wine that Really Draws You to it

As you lift your glass of wine, it's the aroma (or bouquet) that you should first notice.

Wine experts speak of the aroma of a wine as people might talk about a lover: Seductive, sexy, or earthy.

According to wine writer Lettie Teague you can understand every quality of a wine with your nose, except for the five aspects you can find only with your tongue: salty, sour, sweet, bitter and umami. Umami literally means deliciousness in Japanese.

The late enologist and professor at the University of Bordeaux, Emile Peynaud, claimed in his book *The Taste of Wine*, that a wine drinker's sense of smell may be thousands of times more sensitive than his sense of taste.

According to Peynaud, wine aromas can be organized into 10 types: animal (meaty); pine, wood, chemical, spice, smoky and roasted, floral, fruity and vegetal. Wine can also have tones of estery, or byproducts of fermentation.

Young wines generally have a fruity aroma but, as they age, their smell becomes what is called a 'bouquet.' That older smell becomes more refined and has other tones of minerals, earth and wood.

Wine writer Jancis Robinson gives some good examples of aromas:

Syrah, spicy and licorice.

Wood-aged red wine, leather.

Riesling, floral

Cabernet, green pepper, currant sometimes asparagus

Chardonnay (young), apple

Chablis, wet stones

Piedmont reds, Molasses

Shiraz, chocolate.

Pinot Noir (young), raspberry

## Chunky Cheesecake Brownies!

### Ingredients:

- 1 (8oz) package cream cheese, softened
- ¼ cup white sugar
- 1 egg
- 1 cup semisweet chocolate chips
- ¼ cup butter
- 1 cup semisweet chocolate chips
- ½ cup white sugar
- 2 eggs
- 2/3 cup all-purpose flour
- ½ teaspoon baking powder
- ¼ teaspoon salt



### Directions:

Preheat oven to 350 degrees F (175 degrees C). Grease a 9 inch square baking pan.

Combine cream cheese with 1/4 cup sugar and 1 egg in a mixing bowl; beat until smooth. Stir 1 cup chocolate chips into the cream cheese mixture. Set aside.

Fill a saucepan with water and bring to a boil. Turn the heat off, and set a heatproof mixing bowl over the water. In the mixing bowl, combine butter with the remaining cup of chocolate chips; stir until just melted and blended together. Stir in the remaining 1/2 cup sugar and 2 eggs, then sift together flour, baking powder, and salt; stir into chocolate until evenly blended.

Pour half of the batter into the prepared baking pan. Spread the cream cheese mixture over the chocolate layer. Top with remaining chocolate mixture (this doesn't need to completely cover the cream cheese layer). Using a knife, swirl the top chocolate layer into the cream cheese to make a marble pattern.

Bake in preheated oven at 350 degrees F (175 degrees C) for 25 to 30 minutes, or until top is crinkled and edges pull away from sides of the pan. Cool thoroughly. Cut into 12 to 16 squares. Store in the refrigerator or freeze.

## Take the Trivia Challenge!

How much daily protein intake is needed to improve muscle mass for people over age 50?

A – 20 g.    B – 40 g.    C – 70 g.    D – 90 g.

HINT: The answer is hidden somewhere in this newsletter.

"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."