



January 2018

Volume 9, Issue

# Better Home Living

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

JANUARY

We hope you enjoy this month's newsletter!

Mari & Staff

## New Year's Resolutions: Break into Something New

Here are some resolutions that will make 2018 a little more interesting.

1. Master some jokes. Why resolve to be more social if you don't know what to do when you get to the party? Try to find a selection of one-liners that will work in a variety of situations. Find a longish joke that will be suitable to tell at lunch with a friend. Maybe a spicy joke to tell a really good friend. But always have a sweet joke to tell someone's mother.

2. Learn a useful phrase in three languages. Hey, you want to be debonair? Here's your chance. Go for Arabic and Mandarin if you are adventurous. If you want laughs, learn something silly. With one resolution, you tick off 'learn something new.' Done.

3. Learn to juggle. A good party trick that will get everyone else involved and keep you busy while listening to YouTube videos. Hey, you aren't wasting time.

4. Give yourself a big win. The problem with New Year's resolutions is that only 8 percent of resolvers keep their resolutions. That leaves 92 percent feeling like failures. They are resolving the wrong things. Instead, try something that you have a good chance of accomplishing:

- Spend more money on fun. If you break this resolution, you are saving more money.
- Never buy another organizational basket. So, if you do break down, you are getting organized.
- Never go to a gym. No sweat. But if you find yourself sweating, more's all the better.



## What is the Right Way?

Dishwasher manufacturers and home style maven Martha Stewart agree on some basics for the right way to load a dishwasher:

1. If the washer has a third, shallow rack on top, load flatware and large utensils there to free up space below.
2. Put glass and plastic on the top rack where water pressure and heat are less intense.
3. Point knives down for safety. Mix utensils in the basket so spoons and forks don't nest together.
4. Martha Stewart advises never to wash nonstick or cast-iron pans in the dishwasher, but stainless-steel pans get cleaner in the dishwasher.
5. Read the manual to find out about specialized settings. Nearly 70 percent of user just press 'normal.'

Don't put these items in the dishwasher. According to home expert Martha Stewart, the following items should never be put in the dishwasher: Acrylics and plastics, aluminum, antiques, blown glass, bronze, cast iron, china with metallic decoration, crystal, any item with bone or wood inlays, gold-plated flatware, iron, knives (they get dull), nonstick pans, milk glass, pewter, rubber tools, tins, wooden spoons.

## Where are the Parrots?

The beautiful and endangered Puerto Rican parrot should begin nesting this month in tree cavities throughout the El Yunque National Forest.

Except the forest is bare.

After two devastating hurricanes, the El Yunque forest of Puerto Rico is denuded of its canopy and, most ominously, it is silent.

No bird calls echo through the forest and none of the characteristic shrieks of the native Puerto Rican parrot.

The parrot, called iguaca, is found only in Puerto Rico. Once a million strong, by 1973 only a dozen parrots remained. Captive breeding programs have brought the numbers up to 500, more than half in the wild. An elaborate hurricane protection program saved 230 captive birds. But the double punch of two hurricanes in 2017, have left researchers wondering about the fate of the wild population.

Did they go elsewhere? Were they killed? And if they lived, where will they nest?

Since the storm, researchers have identified about 80 parrots, foraging for royal palm fruits, the last remaining of the scarce vegetation.

Some evidence hints that wild birds may have traveled away from the storm. One parrot was spotted miles away from the forest.

A few individuals were found dead.

What survivors there are will have to make a living in a forest without cover, at risk of attack by hawks. Artificial tree cavities are largely gone, and trees are knocked down all over the forest.

Researchers fear an entire generation of parrots may be lost to the storms

## 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!

I have been with Mari's cleaning for about 5 years now and during that time Jasmine and Mari have been absolutely wonderful people to work with. Jasmine always checks to make sure we are always satisfied with our services and is always available to discuss any situation or changes to our cleaning services. I would highly recommend this company to anyone.

-Kathy

## Google Gave Internet to 100,000 People in Puerto Rico

The recent devastation caused by the hurricanes in Puerto Rico unveiled a massive problem with modern society's dependence on instant, long-distance communication. With the destruction of much of the communications infrastructure, thousands of people found themselves unable to access the internet or conveniently communicate with friends, family, and recovery crews. According to Engadget, Alphabet (the parent company of Google) unleashed their new Project Loon service to provide connectivity to over 100,000 people.

Project Loon takes specially built balloons that can fly high above the ground and, with the help of solar-powered relays, spreads LTE cellular service from companies like AT&T and T-Mobile over an incredible area. Puerto Rico became a proof of concept for the company who ultimately wants to be able to spread internet globally to everyone.



"I'm trying to figure out online shopping. I've found some pants I like, but can't find a fitting room."

## The Humble Egg

Try this slow scramble for a creamy delight

Let's first get the bad PR out of the way: Eggs won't raise your risk of stroke, heart attack or heart failure, according to the Tufts University Health & Nutrition Letter.

Eggs got a bad rap during the last 20 years because it was thought that they significantly raised levels of cholesterol. Current research shows that saturated fat is the primary culprit in heart disease risk, according to Live Science.

Eggs are high in cholesterol (186 milligrams total with 184 of that in the yolk), but they're low in saturated fat (1.6 grams in the yolk).

People who eat a healthy diet, rich in fiber, vegetables, and fruits, can safely eat an egg each day, writes dietitian Katherine Tallmadge.

That brings us to a very common recipe: scrambled eggs. You see them in different forms depending on who's cooking: Flat as a pancake, lumpy and rubbery, or the dreamy creamy.

Here's how to make the perfect scrambled eggs that are soft and creamy.

The key is cooking them long and slow, according to The Kitchen. Set the heat on a very low setting and plan to let the eggs slowly transition from liquid to solid over about 10 to 15 minutes. Stir frequently to make the eggs end up with small curds that have the texture of ricotta cheese.

Low and slow creamy scrambled eggs

- 2 or more large eggs
- 1 teaspoon butter
- 1/4 teaspoon salt
- Pepper to taste
- 1 Tablespoon cream
- chopped herbs (optional)

Warm your pan on the stove over low heat before putting anything in it. Then put in the butter and let it melt. Whisk eggs in a bowl, vigorously enough that the whites and yolks are mixed and frothy.

Add salt, pepper, and cream. Whisk to mix. Add herbs if desired.

Pour eggs into the pan in a thin layer and cook slowly for 10 to 15 minutes.

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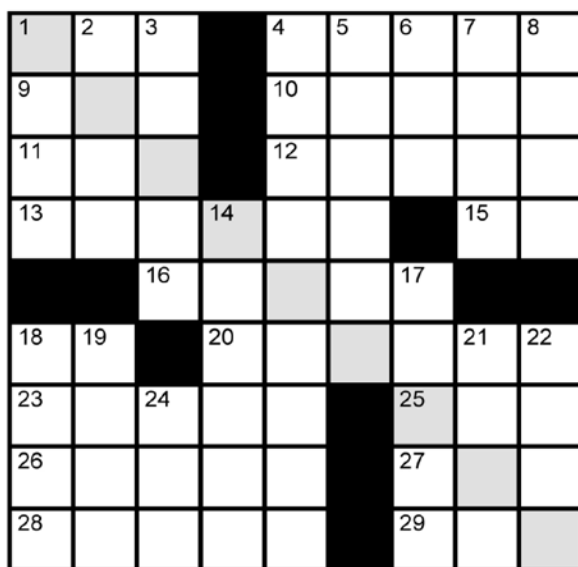
## Small orange-like fruit

### Across

1. Recipe amt.
4. Finale
9. Call to Bo-peep
10. Unusual
11. Break a commandment
12. 1545 council site
13. Pickle
15. Gift tag word
16. Cloudless
18. Kipling poem
20. Still on the shelf, maybe
23. Punctuation mark
25. Chit
26. Dangerous bacteria
27. Econ. indicator
28. Fortune teller

### Down

1. Recipe abbr.
2. Breeze (through)
3. Pre-exam feeling, maybe
4. Exact or very accurate
5. Pestle's partner
6. "The Three



Faces of \_\_\_\_"

7. Lady's escort
8. Kind of sax
14. In a melancholy manner
17. Despot's duration
18. Clinches
19. Central points
21. Excellent
22. Fool
24. Unruly crowd



The headline is a clue to the answer in the diagonal.

## Trivia Teaser – Junior Class

1. Which of these U.S. Presidents was named after his father? a-John Kennedy, b-Jimmy Carter, c-Richard Nixon, d-Ulysses S. Grant.

2. Odell Beckham Jr. is a talented wide receiver for which NFL team? a-New York Giants, b-Miami Dolphins, c-Tennessee Titans, d-Oakland Raiders.

3. In which U.S. state was Martin Luther King Jr. born? a-Alabama, b-Mississippi, c-Georgia, d-Illinois.

4. Actors Tyrone Power Jr. and Douglas Fairbanks Jr. both played which swashbuckling hero? a-Sinbad, b-The Scarlet Pimpernel, c-D'Artagnan, d-Zorro.

5. With which sport do you associate Floyd Mayweather Jr.? a-Boxing, b-Auto racing, c-Bowling, d-Golf.

6. What musician's real name is Calvin Broadus Jr.? a-Snoop Dogg, b-Englebert Humperdinck, c-Pitbull, d-Hank Williams.

7. Max Baer Jr. was a cast member of which 1960s sitcom? a-"Petticoat Junction," b-"F Troop," c-"Green Acres," d-"The Beverly Hillbillies."

8. Ray Parker Jr. sang the theme song to which 1980s movie? a-"Fame," b-"Beverly Hills Cop," c-"Ghostbusters," d-"Back to the Future."

9. Burgess Meredith and Lon Chaney Jr. played a pair of itinerant farmhands in which 1939 film? a-"The Grapes of Wrath," b-"Of Mice and Men," c-"The Adventures of Huckleberry Finn," d-"Gone with the Wind."

10. Which family-friendly TV series was based on the novel "Spencer's Mountain" by Earl Hamner Jr.? a-"The Addams Family," b-"The Andy Griffith Show," c-"The Waltons," d-"Little House on the Prairie."

## ATM Fees on the Rise

There is a fee for almost everything these days and nothing is worse than the one charged by the ATM.

Paying money to access one's own money is a frustration that continues to grow. USA Today reports that the average fee for ATMs rose 2.6 percent last year and they are up 55 percent from ten years ago. One big reason for the increases is the fact that customers are no longer using cash as much as they were before, and banks are forced to up their fees to pay for the ATM machines.

Fortunately, ATM fees can be avoided with a little planning. Credit.com suggests getting cash back at a store for free instead of relying on a machine. Finding a local bank that doesn't charge fees and identifying several other locations in town within your network will help in a pinch if you need cash but don't want to purchase to get it.

- Answers to 'Junior Class'
- 1-b, Jimmy Carter
  - 2-a, New York Giants
  - 3-c, Georgia
  - 4-d, Zorro
  - 5-a, Boxing
  - 6-a, Snoop Dogg
  - 7-d, "The Beverly Hillbillies"
  - 8-c, "Ghostbusters"
  - 9-b, "Of Mice and Men"
  - 10-c, "The Waltons"

## Use a Frugal Month to Catch Up After the Holidays

The holidays are often filled with extra spending on things like travel, gifts, and food and many people end the year feeling weighed down in the financial department.

Popular blog Frugalwoods suggests that people make January an 'uber frugal month' by spending as little money as possible. Although the challenge sounds rather simple, it will require a bit of preparation.

Before starting, analyze all the currently expected spending for the month. Then, divide those expenses into a discretionary list and a mandatory list. Rent, for instance, is non-negotiable, while a Starbucks latte can be easily skipped. Entire areas, such as entertainment, need a plan to decrease spending by substituting free or cheap options for the normal routines. Plan to stay frugal for the whole month for maximum savings. In the end, with the frugality meter reset, it will be up to participants to decide which behaviors they want to keep using in the future to save money over the long run.

According to Bankrate, using these no-spend periods isn't just about saving money but also learning to control impulses. Being able to separate actual needs from simple wants will go a long way toward creating sustainable spending habits as well as provide an excellent jumpstart to a more frugal lifestyle.

For people who can't manage a full month, blog Believe in a Budget recommends starting with a week or even a day. Their favorite, the no spend work week, allows a person to focus in on miscellaneous expenses that pop up during this time such as the before work coffee, expensive lunch at a restaurant, and unnecessary trips to the grocery store after work. It might feel a little strange bringing a bagged lunch to work, but it is also a great way to find more money for savings and investing in the things that are truly important.



## Carrots are Healthy, Peeled or Unpeeled

Peeling a carrot does not remove the majority of vitamins, according to the Tufts University Nutrition Letter.

The carrot skin contains concentrated vitamin C and niacin but just under the peel, the next layer, the phloem, also has these vitamins, along with vitamin A.

The core of the carrot, the xylem, contains the most calcium, potassium, magnesium and phosphorus.

According to scientists at the Tufts Antioxidant Research Laboratory, peeling a carrot removes some small amounts of vitamins and minerals, but there is "plenty of nutritional value left behind."

Isaiah 60:20 (ESV) "Your sun shall no more go down, nor your moon withdraw itself; for the Lord will be your everlasting light, and your days of mourning shall be ended."