



# Better Home Living

The Newsletter That's Both Informative and Fun!

## How to Clean Hardwood Floors and Keep Them Beautiful

Now that you have a beautiful hardwood floor, what can you do to protect it and keep it beautiful? Tips from the World Floor Covering Association:

- \* Floor mats at entry ways will catch particles like dirt and keep them from scratching the wood. Use a mat by the sink to catch splashes.
- \* Buy a high quality broom, sweep the floor regularly, and use a vacuum cleaner without a beater bar to get between boards.
- \* An 8x14 inch terry cloth mop with a rotating head can be helpful.
- \* Get a professional cleaning product that will remove tough stains, scuffs and heal marks without dulling the finish.
- \* Don't wax a wood floor with a urethane finish. Don't wet mop or use excessive water to clean the floor.
- \* Avoid ammonia cleaners, vinegar, and oil soaps to clean a wood floor. They dull the finish and affect your ability to recoat the floor at a later date.
- \* Use cleaners that won't leave a film or residue. Clean sticky spots with a damp towel or sponge.
- \* Protect your floors from sun damage. Shade floors from the sun's harsh rays. Rotate area rugs and furniture regularly to allow wood floors to age evenly.
- \* To prevent scratching, cover furniture and table legs with flannel protectors. Always be careful when moving heavy objects across the floor in order to prevent scuffing and scratching.
- \* Take precautions against every-day scratches. Stiletto heels can dent and scratch hardwood floors. If you have one or more dogs in your home, use runners to protect the floors in their regular walking and running paths.

## Driving with just a little 'buzz' makes you dangerous

A new study by the University of California, San Diego, shows that driving after just one drink makes you a roadway hazard.

Published in Injury Prevention, the study looked at more than 570,000 fatal vehicle crashes between 1994 and 2011.

They found that drivers with a blood alcohol level of just 0.01 percent were 46 times more likely to be officially held responsible for a crash, compared to drivers who were entirely sober.

That 0.01 is far below the legal U.S. intoxication limit of 0.08.

One problem is that people become impaired at different levels. There is no cutoff point between impaired and unimpaired driving. The actual chance of being blamed for an accident increased steadily as blood alcohol levels rose from 0.01 to 0.24.

Another study, appearing in Addiction in 2012, showed that drivers who were only slightly tipsy tended to have more serious accidents than sober drivers.

They also found that just a single drink impairs driving skills and reaction times. It also makes it more likely that drivers will speed and not wear seat belts.



We hope you enjoy this month's newsletter!

Mari & Staff

## Still Just Dad: Remember him in June

How is it that the role of a father has become so much a subject of cultural conversation?

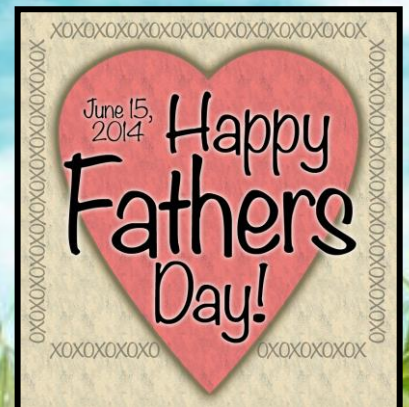
On the one hand, the traditional line of thinking says a father is the breadwinner, strong and steady. On the other hand, the father today can be the homemaker and still be strong and steady, even if he isn't the breadwinner.

Either way, he is still Dad, that parent with the ineffable quality that makes father special in the family and so different from mom.

However you think of Dad, June is the time to thank him for all he's done and remember the love and honor you have for him.

Remember your Pops on June 15 with a hug, a kiss and a word of thanks. After all, your father isn't a cultural conversation.

He's just Dad.



## 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!

*"Mari's Cleaning Services was very responsive and extremely flexible with my schedule. They provided outstanding customer service via email, phone, in person and via their electronic invoices and automated schedule reminders. Their staff was professional, courteous and did an amazing job on my home! I am very pleased and would definitely recommend their services."*

*Patricia S.  
Phoenix, AZ*

## When Thunder Roars, Go Indoors

Lightning Awareness Week is June 16-28. Lightning strikes more frequently during the summer months, but it can strike any time of the year.

\* If you are outdoors and see darkening skies or hear thunder, seek a sturdy, enclosed shelter immediately.

\* Immediately get off elevated areas such as hills, mountain ridges or peaks. Never shelter under an isolated tree. Immediately get away from ponds, lakes and other bodies of water.

\* Stay away from objects that conduct electricity, like anything with a metal handle or body, or wire fences.

\* Lightning often occurs before the rain begins and soon after the rain ends. Wait 30 minutes after the last sound of thunder before returning outside.

\* If you are indoors during a thunderstorm, try not to use corded appliances and electronics, such as computers and phones, as well as plumbing. Electrical wiring and pipes can provide a path for lightning to enter the house.



"You're great and all, Grandpa, but I just can't get past the ponytail."

## Obsessive Sports Parents: You Can be a Hero or a Nightmare

Two former coaches took an informal survey of college athletes:

What is your worst memory from playing youth and high school sports?

The players overwhelmingly told Bruce E. Brown and Rob Miller of Proactive Coaching: It was the ride home with the parents.



How do parents make their sporting kids so miserable at the game and afterward?

Brown and Miller, quoted in [thepostgame.com](http://thepostgame.com), say, in part, it is the ride home recap. Why did the kid do this? And why not that? A better way is to let the kid have the game, and his performance, be his own, all his own, including successes and failures.

One obsessive sports dad named Gordon Marino, writing in USA Today, advises parents to watch their emotions. It's a lot of pressure to play in front of a crowd, but it's a deeply personal and maybe paralyzing pressure to realize your parents are weeping on the sidelines. Don't live your own dreams through your child.

It's best to emphasize sportsmanship for yourself and your child. Encouragement and an "even keel" help a kid more than an angry parent.

Defeat is always difficult, but there are lessons to be learned. According to The Atlantic, athletic competitions offer a great chance to learn about life, especially when you lose.

No matter how good you are, eventually everyone learns that there is always someone better than you, on one day or every day. Take that with grace and work on your own skills.

Parents would do better to focus, not just on winning the game, but encouraging the team spirit. Teams win. Teams lose. Parents should be the gracious loser because every child will not always succeed.

Finally, make the ride about pizza and fun. Not a recap of who did what.

If you really can't do that, Marino advises parents to find some other interests that you can share and discuss with your child.

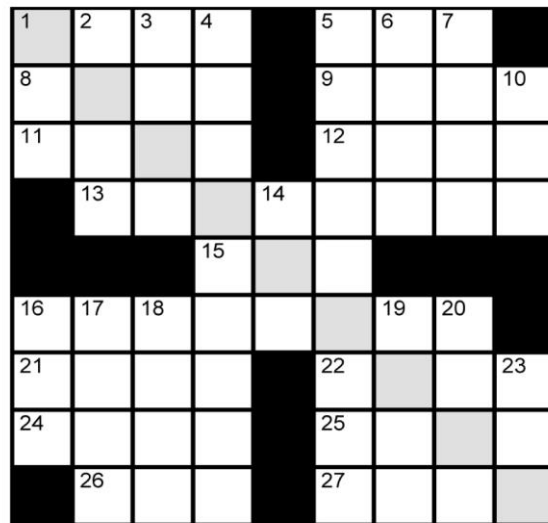
## Top safety mood

Across

1. Fungal spore sacs
5. Setting for TV's "Newhart"
8. Double
9. At no time, poetically
11. Castle defense
12. \_\_\_ bag
13. Omens
15. "\_\_\_ the fields we go"
16. Aix-en-\_\_\_
21. Rhode Island's motto
22. Mysterious: Var.
24. Active sort
25. Gaelic language
26. Atlanta-based station
27. Adjusts, as a clock

Down

1. 20s dispenser
2. Barter, in Britain
3. "See you later!"
4. Socially shy person
5. Prisoners



6. Bright sign
7. Profit, in England
10. \_\_\_ publica
14. Casual attire
16. High degree
17. Cheer (for)
18. Airy
19. Waxy covering on bird beaks
20. While lead-in
23. "Absolutely!"



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

## Trivia Teaser – Looking Glass

1. What weekly radio program has been hosted by Ira Glass since 1995? a-“Car Talk,” b-“This American Life,” c-“All Things Considered,” d-“A Prairie Home Companion.”

2. What broken crystal animal is offered to Jim by Laura at the end of the Tennessee Williams play “The Glass Menagerie”? a-Unicorn, b-Swan, c-Deer, d-Alligator.

3. What architect designed the glass pyramid in the courtyard of the Louvre Museum in Paris? a-William Burgess, b-I.M. Pei, c- Eliel Saarinen, d- Benjamin Latrobe.

4. What New Wave band had a #1 hit with the song “Heart of Glass” in 1979? a-The Happenings, b-The Dolls, c-Blondie, d-Wang Chung.

5. Father Time carries an hourglass in one hand, and what object in the other hand? a-Football, b-Flute, c-Beaker, d-Scythe.

6. What actress is accused of being a Soviet spy in the comedy film “The Glass-Bottom Boat”? a-Doris Day, b-Eleanor Powell, c-Judy Garland, d-Brigitte Bardot.

7. Which of the dwarves in Disney's “Snow White and the Seven Dwarfs” wore glasses? a-Happy, b-Bashful, c-Doc, d-Grumpy.

8. What was the last name of the police detective played by Ron Glass on “Barney Miller”? a-Meyers, b-O’Hara, c-Harris, d-Riley.

9. Who recorded the 1974 top 10 song “Long Tall Glasses (I Can Dance)”? a-John Denver, b-Engelbert Humperdinck, c-Carl Douglas, d-Leo Sayer.

10. Selenium is used in glassmaking to create glass of what color? a-Red, b-Yellow, c-Violet, d-Green.

## It Pays to be More Likeable

Likability has a lot to do with friendly engagement. Imagine you have organized an outing for a group of people. Everyone is smiling but one person, whose face seems neutral and his attitude seem uninvolved.

Now you wonder if that person doesn't like the event; the situation; the conversation. Now imagine it was always that way with that person.

The person would probably rank lower on the likability scale than another who smiles, laughs, or even expresses disapproval. At least you know what the person is thinking.

It's easier to read a likeable person; easier to talk with him or her; easier to approach that person.

What do those people have?

They engage themselves in the moment. Their faces express their thoughts -- happy, puzzled, disapproving -- but they don't leave people wondering if they are present at all. They listen and they are curious about others. They look for similarity in interests.

You can improve your charisma. The rock star Prince did just that.

According to Forbes, Prince almost missed the fame train when Warner representatives saw him in public. Loved the music. His stage presence? Hated it. But Prince, on tour with Rick James, decided to study what made a memorable, charismatic stage presence and he incorporated these behaviors into his act. At the end of the tour, Prince 'commanded his audiences', Forbes reports. And he got his record contract.

Coaches say it's a skill that can be learned. It isn't something you're born with, like charisma. Some tips:

- \* Be yourself. To be more likeable, behave in a way that feels natural, not stiff or self-absorbed. Be genuine.
- \* Get curious. Show interest in others, make eye contact for a time. Ask questions about their opinions and activities.
- \* Use facial expressions. Vary tones of voice and smile. Show enthusiasm about what you're saying, especially in a work video conference.
- \* Listen. Focus on what others are saying. Show that you are listening.
- \* Find common interests. Share your thoughts on topics of mutual interest.

- Answers to "Looking Glass"
- 1-b, "This American Life"
  - 2-a, Unicorn
  - 3-b, I.M. Pei
  - 4-c, Blondie
  - 5-d, Scythe
  - 6-a, Doris Day
  - 7-c, Doc
  - 8-c, Harris
  - 9-d, Leo Sayer
  - 10-a, Red

## Homemade Apple Pie!



### Ingredients:

- 9 inch double crust pie
- ½ cup unsalted butter
- 3 tablespoons all-purpose flour
- ¼ cup water
- ½ cup white sugar
- ½ cup pack brown sugar
- 6 Granny Smith apples, peeled, cored, and sliced

### Directions:

Preheat oven to 425 degrees F (220 degrees C). Melt the butter in a saucepan. Stir in flour to form a paste. Add water, white sugar and brown sugar, and bring to a boil. Reduce temperature and let simmer.

Place the bottom crust in your pan. Fill with apples, mounded slightly. Cover with a lattice work crust. Gently pour the sugar and butter liquid over the crust. Pour slowly so that it does not run off.

Bake 15 minutes in the preheated oven. Reduce the temperature to 350 degrees F (175 degrees C). Continue baking for 30 to 40 minutes, until apples are soft.

*"Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective."*

*-James 5:16*

## Low Salt Snacks Make for Healthy Munching

For people looking to keep their blood pressure low and kidneys healthy, low salt snacks are the way to go.

The experts at Northwest Kidney Centers have come up with a list of 100 tasty, low salt snacks.

You might be surprised by some.

For example, if candy is your thing, try Twizzlers licorice, Junior Mints, Malt Balls, caramel chews, gummy candy, hard candy or salt-free Tootsie Rolls.

If you prefer to snack on cookies, you can find some that come with a lot of pleasure with a lot less guilt.

Try animal crackers, Nilla Wafers, shortbread cookies, fortune cookies, gingersnaps, Teddy Grahams and Fig Newtons.

Angel food cake with chocolate syrup even made the list.

There are plenty of low-salt cracker type snacks too. Caramel rice cakes are good. For a crunchy snack, try unsalted tortilla or potato chips, melba toast, bagel crisps, rice crackers, low-sodium Triscuits, water crackers or wasa crackers.

In the fruit category, applesauce makes the low salt grade along with fruit leathers, frozen fruit bars, fruit cocktail, and frozen grapes or berries.

See the whole list at [nwkidney.org](http://nwkidney.org).

### Take the Trivia Challenge!

How long should you wait after the last sound of thunder before going outside?

A – 15 min. B – 30 min. C – 45 min. D – 60 min.

HINT: The answer is hidden somewhere in this newsletter.

### Driving with pets: Fun but dangerous

Man's best friend might be the worst driving distraction ever. It's so distracting that someone even took the time to research the problem. The study by Accident Analysis and Prevention was reported in Johns Hopkins *Health After 50* newsletter.

They evaluated 2,000 drivers ages 70 and older.

Researchers found that drivers with pets had double the crash risk as those who didn't drive with pets. Driving with pets results in slowed cognitive performance and delayed response times.

It's dangerous for the pet, too.

If you want to give him a ride, be sure the animal is restrained with a good-quality harness restraint system. Or you could place your cat or dog in a crate.