

Better Home Living

The Newsletter That's Both Informative and Fun!



October Is Cancer Awareness

Mari wanted to give back as God has blessed the company so much. She has partnered with Cleaning For a Reason where Mari provides free house cleaning services for women undergoing cancer treatment. Do you know a special women going thru cancer? For more information please visit: www.Cleaningforareason.org

Cleaning For A Reason is a nonprofit organization that serves all the United States and Canada. Our mission is to give the gift of free house cleaning to women undergoing treatment for any type of cancer. Our goal is to let these brave and strong women focus on their health and treatment while we focus on, and take away the worry and work of, cleaning their homes— free of charge. We have recruited over 1,200 maid services to donate free housecleaning to women who are undergoing treatment for cancer. Since 2006, our partner maid services have volunteered their time to clean for over 26,000 women – valued at over \$6,800,000.

Debbie Sardone, President and Founder, had the idea to start Cleaning For A Reason years ago when, as the owner of Buckets & Bows Maid Service, she had a call with a prospective client who told Debbie, “I won’t be able to afford that now; I’m undergoing cancer treatment” and hung up. Since Debbie had not gotten the woman’s phone number she was unable to call back to make arrangements and in that instant decided no woman undergoing cancer treatment would ever be turned away by her business. In fact, they would even be offered a free housecleaning service!

Then in 2005, Debbie shared her story with other maid services at a national cleaning industry convention. She shared that it was these women, undergoing the physical, emotional, and financial rigors of cancer treatment, who needed professional housecleaning services the most. Immediately after sharing her story, a rush of cleaning business owners expressed their interest and support.

After returning to Texas, Debbie registered Cleaning For A Reason as a nonprofit organization and at the next convention maid services signed up to donate their services on the spot.

... 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!

I have been using Mari's Property Management for more than 10 years. The entire team has been truthful and trustworthy. I highly recommend them.

~David

For a beautiful start in spring: You can store your tropical bulbs

The growing season might be over, but you don't have to say goodbye to your tropical plants. With a little effort, you can have twice as many next spring, and you won't have to spend a lot of money to do it. You can store the bulbs.

For those who have a special liking for elephant ears, cannas, gladioli, dahlias, begonias, caladium, and other exotics, here's how to save bulbs from the winter cold.

After foliage has dried back from the first light frost, trim the top growth, then gently dig up each bulb and brush off excess soil. Discard any that are dried out or rotted.

Spray each bulb with a protective fungicide such as Concern Copper Soap and allow to dry. Keep bulbs in a warm, dry area for a week to ease them into dormancy.

Store the bulbs in a cardboard box. Cover the bottom with newspaper and place the bulbs so they don't touch each other. Cover with peat moss, then make another layer.

Most bulbs prefer a 45 to 55-degree temperature range. Begonias, gladioli, and cannas prefer 50 to 60 degrees.



"Oh that's my brother. He doesn't want his friends to recognize him."

North America Treat Mystifies Europeans

October through December are prime months for pumpkin pies -- a uniquely North American treat that mainly puzzles Europeans.

In fact, expats routinely complain that finding cans of pumpkin in October and November is nearly impossible on the continent. According to The Guardian, Brits never really understood a vegetable-based pudding and pumpkin

has never caught on. In fact, in Europe, most expats end up substituting butternut squash or sweet potatoes for pumpkin.

Nonetheless, North Americans love their pumpkins and it does more than satisfy the taste buds. It wins big time for its nutritional values. A slice of pumpkin pie has up to three times the recommended daily value of beta-carotene plus the phytonutrients lutein and zeaxanthin.

The carotenoids in pumpkin neutralize harmful free radical molecules, while lutein and zeaxanthin are potent free radical scavengers, according to Rutgers University in Brunswick, N.J. A diet that includes these antioxidants can help prevent many of the diseases associated with aging, including heart disease and cancer.

Lutein and zeaxanthin are naturally found in the lenses of the eyes. Studies suggest that eating foods high in these compounds help block formation of cataracts and decrease the risk of macular degeneration.

Canned pumpkin has virtually the same nutritional value as fresh, and it's far less work to prepare.

You can make a nutritious pumpkin pie from a can of pumpkin pie mix or two pies from a 16-ounce can of pumpkin (just add your own eggs, sugar, and spices. The recipe is on the can.)

Some tips about pie made from canned pumpkin: If you find your pie cracks in the center or doesn't hold together well enough, your eggs are probably too small. Use three eggs instead of two.

To reduce the fat content of your pie, (pumpkin itself has no fat) use fat-free canned milk.

If you will use whipped cream as a topping, select fat-free whipped cream at the supermarket for a flavor that's still very good.

For more intense flavor from pumpkin pie mix, add a bit of extra spice and a tablespoon of brown sugar.

For more daring pie, put in three tablespoons of rum.



French soldier of sword and gun

Across

1. Wharton deg.
4. Spicy cuisine
9. "Days of ___ Lives"
10. Astound
11. "___ De-Lovely"
12. Set
13. All fired up
15. Monopoly avenue
19. Painter or sculptor
20. Early spring bloomers
23. Biblical verb ending
24. Pigskin carriers
25. "Fancy that!"
26. Twinge
27. Slip up

1	2	3		4	5	6	7	8
9				10				
11				12				
13			14					
15					16	17	18	
			19					
20	21	22			23			
24					25			
26					27			

Down

1. Damp
2. Montana city
3. Possible fire cause
4. Advancement at any cost
5. During
6. Bender
7. Action film staple
8. Homer's neighbor

14. Special talents
16. Prolonged attack
17. Aromatic compound
18. Early anesthetic
20. "60 Minutes" network
21. Hip-hop
22. Wood sorrel

R	R	E		M	S	A	P	S
E	E	G		S	K	C	A	B
H	T	E		I	C	O	R	C
T	S	I		T	A			
E	E	S		S	E	N	N	E
				D	E	K	O	S
D	I	G		R	I	S	T	I
E		A		A	M	A	U	O
N		J		A	C	A	B	A

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

Never use a Roth IRA as an Emergency Fund

Roth IRAs are unique retirement tools in that they allow the owner of the account to withdraw their original deposits from the account at any time without penalty. Because the accounts are funded with after-tax money, Uncle Sam doesn't have to worry about getting a cut as money moves in and out of the IRA. This feature could lead some people to use their Roth IRA as a sort of emergency fund if they have no other savings to draw from.

According to The Simple Dollar, however, it is not a good idea to use the account in this way because most of the gains will be lost with a withdrawal and only so much can be contributed over a lifetime. Say that a 25-year-old deposited the \$5,000 yearly limit and wanted to see how much this would turn into when they retire in 40 years. At 7 percent interest compounded annually, there will be \$74,872 when they turn 65. Taking that \$5,000 back out when they are 30 to cover an emergency will result in only \$21,489 over the same time frame. Taking money out early might sound good in the short term, but it will be disastrous for long-term financial security.

Trivia Teaser – Not Thinking Straight

1. Which duo had a hit in the 1960s with "Deadman's Curve"? a-Chad and Jeremy, b-Jan and Dean, c-Simon and Garfunkel, d-The Everly Brothers.

2. Who introduced the model of the atom that showed electrons circling the nucleus in defined orbits? a-Niels Bohr, b-Albert Einstein, c-Enrico Fermi, d-Werner Heisenberg.

3. Which star of the 1991 movie "Curly Sue" was a champion on "The Voice" in 2016? a-Danielle Brisebois, b-Stephanie Mills, c-Andrea McArdle, d-Alisan Porter.

4. Which U.S. President had a White House inner circle called the "Ohio gang"? a-William Howard Taft, b-Andrew Jackson, c-Warren G. Harding, d-Herbert Hoover.

5. "Tara Road" and "Circle of Friends" are among the best-selling novels of which Irish writer? a-Edna O'Brien, b-Deirdre Purcell, c-Danielle Steel, d-Maeve Binchy.

6. Which medical term refers to the lack of symmetry in the curve of the cornea in the eye? a-Strabismus, b-Ectasia, c-Astigmatism, d-Nystagmus.

7. Who played the daughter of Clint Eastwood in the 2012 movie "Trouble with the Curve"? a-Amy Adams, b-Melanie Griffith, c-Kate Hudson, d-Kim Dickens.

8. "Bad Boys" performed by the reggae group Inner Circle is the theme song for which TV reality series? a-"Cops," b-"Road Rules," c-"Survivor," d-"The Contender."

9. Which singer hit the top 10 in the 1980s with the songs "I Get Weak," "Mad About You," and "Circle in the Sand"? a-Debbie Gibson, b-Bonnie Tyler, c-Belinda Carlisle, d-Cyndi Lauper.

10. Which Greek word for a curve in a liquid surface is also used for the cartilage in a human joint? a-Patella, b-Meniscus, c-Olecranon, d-Scapula.

- 1-b, Jan and Dean
2-a, Niels Bohr
3-d, Alisan Porter
4-c, Warren G. Harding
5-d, Maeve Binchy
6-c, Astigmatism
7-a, Amy Adams
8-a, "Cops"
9-c, Belinda Carlisle
10-b, Meniscus

Answers to 'Not Thinking Straight'

Be a Good Neighbor on Halloween

Many people enjoy handing out candy to their little visitors on Halloween. To make sure your visiting trick-or-treaters stay safe in your yard:

* Clear away lawn equipment and any clutter from the yard, walkways, and steps so kids don't trip over them.

* If you have lighted jack-o'-lanterns, position them far enough away from where kids will stand so their costumes won't catch on fire. Better yet, use glow sticks instead of candles.

* Make sure paper or fabric decorations can't blow into the flame of a jack-o'-lantern.

* Keep all of your outside lights on during the evening.

* If you are driving during trick-or-treat time, watch for kids.

Before sending your children on their rounds, make sure they eat so they won't be tempted to dig into their goodie bags before you can examine them.

Check to make sure no parts of their costumes drag on the ground. Kids could step on them, trip, and fall.

If they are wearing masks, be sure they have a good field of vision. Face paint is better.

Tell them to walk, not run, stay on sidewalks, and cross streets only at intersections, not between parked cars.

Advise kids to approach only those houses with outside lights burning. Never go inside a house. They should wait at the door for their treat.

Young children should be accompanied by an adult. Older kids should travel with a group of friends.



Cinnamon Sugar Pecans Recipe



Ingredients

- 1 egg white
- 2 teaspoons water
- 2 teaspoons pure vanilla extract
- 1lb pecan halves (1 pound)
- 1 cup sugar
- ½ - 1 tablespoon ground cinnamon (your preference)
- ½ teaspoon salt

Instructions

1. Preheat oven to 250 degrees
2. Spray a baking sheet with cooking spray
3. Mix sugar, cinnamon and salt in a large ziploc bag
4. Whisk egg white, water and vanilla in a large bowl until frothy (you can use a fork or electric mixer, either works just fine)
5. Add pecans to large bowl and stir to combine, coating each pecan in egg white mixture
6. Pour coated pecans into ziploc bag, seal and shake to fully coat in cinnamon/sugar mixture
7. Spread out in a single layer onto prepared baking sheet
8. Bake for 1 hour, stirring every 20 minutes.

<http://fireflytales.net/blog/11/2012/cinnamon-sugar-pecans-recipe/>