

# Better Home Living

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



## Who knew? Odd Things You Can Toss in the Washer

Your washer can do work you never imagined, according to Good Housekeeping. Here are four things you can toss in the wash:

1. Stuffed toys. Anything stuffed with a fiber fill can be washed on cold cycle. Don't toss in items stuffed with beads or styrofoam balls, though. Use a pillowcase or mesh laundry bag if the toy is delicate or old.
2. Backpacks. Turn them inside out and wash on warm cycle. Hand wash embroidered or jeweled bags.
3. Car mats. Mats with rubber backing can be machine washed. Rubber will be damaged with a lot of washing, though. Air dry.
4. Mop heads. Why not? Toss them in a mesh bag so they won't tangle. Wash on warm. Air dry.
5. Rubber bath mats and plastic shower curtains. Toss them in the wash on cold, but air dry.

## The Importance of Showing Gratitude

Everyone knows that it is good manners to thank people.

What might be less intuitive is that showing gratitude creates a whole host of positive outcomes for the grateful person.

According to The University of California at Berkeley, practicing gratitude can lead to benefits in the physical, psychological, and social areas of a person's life. Having a stronger immune system, being more alert and optimistic, and feeling less lonely or isolated are just a few of the ways that a person could notice an improvement over time. The social aspect is possibly the most important because gratitude can help strengthen relationships by affirming others.

Psychology Today highlights gratitude's role in the relationship of a married couple. Over time it is common for a person to become numb to their spouse's good qualities and only focus on the annoying parts of their personality. This leads many couples to think that they have lost the spark.

But, couples who have an ongoing appreciation for one another are less likely to end their relationship and more likely to become closer, research shows.

One great technique for showing appreciation to a partner is by actively listening. Lean in, make eye contact, and show them that what they say is important.

In the realm of business, Fast Company looks at how gratitude can help to motivate employees to work harder and be more loyal to a boss. In fact, showing appreciation for a job well done was a better motivator than a financial incentive in most cases. Without that crucial interaction, employees will be much more likely to be unhappy with their jobs, miss work, burnout, or even quit.

# September

We hope you enjoy this month's newsletter!

Mari & Staff

## Get the Most from Your Local Library

There's nothing better than free, and that's what you get at your local library. While there are countless ways to take advantage of your local branch, here are a few that stand out on the radar.

Families looking for fun things to do that won't break the bank will love the fact that many libraries offer free tickets to museums, concerts, and other events. According to Free Money Finance, the passes work almost like a library book in that they must be "checked out" to use them. Although they can usually only be used once per year, the number of amusements available will ensure that you won't run out of ideas!

Bustle.com suggests looking to the local library for some common services that might be expensive elsewhere. Getting a document notarized is often free at the library, and there are often low-cost scanners and copiers available. The free Wi-Fi available at most libraries will allow for research and other work to be performed if the internet isn't an option at home.

Aside from the typical items available at the library, many of the larger library systems offer lending programs for things most people wouldn't expect, ranging from telescopes to musical instruments and from household tools to cake pans and more.

There is no way to know if your local branch offers some of these unique options, so it pays to do a little research to take advantage of everything available and to discover as many money-saving gems as possible!

## 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!

Very impressed with the quality work done and for the friendliness of the staff. I highly recommend their services!

-Pam

## Be Not Ashamed Doodlers; You Aren't Wasting Time

How do you doodle? Elaborate flowers? Vines vining up a page? Little faces with smiles and frowns?

However you doodle, you probably don't give it much thought because the nature of a doodle is that it is done while thinking about something else.

Although once dismissed as a waste of time or the product of inattention, recent studies say that's not so.

Yes, there has been serious research on doodling. Here are some findings:

**Doodlers remember more:** In a 2009 study in the journal *Applied Cognitive Psychology*, doodlers remembered 29 percent more information than non-doodlers.

**Doodling can create new ideas:** In a 2014 study, a researcher found that doodling stimulated ideas.

**Doodling expresses emotions:** When doodlers are instructed to doodle, they will sometimes express emotions too difficult for words. In a 2011 study, a new father drew a frazzled brain; an overwhelmed grad student drew a huge tower looming over a childlike figure.

**Beware, though.** According to the *Wall Street Journal*, the visual task of doodling conflicts with other visual tasks. It is best to listen to something and doodle. Watching something at the same time causes a traffic jam in the brain.



"Which one stores our computer data—the cloud that looks like a kitty or the one that looks like a pony?"

## New Food Nutrition Labels Now List 'Added Sugars'

The useful nutrition labels on foods now contain a new element: Added Sugars.

The listing now allows consumers to tell how much sugar is naturally occurring and how much is added.

This can be important when comparing products.

One example, according to the Tufts University Health & Nutrition



Letter: Compare 12 ounces of lemon-lime soda to 100 percent pineapple juice. Twelve ounces of either drink contain 38 grams of sugar. The difference is that all of the sugar in soda is added, while the pineapple juice contains all naturally occurring sugars that are also good sources of vitamin C, Thiamin, folate and vitamin B6.

The information can also help with food choices. Higher intake of added sugars has been associated with heart disease and metabolic syndrome, according to Alice Lichtenstein of Tufts.

So, you want to keep your consumption of added sugars low. On the new labels, you will be able to see the percentage of daily value of the added sugars. If the value of added sugar is 5 percent or less, it is a low-sugar food. If the value is 20 percent or more, it is a high sugar food.

It's a good idea to limit the added sugars to less than 10 percent of daily calories.

In evaluating nutrition, first look for the total gram weight of sugar in the product. Below that total sugar number you will find the amount of sugar that was added. A product with a total of 12 grams of sugar might be comprised of 10 grams of added sugar. This means that only 2 grams of sugar naturally occur in the product itself.

Added sugars are not just cane sugar, but also ingredients like concentrated fruit juices, maple syrup, molasses and even honey -- anything that is added to the food to create extra sweetness. These always raise the calorie count but may not necessarily add nutrition.

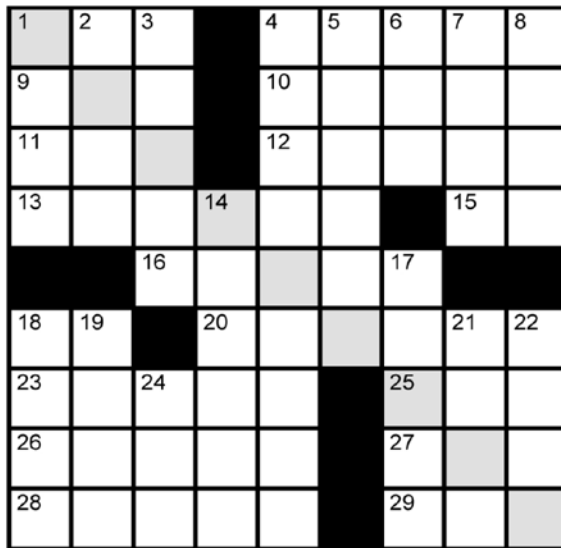
## Festive Beverage

### Across

1. Robinson of song
4. Oxford doctorate, briefly
9. "That feels good!"
10. Muse of poetry
11. Knight's title
12. Emulated a rook
13. How bodysuits fit
15. St. in New England
16. Bleated
18. Part of the verb "to be"
20. Shakespearean term of address
23. Muscle twitch
25. Author Levin
26. Donnybrook
27. Biblical verb ending
28. Grassy area
29. Type of rug

### Down

1. Church service
2. Parade spoiler
3. Bush
4. Renounced
5. Supplication
6. "Hee \_\_\_\_"
7. Any thing



8. Miner's quest
14. Knee-slapper
17. Less wet
18. Doctrines
19. Erupt
21. Affectedly creative
22. "Very funny!"
24. Cookbook phrase



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



## Trivia Teaser – Female Advertising Figures

1. The Morton Salt Girl holds a canister of salt and which other item? a-Umbrella, b-Loaf of bread, c-Basket, d-Hat.
2. Which motion picture company's logo depicts a draped woman holding aloft a torch? a-Paramount, b-MGM, c-Columbia, d-DreamWorks.
3. What color is the sunbonnet worn by the Sun-Maid girl on boxes on Sun-Maid raisins? a-Blue, b-White, c-Purple, d-Red.
4. What is the name of the receptionist in red appearing in Toyota commercials? a-Jan, b-Flo, c-Pam, d-Amy.
5. Jane Withers played what female plumber in commercials for Comet cleanser? a-Elsie, b-Josephine, c-Madge, d-Rosie.
6. Which company owns the Aunt Jemima brand of pancake mix and syrup? a-Campbell's, b-Pepsi, c-Quaker Oats, d-Kraft.
7. What is the first name of the founder of Mrs. Fields' Original Cookies? a-Debbi, b-Marjorie, c-Martha, d-Joan.
8. Which actress appeared as the Coppertone girl in a TV ad in 1965, at age 3? a-Rosie O'Donnell, b-Jodie Foster, c-Genie Francis, d-Daphne Zuniga.
9. Which name completes the slogan "Everybody doesn't like something, but nobody doesn't like..."? a-Marie Callender, b-Granny Smith, c-Little Debbie, d-Sara Lee.
10. Formerly with The Little Rascals, Darla Hood provided the voice of which animated icon? a-Miss Chiquita Banana, b-Peter Pan, c-Elsie the Cow, d-Chicken of the Sea mermaid.

- Answers to 'Female Advertising Figures'
- 1-a, Umbrella
  - 2-c, Columbia
  - 3-d, Red
  - 4-a, Jan
  - 5-b, Josephine
  - 6-c, Quaker Oats
  - 7-a, Debbi
  - 8-b, Jodie Foster
  - 9-d, Sara Lee
  - 10-d, Chicken of the Sea mermaid

## Self-University Week: Learn How to Educate Yourself

Many people would love to consider themselves lifelong learners, but the reality is that most are not willing to put time and effort into learning once they have ended their formal education. However, with the wealth of information, tools, and free courses available to us in the age of the internet, it is a perfect time to pursue knowledge in any interesting topic. A firm believer in this pursuit, The Autodidactic Press takes the opportunity each year during the first seven days of September to celebrate "Self-University Week" and encourages everyone to take steps towards their own goals.

A good place to start in learning how to educate oneself is to determine which subject is interesting and engaging. While it might seem easy just to choose a traditional subject like philosophy, Trent Hamm at The Simple Dollar likes to drill himself with the "five whys" when considering a course. He asks why he wants to study it and then proceeds to ask the same question to every response he gives. This ensures that he goes deeper than the general subject and arrives at the questions he really wants to answer within the field.

From this point, there are a variety of options for self-education depending on how formal you want the process to be and how much money you are willing to spend. While a simple trip to the library could provide a wealth of information, online resources can be a much more targeted approach. According to Inc.com, a solid choice is a company like Coursera that allows students to take courses from universities such as Duke, Yale, and Stanford without the insane tuition costs. There won't be a diploma at the end of the course, but that doesn't mean the knowledge is worth any less on a personal level!

## September is National Preparedness Month

No part of the country is immune to natural or man-made disasters.

During September, the Department of Homeland Security joins with national, state, and local agencies to encourage Americans to prepare their homes for disasters of all kinds. According to the Federal Emergency Management Agency (FEMA), engaging citizens in disaster preparedness is a critical first step in effective response and recovery efforts.

If you know what to do when a disaster is predicted, what to do when it occurs, and what to do afterward, you will be in a better position to save yourself and your home before help arrives.

While there are obvious differences in preparing for a hurricane and preparing for a forest fire, there are similarities in preparedness for all types of disasters. You should know where you will go to escape, what your mode of transportation will be, and when you should leave. (It's never a good idea to let your car be almost out of gas.)

Assemble important documents to take with you including copies of insurance policies, identification, and bank account numbers. Use a waterproof container and include some cash.

It may not be necessary to leave your home. Do what you can in advance of a storm or earthquake to make it safer. Remember the basics of survival: water, food, clean air, and warmth.

Consider the amount of water and non-perishable food your family will need to stay in place without power for at least three or four days. Always have extra batteries for portable radios. Also have a backup battery for cellphones.

## Dogs and Allergies

There's no such thing as a hypoallergenic dog, according to Dr. Chris Rutkowski, allergist, quoted in Good Housekeeping. He says allergens exist on the skin and in urine and saliva of dogs; not just the fur. It also doesn't make a difference if the dog doesn't shed much. Immunotherapy might be one approach to allergies. Also, newer antihistamines such as fexofenadine can help.

He heals the brokenhearted and binds up their wounds. (Psalm 147:3, NIV)

## LEMON CHICKEN SCALLOPINI WITH LEMON GARLIC CREAM SAUCE



### Ingredients

#### For The Chicken:

2 large boneless and skinless chicken breasts, halved horizontally to make 4

1 teaspoon garlic powder

1 teaspoon salt

Cracked pepper

Juice of half a lemon

4 tablespoons flour (all purpose or tapioca) -- OPTIONAL

#### For The Sauce:

1 tablespoon butter

2 teaspoons oil

1 medium-sized brown onion

2 tablespoons minced garlic (or 6-8 cloves garlic, minced)

1¼ cup chicken broth (stock)

2/3 cup light cooking cream\*

1 teaspoon cornstarch (cornflower) mixed with 1 tablespoon of water

2-3 tablespoons lemon juice (adjust to your tastes)

2 teaspoons dried Italian mixed herbs\*\*

2 tablespoons fresh parsley

<https://cafedelites.com/lemon-chicken-scallopini-with-lemon-garlic-cream-sauce/>