



July 2013

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# Better Home Living

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

## *Why Do We Celebrate the Fourth of July?*

Most people in the United States celebrate the 4th of July, but do you know exactly why the holiday is so important to our country?

Imagine how you would feel if someone older than you (maybe an older sister or brother) kept telling you what to do all of the time and kept taking more and more of your allowance. That is how the colonists felt in the years leading up to 1776. Great Britain kept trying to make the colonists follow more rules and pay higher taxes. People started getting mad and began making plans to be able to make their own rules. They no longer wanted Great Britain to be able to tell them what to do, so they decided to tell Great Britain that they were becoming an independent country.

The Congress met in Philadelphia and they appointed a committee to write a formal document that would tell Great Britain that the Americans had decided to govern themselves. The committee asked Thomas Jefferson to write a draft of the document, so he worked for days, in absolute secret, until he had written a document that he thought said everything important that the committee had discussed. On June 28, 1776, the committee met to read Jefferson's "fair" copy. They revised the document and declared their independence on July 2, 1776. They officially adopted it on July 4, 1776. That is why we call it "Independence Day." Congress ordered that all members must sign the Declaration of Independence and they all began signing the "official" copy on August 2, 1776. In January of the next year, Congress sent signed copies to all of the states.

The Declaration of Independence is more than just a piece of paper. It is a symbol of our country's independence and commitment to certain ideas. Most people can look at a certain little "swoosh" and know that it stands for "Nike." Well, the signers of the Declaration of Independence wanted the citizens of the United States to have a document that spelled out what was important to our leaders and citizens. They wanted us to be able to look at the Declaration of Independence and immediately think of the goals we should always be working for, and about the people who have fought so hard to make these ideas possible. The people who signed the Declaration risked being hanged for treason by the leaders in Great Britain. They had to be very brave to sign something that would be considered a crime! So every time we look at the Declaration of Independence, we should think about all of the effort and ideas that went into the document, and about the courage it took for these people to stand up for what they knew was right -- independence!

Source: Holidays.Kaboose.Com



# JULY

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

*Mari and Staff*

## **Play shapes the brain, opens the imagination**

It does a body good. Play works in good times, says psychiatrist Stuart Brown, and it works even better in bad times, such as during an economic downturn.

In his book, *Play: How It Shapes the Brain, Opens the Imagination and Invigorates the Soul*, Brown says that we should have a regular time to play.

Without it, life can become rigid or without joy and sustained pleasure. Here are eight types of play:

1. Joking around. It starts when a parent acts silly with an infant and continues with lighthearted interactions with others throughout life.

2. Moving. Movement creates fun. It includes dancing, swimming, walking, playing ball and exercising.

3. Exploring. It's play for those who like new places, state fairs and museums, or who explore feelings through music.

4. Competing. Whether it's for a high score in a video game, a fantasy football team, playing a board game or being an avid sports fan, it's fun.

5. Directing. For these master arrangers, planning a party or a vacation is play at its best.

6. Collecting. Avid collectors lose themselves in the quest for a new item or in calculating what they might find next and searching for it.

7. Storytelling. Imagination rules as storytellers make videos or create cooking shows in their kitchens, says Brown. Reading and watching movies are grouped into this category.

8. Creating art. Whether it's painting a picture or decorating the living room, creativity is involved. Some people get creative by fixing things or taking them apart to see how they work.

Regularly scheduled fun is important because you can look forward to it. Card night, the Saturday tennis game, bowling league, or date night, for example, are good forms of play.

## 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 in advance for your confidence in us!

## Thanks a Bunch!

*Mari's cleaning crew is the BEST!!! They are always reliable, trust worthy and truly care about my home. Whenever I have needed to change the day of cleaning or needed something special done they have went beyond my expectations. Mari's Property Management & Cleaning Services will always be my cleaning company and I will never change!!!*

*Kathie S.  
Surprise, AZ*

*A special thanks to the fine folks who recently referred us...  
Tori Booth and Karla Houston*

## Did they mean to say that?

On a New York loft building: "Wanted: Woman to sew buttons on the fourth floor."

One loan company's sign: "Ask about our plans for owning your home."

In a New York medical building: "Mental health prevention center."

On a convalescent home: "For the sick and tired of the Episcopal Church."

On a Maine shop: "Our motto is to give our customers the lowest possible prices and workmanship."

In a number of parking areas: "Violators will be enforced and trespassers will be violated."

On a display of "I Love You Only" Valentine cards: "Now available in multi-packs."

In the window of a Kentucky appliance store: "Don't kill your wife. Let our washing machines do the dirty work."

In a funeral parlor: "Ask about our layaway plan."

On a window of a New Hampshire hamburger restaurant: "Yes, we are open. Sorry for the inconvenience."



"Do we have to be Facebook friends?  
Isn't being married enough?"

## How to keep your energy level high all day

If your energy level varies from high to low during the day, making adjustments to your diet can help.

According to Weill Cornell Medical Center, food increases energy in three ways. It provides enough calories for your body to run; it delivers stimulants like caffeine; and it pushes your metabolism to burn fuel more efficiently.

**Complex carbs:**

Foods that are high in complex carbohydrates and low in fats are ideal to promote, increase and level out energy. They are found in whole grains, peas, beans and vegetables like carrots, broccoli, green peppers and tomatoes.

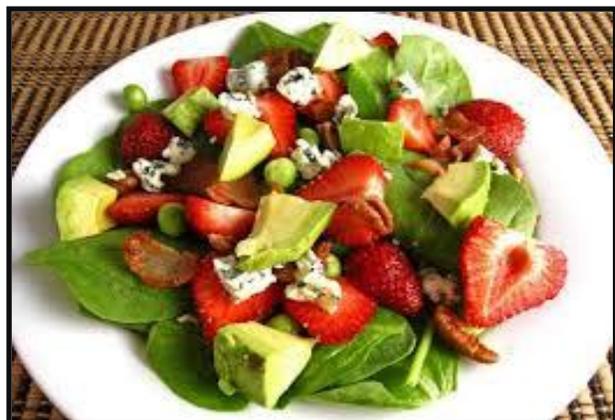
These foods also contain fiber, which slows digestion, providing you with a steady supply of energy throughout the day. Fiber is found in beans, whole fruits, vegetables and whole grain bread and cereal.

One caution: Never go more than three or four hours without eating something, because that will bring a big drop in energy. Always eat breakfast. To save time, try a whole wheat bagel or toast with peanut butter, a hard-boiled egg or whole grain cereal.

**Simple carbs:**

Foods that are high in simple carbohydrates make your energy spike, then plunge soon thereafter. They include candy, foods made with refined flour, such as bread, crackers, cookies, and some cereals and deserts.

Animal and dairy products that are high in fats can slow you down and make you feel sluggish.



## Trivia Teaser – Song of the South

1. With the separation of South Sudan from Sudan, what is now the largest country on the continent of Africa?  
a-Morocco, b-Egypt, c-Ethiopia, d-Algeria.

2. The movie musical "South Pacific" was based on a Pulitzer Prize-winning book by what author? a-Kurt Vonnegut, b-James Michener, c-Saul Bellow, d-John F. Kennedy.

3. Which U.S. vice-president was born in a room above his father's drugstore in Wallace, South Dakota, and followed in his father's footsteps by earning a pharmacist's license? a-Al Gore, b-Spiro Agnew, c-Hubert Humphrey, d-Joseph Biden.

4. What is the first name of the character Cartman on "South Park"?  
a-Eric, b-Stan, c-Latka, d-Jimmy.

5. What country singer had #1 songs on the pop charts with "Rhinstone Cowboy" and "Southern Nights"? a-Kenny Rogers, b-Glen Campbell, c-George Strait, d-Dolly Parton.

6. Which country lies directly south of the Arafura Sea? a-Australia, b-Turkey, c-Bangladesh, d-Ireland.

7. In 1911, what explorer beat rival Rert Scott by 35 days to become the first man to reach the South Pole? a-Roald Amundsen, b-Matthew Perry, c-Robert Byrd, d-Robert Peary.

8. What line of latitude separates North Korea and South Korea? a-35th parallel, b-36th parallel, c-37th parallel, d-38th parallel.

9. Who tried to prove that people from South America could have settled Polynesia in pre-Columbian times by sailing on a balsa raft called the Kon-Tiki? a-Jacques Cousteau, b-Marlin Perkins, c-James Cook, d-Thor Heyerdahl.

10. What TV series is set on the Southfork Ranch? a-"My Friend Flicka," b-"The Rifleman," c-"Dallas," d-"The Virginian."

Answers to 'Song of the South'  
1-d, Algeria  
2-b, James Michener  
3-c, Hubert Humphrey  
4-a, Eric  
5-b, Glen Campbell  
6-a, Australia  
7-a, Roald Amundsen  
8-d, 38th parallel  
9-d, Thor Heyerdahl  
10-c, "Dallas"

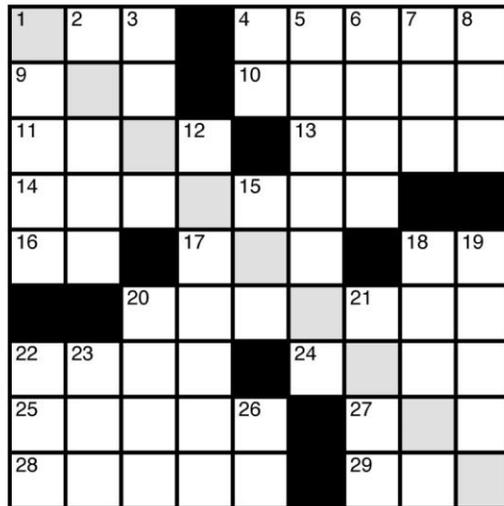
## The famous movie-star city

Across

1. Indicating thinking
4. All worked up
9. Chit
10. Honeydew, e.g.
11. Whimper
13. Barn topper
14. Latticework for climbing plants
16. "\_\_\_ Top of Old Smokey"
17. Affirmative vote
18. Inert gas, for short
20. Cookware
22. Voting "no"
24. Auction cry
25. Posture problem
27. "The Murders in the Rue Morgue" writer
28. Quaint contraction
29. Boolean logic operator

Down

1. Informed
2. Lament
3. Stubborn beast
4. "\_\_\_ sorry to say..."
5. Evaluations
6. "Ah, me!"
7. Heavy weight



8. Wind dir.  
12. Jubilation  
15. Strong cleanser  
18. Hydrocarbon found in fire extinguishers

Note: the title is a clue to the word in the shaded diagonal.

19. Wrapped up
20. Greek portico
21. Volcano in Burma, Mount \_\_\_
22. Beast of burden
23. Ultimate degree
26. Part of a qt.



## How to avoid ticks, bees, mosquitoes & scorpions

**Ticks.** They may be the most dangerous insect of summer because they can carry Lyme disease. If you'll be in a wooded area, wear long pants tucked into your socks and long-sleeved shirts. Before heading out, apply an insect repellent containing DEET. Spray it according to the instructions.

Stay on the trails and avoid dense foliage, though a tick can drop from any tree it happens to be on. After a stint in the woods, use a buddy system to check each other for ticks. If you find one, use tweezers to pull it up and out.

The Centers for Disease Control and Prevention, advise washing the area with soap and water. See a doctor if a fever or rash develops within a few weeks.

**Bees.** They're looking for wild flowers, so don't wear bright floral clothes that make you look like one. Skip the scented lotions so you don't smell like one either. Usually, bees won't bother you if you don't bother them. If one comes near you, just walk away.

Always wear shoes when walking on grass. Many stings occur when people step on a bee. If you do get stung, wash the area with soap and water. Remove the stinger by wiping with gauze or scraping gently with a credit card.

**Mosquitoes.** Summer's most prolific pests do bite, but generally a bite just causes an itchy welt. You can prevent a bite by using mosquito repellent spray. If you do get a bite or two, washing the area with warm soapy water soon afterward may prevent the welt and the itch. Keep mosquitoes away by removing their breeding grounds: standing water.

On a vacation or trip - in unfamiliar territory, check with the locals to see what indigenous creatures could present a problem and how you could avoid them.

**Scorpions.** If you're camping in the Southwest, for instance, watch for scorpions. Check your boots and shoes for insects and shake them out before putting your shoes back on.

## Patriotic 4<sup>th</sup> of July Cupcakes



*Total Time: 39 mins*

*Prep Time: 15 mins*

*Cook Time: 24 mins*

### **Ingredients:**

- 18 1/4 ounces white cake mix
- 1 cup water (or as indicated on cake mix directions)
- 1/3 cup oil (or as indicated on cake mix directions)
- 3 eggs (or as indicated on cake mix directions)
- 1/2 teaspoon blue food coloring
- 1/2 teaspoon red food coloring
- 1 (16 ounce) can vanilla frosting
- red white and blue candy sprinkles

### **Directions:**

- 1 Prepare cake mix according to package directions.
- 2 In a small bowl, combine 1 1/3 cups batter with blue food coloring. In another small bowl, combine red food coloring with 1 1/3 cups batter. Leave the remaining batter plain.
- 3 Fill paper-lined muffin tins with 2 tablespoons red batter, 2 tablespoons plain batter, and 2 tablespoons blue batter. Do not swirl batter, leave it layered.
- 4 Bake at 350°F for 20-24 minutes or until a toothpick inserted in a cupcake comes out clean.
- 5 Cool 10 minutes in pan and then remove cupcakes to a wire rack to cool completely.
- 6 Frost with vanilla frosting and decorate with sprinkles.

## Tech-inspired bathrooms are moving cleanliness to new levels

Today, there's a huge desire for bathrooms to be more efficient and welcoming of personal technology. It cuts across all generations and demographics as consumers become aware of tech devices and their ease of use.

Bathrooms are becoming the gee-whiz spaces of tomorrow. It's not just because they're filled with gadgets, they're taking cleanliness to new heights.

Gen Ys have grown up with technology and are accustomed to having it. In a new home, they want touchless faucets, toilets that open when you approach and close when you walk away, toilets with built-in bidets, programmable thermostats to let them set preferences for temperature, timing and water pressure, medicine cabinets with built-in TVs, music in the shower and tub, and heated floors.

There's a growing confidence among homeowners. They are investing in their homes and exploring options.

The desire for bathroom solutions coincides with the popularity of home improvement shows on television. By viewing them, homeowners become more aware of what's available. They want to integrate thoughtful design into their digital dwellings.

David Lingafelter, president of Moen Incorporated, says they don't just want technology for technology's sake. "They're looking at the life payback from the stuff they want to spend their money on."

The bathroom is becoming a sanctuary from life's demands where people want to be uninterrupted and alone.

## **\$10 Off Your Next Cleaning!**

**Just "Like" our Facebook page**

[www.facebook.com/MarisCleaning](http://www.facebook.com/MarisCleaning)

and

**Write a review on Yelp!**

<http://www.yelp.com/biz/maris-property-management-and-cleaning-services-llc-peoria>

## **Take the Trivia Challenge!**

**In what year did America officially declare its independence?**

**1 – 1776      2 – 1876      3 – 1766      4 – 1912**

**HINT:** The answer is hidden somewhere in this newsletter.

"For you were called to freedom, brethren; only do not turn your freedom into an opportunity for the flesh, but through love, serve one another."  
Galatians 5:13