



April 2013

Volume 4, Issue 4

Better Home Living

The Newsletter That's Both Informative and Fun!

Here's how to get twofers or more from the most nutritious foods

You've seen lists of the healthiest foods but may wonder how you can eat them all and how to use up the whole package once you buy it. Here are a few ideas that can help.

Blueberries. They are believed to improve short-term memory and promote healthy aging. Put them on breakfast food or ice cream. Eat a few for a snack, and put the rest into a package of muffin mix.

Almonds. Packed with vitamins, minerals and lots of calcium, almonds are a great snack food. Put some in snack mixes. Chop some and put them on your salad. If you have any left, put them on store-bought cupcakes or cookies.

Apples. They can lower your cholesterol and glucose levels: have vitamin C and substances that keep blood vessels healthy. They're a great evening snack or afternoon pick-me-up, and they're also good in salads. Or microwave a cored apple with brown sugar inside for a dessert treat.

Bananas. Good anytime, they have potassium, phytonutrients and make you feel full. Eat whole, put them on ice cream or in a Jello salad. Any leftover can go into banana bread.

Broccoli. The famous source of many things healthy, cook broccoli as a side dish, put it in a casserole, eat it raw with veggie dip, or in with greens.

Beans. High in minerals and protein, they can be a side dish or a main dish. Make a bean dip for crackers, eat bean soup. Add beans to soups.

Spinach: Eat it fresh in a salad, cook it for a side dish or make a spinach-and-egg casserole. It has vitamins, minerals and compounds that help the immune system.

Sweet potatoes. They're fat free and low in calories. A small one has only 54 calories, according to UCLA School of Medicine, and they're loaded with vitamins C and E. Peel and bake with a touch of brown sugar and butter on top, or boil and mash them up.

Wheat germ: A highly concentrated source of vitamins and minerals. Eat it as a cereal, mix with other cereals, or toss it into other dishes you make. It has a nutty taste.

What is moderate exercise?

According to exercise experts at Intermountain Healthcare in Salt Lake City, the answer depends on you.

What feels moderate to you is different from what it feels like to someone else.

Base your exercise on how you feel. Moderate exercise feels like this:

- *You breathe a little harder, but you don't feel out of breath.
- *You can talk to a friend but might have trouble singing a song.
- *You sweat a little bit, but aren't soaked with sweat.
- *Your muscles feel a little tired, but they don't hurt.

Any duration of physical activity counts over the course of the day. The total amount of routine activity can easily add up to 10 minutes or more and you can add minutes to it if you think about it. Try parking as far as you can from the entrance to your workplace or the grocery store; pacing or doing jumping jacks in the living room during TV commercials; taking the stairs whenever possible, and gardening or mowing the lawn with a push-mower.

Free Cleaning Tips and Specials at www.CleaningSolutionsByMari.com

APRIL

We hope you enjoy this month's newsletter!

Mari and Staff

April is National Jazz Appreciation Month

Jazz is an historical, cultural and living American treasure. That's why the Smithsonian Institution launched National Jazz Appreciation Month in 2001 to pay tribute to jazz as a living art form.

The Smithsonian houses a huge jazz collection that includes Duke Ellington's unpublished music, Ella Fitzgerald's red dress, Dizzy Gillespie's angled trumpet, and Benny Goodman's clarinet.

Jazz comes in many forms: ragtime, bebop, the blues, soul, Dixieland, big-band, fusion, Latin, funk, and the list goes on. JAM, as the month-long tribute is called, encourages every musician, concert hall, school band and orchestra to offer special programs.

This month, dig out and play your old records by Frank Sinatra, Tony Bennett, Ella, Lena Horne or Nancy Wilson. Visit a used record store and learn about the history of jazz by thumbing through the albums.

Steep yourself in the swing rhythm, polyrhythm, improvisation and syncopation that represent the almost exclusive characteristics of jazz music.



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 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!

Thanks in advance for your confidence in us!

Thanks a Bunch!

I appreciate all of the little extra's that I have not received from previous services such as taking the extra time to stack my clutter neatly, the flip up of towels hotel style and even leaving a note explaining what was performed on each cleaning. My gal is always on time and has convenient credit card billing. I highly recommend their services to anyone looking for a cleaner!

Joan
Phoenix, Arizona

Starting the day with PUNS

- * I changed my iPod's name to Titanic. It's syncing now.
- * I tried to catch some fog. I mist.
- * When chemists die, they barium.
- * Jokes about German sausage are the wurst.
- * I know a guy who's addicted to brake fluid. Says he can stop any time.
- * I stayed up all night to see where the sun goes. Then it dawned on me.
- * This girl said she recognized me from the vegetarian club, but I'd never met herbivore.
- * I'm reading a book about anti-gravity. I can't put it down.
- * I did a theatrical performance about puns. It was a play on words.
- * They told me I had type A blood, but it was a Type O.
- * I didn't like my beard at first. Then it grew on me.



"Follow the Yellow Brick Road? Couldn't I follow it on Twitter?"

Being aware of impending severe weather is a skill you'll want to develop

Learning to recognize when severe weather is on its way could save your day...or your life. Awareness will help you plan what you'll do so you can be ready to act when it approaches. Your safety, and the safety of those in your care, is up to you.

Planning ahead can make all the difference when seconds count.

Some things that should be done well in advance are similar for several types of weather emergencies, such as making an emergency supply kit and developing emergency actions.

* Why worry about thunderstorms? Lightning causes an average of 55-60 fatalities and 400 injuries each year, most of them in males under age 40. Outside, there is no safe place to be during a thunderstorm, because there will be lightning.

* You should worry about tornadoes. Earth's fiercest winds are found in the heart of a strong tornado. They can destroy houses, hurl cars hundreds of feet, and take the life of anyone caught in their path. Each year hundreds of tornadoes strike the United States, more than in any other nation of the world.

They cause an average of 60-65 fatalities, 1,500 injuries each year, and can produce wind speeds in excess of 200 mph. They can be a mile wide and stay on the ground for over 50 miles. Seek shelter immediately. Never shelter under an overpass.

* Straight-line winds are dangerous. They can exceed 125 mph and cause destruction equal to some tornadoes.. They cause trees to be uprooted, and could knock you down if you're on foot. Stay inside your home.

* Flash floods are deadly. They are the number one cause of deaths associated with cloudburst rains and thunderstorms, causing 90 fatalities each year. Many are people in cars. Never drive over a flooded road or bridge. Back up and take a different route. Just two feet of moving water can sweep a car away.

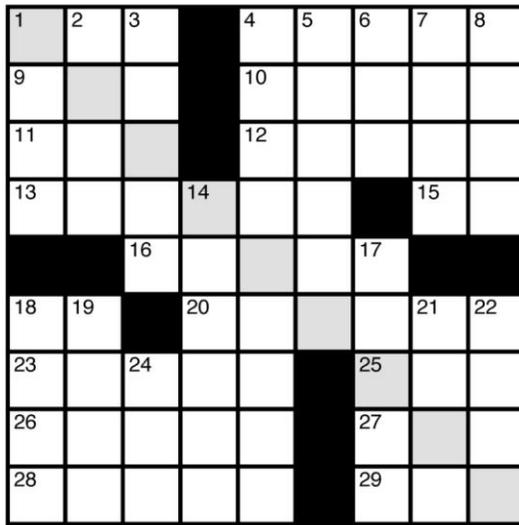
If your vehicle is surrounded by water, abandon it immediately and seek higher ground.



Another kind of word game

Across

1. Feel sick
4. Device used to control sound volume
9. Mozart's "L'_del Cairo"
10. Over 21
11. "___ any drop to drink": Coleridge
12. Not rural
13. Concert finale
15. Carry out
16. Watered the plants
18. You and me
20. Senile person
23. Kingdom
25. "Rocky ___"
26. See eye to eye
27. Big TV maker
28. Fertile soil
29. "Amen!"



Down

1. Bang-up
2. Computer image
3. Coniferous tree
4. Groups for golf
5. Evil jinnee, demon, or monstrous giant
6. Apply gently
7. "Good grief!"
8. Ashcroft's predecessor
14. Scads
17. Grocery store section
18. Russia's ___ Mountains
19. Utah's state flower
21. Author of "Lasher"
22. "Buenos ___"
24. "You ___ here"



Professional carpet cleaning is good for your carpet and your health

The main reasons people call a professional to clean their carpet: They want it to look like new again and be sparkling clean.

What most don't realize is that professional carpet cleaning has many more benefits, including health benefits.

Steam cleaning is the most thorough method of carpet cleaning and most likely to restore the lush appearance of your carpet. Even traffic wear can sometimes be prevented.

Running the vacuum cleaner and using a store-bought carpet shampoo machine can't remove deep dirt particles from between the carpet fibers. The particles are sharp and you press on fibers when you walk on the carpet. Fibers can be cut, which results in wear patterns and a shortened carpet life.

Professional cleaning also will improve the air quality in a home. To the casual observer, the house just has a nice aroma, but there's much more to it than that. The deep cleaning removes allergens such as those caused by dust mites living deep in the carpet and pollen from trees, grass and flowers.

Children and adults who have asthma or allergies will feel better and be less likely to get a respiratory infection after these allergens are removed. We recommend the following carpet cleaner!



Michael Edgar

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Trivia Teaser – TV Detectives

1. Pierce Brosnan starred on what TV detective series that paired him up with Stephanie Zimbalist? a-"Hardcastle and McCormick," b-"Remington Steele," c-"Mr. and Mrs. North," d-"Lois & Clark."

2. Maddie Hayes and David Addison were co-owners of the Blue Moon Detective Agency on what TV series? a-"Hawaiian Eye," b-"MacGruder and Loud," c-"Moonlighting," d-"City of Angels."

3. What private investigator was assisted by friends named Rick and T.C.? a-Matt Houston, b-Thomas Magnum, c-Richie Brockelman, d-Jim Rockford.

4. Who starred as the no-nonsense female British Detective Chief Inspector, Jane Tennison, on the TV series "Prime Suspect"? a-Keira Knightley, b-Kate Burton, c-Helen Mirren, d-Maureen O'Hara.

5. What was the Maine hometown of nosey mystery writer Jessica Fletcher on "Murder, She Wrote"? a-Cabot Cove, b-Crabapple Cove, c-Coffman Cove, d-Cherry Cove.

6. Who starred as detective Joe Mannix on the TV series "Mannix"? a-William Conrad, b-E.G. Marshall, c-Dennis Weaver, d-Mike Connors.

7. What TV detective series starring Craig Stevens was created by Blake Edwards? a-"Peter Gunn," b-"McCloud", c-"McMillan and Wife", d-"Toma."

8. What TV cop show won six consecutive Emmy Awards for Best Lead Actress in a Drama? a-"Cagney and Lacey," b-"Hill Street Blues", c-"The Mod Squad," d-"Hunter."

9. Which of these TV detectives had a first name? a-Quincy, b-Spenser, c-Columbo, d-Tenafly.

10. What TV series featured a female detective in the town of Neptune, California? a-"The Nancy Drew Mysteries," b-"Veronica Mars," c-"Modesty Blaise," d-"Police Woman."

- 1-b, "Remington Steele"
2-c, "Moonlighting"
3-b, Thomas Magnum Lacey"
4-c, Helen Mirren
5-a, Cabot Cove
6-d, Mike Connors
7-a, "Peter Gunn"
8-a, "Cagney and Lacey"
9-d, Tenafly (Harry)
10-b, "Veronica Mars"

Answers to TV Detectives

About Our Company

Mari's Cleaning Services is a professional full-service residential cleaning and Maid service that has served the local area for over 18 years. We've cleaned over 5300 homes, and many of our clients have been with our company since the year we opened. You are looking for a dependable, trustworthy cleaning company to clean your home, and that's exactly what we're known for. Get the peace of mind you deserve, great customer service and our 24 Hour Cleaning Guarantee!

We are experienced in all types of residential cleaning services, including first-time deep cleaning, daily maid service, house cleaning, housekeeping, property management, weekly or bi-weekly cleaning, monthly, and move-in/move-out cleanings, apartments, snow-bird arrivals/departures and rentals.

Rely on our expertise to clean your home so that you can concentrate on your family, friends, and free time! If you think you're a neat freak, wait until you see our work. We are the reliable Cleaning Solution you've been looking for!

"Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go."

Josh 1:9

Take the Trivia Challenge!

How many injuries do tornados cause a year?

1 – 1,200 2 – 1,900 3 – 2,600 4 – 1,500

HINT: The answer is hidden somewhere in this newsletter.

These new technologies make driving easier

If you haven't shopped for a new car in the last few years, and many people haven't, you'll be pleasantly surprised at what technology has brought for you.

* The air bag in a seat belt. The new, stronger shoulder straps in some cars have built-in air bags. Ford Motor Co. started offering them on its 2011 Ford Explorers.

Conventional seat belts save lives but can cause serious injuries in violent crashes. Inflatable belts reduce the risk.

* See in the dark and avoid hitting a pedestrian. BMW AG is launching "dynamic spotlight" technology that uses an infrared camera mounted behind the grille. The software can pick out the outline of a person or animal and signal the car's headlight to illuminate them and prevent a collision. It also has an in-cabin alert that projects an icon representing a person on the dashboard screen.

* Design your own dashboard. Some auto makers are ditching the dials in favor of a programmable screen that can display more information and allows drivers to personalize the look of the cockpit displays. The new Lexus IS F-sport, due out in June, is the first to have them.

* Use the ninth gear for fuel efficiency. Chrysler says it will introduce a nine-speed gearbox designed to fit into a small front-wheel drive car. A German device maker says it can improve fuel economy by 10 percent to 16 percent compared with a six-speed automatic.

* Drive by computer. Experts at The Wall Street Journal say steering a car traditionally involves a series of mechanical connections that allow the wheel in your hands to guide the four wheels on the road.

* Infinity's new Q50 series, by Nissan, boasts the industry's first steer-by-wire system, swapping mechanical elements for an all-electronic system that responds faster.

Need to clean out your blender?

After you're done with your smoothie? Rinse out the pitcher, add some water and soap ... then reattach the pitcher. Turn the blender on for a bit. Rinse and VOILA! It's all clean!

