



April 2015

Volume 6, Issue 4

Better Home Living

The Newsletter that is Both Informative and Fun!

Inspect Your Trees for Damage

High-wind storms, and in some locales, low temperatures, have wreaked havoc on trees this year.

Spring is the time to inspect trees, especially those growing close to structures and driveways.

Check the roots, the trunk and lower branches first. Pay special attention to those that have lost large branches.

If the roots leading to the trunk have begun to pull out, it could cause the tree to fall with the next storm. Newly exposed roots can mean you might lose the tree, and you'll want to cut it down before it causes damage.

Mushrooms or fungus at the base of the trunk is a sign of dead or decaying roots.

A tight V-shaped fork at the point where two trunks or two large limbs meet increases the likelihood of the trees splitting. Look for cracks.

If the diameter of a large broken limb is more than one-third of the diameter of the tree trunk, or if there are cracks in the trunk, the tree needs professional trimming or might need to be taken down.

Dead or dying limbs have no leaves or brown leaves in the Spring. If more than 25 percent of large branches are dead, the tree won't get well.

With any of these problems, it's time to have that tree removed before it can fall on a person, a pet, a car or a house.

The Good News is ... Exercise has Big Benefits Even if you Don't Lose Weight

Some doctors say the diet industry and popular culture overemphasize weight loss and underemphasize the benefits of exercise for people of any size and weight.

Health clubs and fitness studios advertise images of people with lean bodies, so many people stop exercising if they're not losing weight, doctors say.

One recent study shows that there are significant health benefits for overweight or obese people being physically active, even if they don't lose a pound. Researchers followed 334,000 Europeans during 12 years. They found twice as many deaths were due to a lack of physical activity than were caused by being overweight.

The American Journal of Clinical Nutrition backs up research about the value of exercising for improving health. It found that as little as a brisk, daily 20-minute walk can extend life expectancy.

Greg Degnan is medical director at ACAC, a chain of fitness and wellness centers in Virginia and Pennsylvania that offers medical guidance. He says it's no secret that being significantly overweight increases risks for heart disease and other conditions. "But the medical community has focused too long on diets."

"Exercise can improve blood pressure, lower cholesterol and improve circulation in overweight people. It's also more palatable than slashing calorie content," he says.

Jeanette DePatie, author of *The Fat Chick Works Out*, focuses on exercises she has enjoyed for more than 16 years, including dancing, walking, hiking and yoga. DePatie now teaches dance-based exercise classes three or four days a week. She says she has more stamina than ever, sleeps better, has stable moods and gets sick less often.

When people ask why she exercises if she doesn't lose weight, she tells them: "The last time I was thin was in second grade. I am who I am."

April

We hope you enjoy this month's newsletter!

Mari & Staff

April is National Donate Life Month - Social Media Becomes Medical Billboard

Organ donation remains an urgent need worldwide, but efforts are getting a boost from an unexpected place: Social Media.

Currently, nearly 124,000 men, women, and children are awaiting organ transplants in the United States; about 1,900 are children.

Now come Facebook and social media, acting as a vast billboard to publicize individual cases of patients who can receive donations from living people. One college professor received a kidney from a woman who lived in his same town, after the donor saw his story on Facebook. This new era of social advertising for organs is a new wrinkle in the organ transplant world.

Until social media, most organ donations from deceased people were handled by the nonprofit organization, United Network for Organ Sharing. It uses a rigid algorithm to distribute organs. Recipients must be sick enough to require a transplant but still strong enough to survive the operation. The patient must show they will comply with a lifelong regimen of medications. This system utterly ignores a patient's appearance, achievements or lifestyle. Even jailed criminals can be on the list.

But this rigid fairness is not the case with social media. According to the *New Yorker* magazine, researchers are concerned that social media can subvert the process.

Observers hope that social media will evolve as a complimentary avenue in the life-saving process of organ donation.



...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 known Mari for over 4 years and she provides excellent and professional cleaning services. Not to mention, she makes it so simple to pay for services.

She accepts checks and credit/debit cards and her teams are very professional. They are kind and always willing to do whatever I ask. Thank you Mari for providing such great services!"

**Alice
Phoenix, AZ**

'The One Minute Manager' Says Don't Retire -- Refire

When Ken Blanchard, author of The One Minute Manager, happened to meet up with his old friend psychologist Morton Shaevitz, they talked about how people approach getting older.

Blanchard, 75, said he used the term "refire" to describe the attitude of approaching life with gusto. He and Shaevitz, 79, agreed that refire is a way of seeing each day as an opportunity.

Together they wrote Refire! Don't Retire: Make the Rest of Your Life the Best of Your Life. It tells about a fictional couple who worked with others to evaluate different aspects of their lives, emotionally, physically and spiritually. Shaevitz says people who are going toward something have the opportunity to live fuller lives. In the book, Blanchard used a fictional couple because, "When you tell a story, people can suspend their inner critic and watch what happens to the characters in a detached way."

Quoted in USA Today, Blanchard's best advice is, "Get out of your comfort zone. Take a class at a local college, which will put you into a new setting with different people."

The two of them have formed The Last Minute Gang, an informal group of a dozen friends or couples, people who have agreed that, at the last minute, if someone calls and invites you to do something, unless you're previously committed, you'll say yes.



Here's Something to Celebrate! April is Grilled Cheese Sandwich Month Affordability Reigns This Spring

In North America, the simple grilled cheese sandwich may be a bit of a secret indulgence for calorie counters.

Carb counters, on the other hand, are in luck. The sandwich is a low carb treat, when used with low-carb bread. The simple recipe: Grill bread in butter, allowing processed cheese to melt. That's 12 carbs if you are counting. About 30 carbs if you use regular bread. In any form, it is one of the world's most popular sandwiches.



Swiss fans put a slice of ham between pre-toasted bread slices then bake covered with a molten lava of broiled Swiss cheese. The French layer thinly-sliced ham with Gruyere on hearty white bread, grilled each side, and then cover the top with Bechamel (white sauce with nutmeg). It bakes until bubbly. They name this tour de force Croque Monsieur (crusty mister).

The English call their version a toastie and prefer their nutty Montgomery cheddar combined with leeks, onions and garlic piled between layers of grilled sourdough. For our April recipe, let's go Italian! Caprese grilled cheese sandwiches use ripe tomatoes and basil.

Caprese Grilled Cheese Sandwich

- 4 slices sourdough or white bread
- 6 ounces fresh sliced mozzarella rounds
- 8 slices Roma tomatoes
- 2 tablespoons chopped, fresh basil ribbons
- Black pepper to taste
- 4 teaspoons extra virgin olive oil or 2 teaspoons butter
- 1 clove of garlic

Layer mozzarella rounds over two slices of bread followed by a layer of sliced tomatoes. Sprinkle basil ribbons on top, season with pepper and top with remaining two slices of bread.

Drizzle 2 teaspoons olive oil in a non-stick skillet and heat to smoking point. Add sandwich, or if the bread will toast before the cheese has a chance to melt butter on tops and bottoms of sandwich. Heat skillet over medium heat. Or, lay a heavy pan over sandwiches and grill about 2 minutes on each side until they are golden brown, and cheese is melted. Lightly brush a garlic clove over toasted sides. Serve immediately.

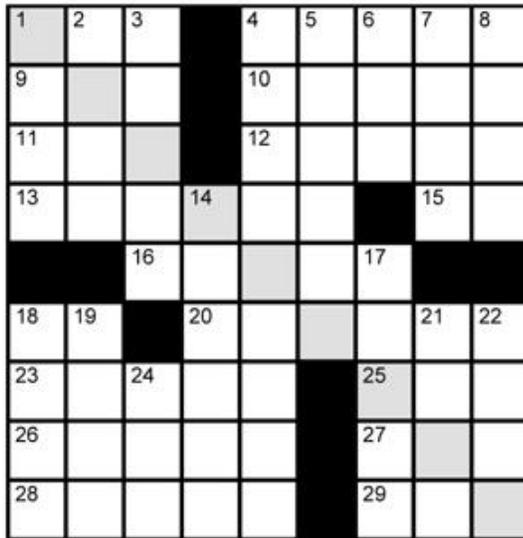
Media newsies

Across

1. Pi follower
4. Threadbare
9. Always, in verse
10. Football's ___ Bowl
11. Downturn
12. Construction piece
13. Brooks Robinson, e.g.
15. Exists
16. Persian waterwheel
18. "___ thee I sing"
20. Pipe residue
23. Eater of eucalyptus leaves
25. Ball in a socket
26. Went ballistic
27. Dot-com's address
28. Accumulate
29. Dance step

Down

1. Change the decor
2. Successor
3. One of the stonecrops
4. Monopoly quartet
5. Even though
6. Bunion's place



7. Asian tongue
8. Thanksgiving dish
14. Lots
17. Depleted
18. Creole vegetable
19. Froth
21. Vega's constellation
22. Congers
24. ___ Khan

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



Trivia Teaser – A Colonel of Truth

1. The Magnificent Mile is the upscale section of Michigan Avenue in which American city?
a-Los Angeles, b-Chicago, c-Boston, d-Philadelphia.

2. Which NFL team plays its home games at Mile High Stadium?
a-Seattle Seahawks, b-Carolina Panthers, c-Denver Broncos, d-San Francisco 49ers.

3. The Three Mile Island nuclear meltdown accident occurred in 1979 in which U.S. state?
a-Pennsylvania, b-Washington, c-New Mexico, d-Alaska.

4. What rapper won an Academy Award for Best Original Song with "Lose Yourself" from the movie "8 Mile"?
a-Puff Daddy, b-Eminem, c-The Notorious B.I.G., d-Macklemore.

5. Which measure is equal to one-tenth of a nautical mile? a-Furlong, b-Meridian, c-Cable length, d-Fathom.

6. According to old ads, "I'd walk a mile for" what brand of cigarette?
a-Salem, b-Marlboro, c-Viceroy, d-Camel.

7. Which Billy Joel song includes the line "Are you gonna cruise the Miracle Mile"? a-"It's Still Rock 'n' Roll to Me," b-"My Life," c-"Uptown Girl," d-"A Matter of Trust."

8. One of harness racing's most famous racecourses is the Red Mile located in what city?
a-Boston, b-Louisville, c-Atlanta, d-Saratoga.

9. What was the name of the oversized inmate in Stephen King's "The Green Mile"? a-Kurt Barlow, b-Paul Edgecombe, c-Jake Chambers, d-John Coffey.

10. What American woman set the world record in running the mile three times, in 1980, 1982, and 1985? a-Mary Decker, b-Wilma Rudolph, c-Florence Griffith Joyner, d-Marion Jones.

Answers to 'Go the extra mile'
1-b, Chicago
2-c, Denver
3-a, Pennsylvania
4-b, Eminem
5-c, Cable length
6-d, Camel
7-a, "It's Still Rock 'n'
Roll to Me"
8-b, Louisville
9-d, John Coffey
10-a, Mary Decker

To Keep the Bedroom Healthy, Keep on Dusting

The dust that accumulates on your furniture, floors and knickknacks has nothing to do with poor housekeeping. It's a natural and continual collection of stuff caused by microscopic dust mites, the breakdown of fibers from household fabrics and furniture, and human and animal dander (skin flakes).

The average house in the United States collects about 40 pounds of dust each year, says allergist William Berger, author of *Asthma and Allergies for Dummies*.

Dust is a large part of indoor air pollution, mainly because people spend about 90 percent of their time indoors, says the Environmental Protection Agency. And dust can trigger allergies and asthma attacks.

While you can't eradicate dust altogether, there are steps you can take to reduce its accumulation. The first step is getting rid of clutter.

Things like books, clothing, and stuffed toys are big collectors of dust. So are pennants and posters kids tack to their walls.

Molly Hooven, an EPA spokeswoman, suggests concentrating dust-fighting efforts on bedrooms, because you spend about one-third of your time there. Some things you can do:

- * Remove extra furniture and any objects that will give dust mites a place to land on.

- * Vacuum the bedroom carpet using a vacuum cleaner with a HEPA filter. Vacuuming can eliminate dust mites that have settled on the floor.

- * Clean surfaces such as your vanity, television, side tables and headboards with a damp cloth or a cleaning furniture polish. Close closet doors.

- * Wash your bedding. Use 140-degree water to eliminate dust mites.

- * Place stuffed animals and fabric items that can't be machine-washed into plastic bags and freeze, which will eliminate dust mites.

At Last, the Kids are Making a Living Wage, Leaving Home and Buying Stuff

Parents are cheering for millennial kids, but they are not alone. Economists and investors are cheering too. They have been waiting for the "kids" to enter the housing market and start spending.

Partly because of the recession 25- to 34-year-olds stayed in college longer. Why not? If they couldn't get work they wanted, they might as well stay in school and get an advanced degree so they could earn more later on. But even with that, they had a harder time finding a job they qualified for than previous generations did, says Bloomberg Businessweek. Their unemployment rate fell to 5.7 percent last December.

According to U.S. Census data, the number of renter households grew by 2 million last year, many of which were renters' first independent home or home with a roommate of their own choosing. Having a roommate at first is a good idea. With lower expenses, they can save money and pay off loans.

New renters boost the economy because they're buying furniture as well as buying things, often things they hadn't even thought of, like a vacuum cleaner, lamp, ironing board and cleaning products.

The National Association of Home Builders estimates that each new apartment built creates 1.3 new jobs. Economists hope renters can buy a home before too long, because building a new house creates the equivalent of three jobs.

This age group could take longer than their parents to become homeowners. On average, they leave college with \$28,400 in loans, which often means they have lower credit ratings than their debt-free peers.

Was college worth it? Think about this for the price of a new car, they get a new life.

Lemon Thyme Lamb Chops

(Yield: serves 2)

WHAT YOU WILL NEED:

- ❖ 4 lamb chops
- ❖ Juice of 1 lemon
- ❖ 1 lemon (cut in half)
- ❖ Fresh thyme
- ❖ 1/8 cup olive oil
- ❖ Sea salt

INSTRUCTIONS: Put the lamb chops in a shallow dish and cover with 1/8 cup of oil, the lemon juice, and a couple of tablespoons of thyme leaves. Cover and let it sit at room temperature for 20 minutes. Turn the chops over a couple of times to allow all surfaces to marinate.

Preheat a stove top grill pan on high heat for about 5 minutes. Lower the heat slightly and grill the chops for about 2 to 3 minutes per side. Don't move them once you put them down so you will get nice grill marks. Grill the lemon alongside the chops.

Serve right away sprinkled with sea salt and more fresh thyme leaves. <http://theviewfromgreatisland.com/2014/04/minimal-monday-lemon-thyme-lamb-chops.html>



For Dads, More Family Time Brings Greater Job Satisfaction

A new study shows that fathers feel greater job satisfaction and less work-life conflict when they spend more time caring for their children. They get mental bonus points for helping out with the kids.

The study published in the February issue of the Academy of Management Perspectives shows that before increasing child care time, men spent only less than an hour per day with their kids. The Bureau of Labor statistics showed women spent 1.86 hours per workday on child care.

Men spending an average of 2.65 hours a day with their children on weekdays were more satisfied. Up to a certain point, the more time they reported spending with their children, the more likely they were to think their work enriched their home life. They agreed with statements like "my involvement in my work helps me be a better family member."

Those who were more involved with their children were also less likely to quit their jobs.

He is Risen



For this is the will of my Father, that everyone who looks on the Son and believes in him should have eternal life, and I will raise him up on the last day.

-John 6:40