



August 2013

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# Better Home Living

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

## *Yes, Money can buy Happiness ...if you Spend it on Experiences*

You won't find happiness at the mall in the form of a huge new TV or in the department store in the form of new clothes or a fancy coffee pot. They will not increase your overall happiness.

Spending money on experiences maximizes happiness, says Michael Norton, an associate professor at Harvard Business School and co-author of *Happy Money: The Science of Smarter Spending*.

\* According to research published in *Health* magazine, people who spent money on concert tickets or simply a planned dinner out were happier than those who spent money on tangible goods. One reason: they get more pleasure from social bonding.

The pleasure begins as you anticipate the event, which can be as valuable as the event itself. Afterward, recalling it will continue to give you pleasure in the following weeks or months. Even if the event doesn't turn out to be as nice as you thought it would, it still counts. People tend to remember things as better than they actually were.

\* Don't worry about self-improvement. Take pleasure in what's already good about yourself. At the University of Zurich, they say identifying your strong suits is better. Think about your top five strengths in your relationships at the office and in your home, and you will experience more happiness.

\* Enjoy the pleasure of giving. Giving to charities will make you feel good about yourself, but Dr. Norton's research finds that doing things for people you know makes you happiest. You'll love the joy rush from the positive feedback.

\* Fake it until you feel it. Smiling can cheer you up.

# AUGUST

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

*Mari and Staff*

## *73rd Sturgis Motorcycle Rally Ready to Rumble*

Motorcycle enthusiasts, collectors and riders worldwide have marked August 5-11, 2013, on their calendars since last August. They'll gather with half million others in the town of Sturgis, South Dakota, for one of the biggest and most famous of all motorcycle rallies.

Sturgis has a population of only 7,000, but manages to host this metropolitan-sized party with practiced ease. It makes room for over 800 vendors selling everything from fried chicken and burgers to tattoos, anything leather, fancy jewelry and brew.

Oh, and they demo every type of bike on the market and sell all manner of things to gussy them up.

For adults who love the history of cycles and find custom-designed bikes exotic and awesome, the bars big enough for bikers to ride cycles through, massive crowds and rowdiness make dealing with the din worth the trip. For newcomers, Sturgis is a once-in-a-lifetime experience.

Rally attendees also have the opportunity to visit the American Veterans Traveling Tribute Wall, which is set up on the Buffalo Chips Field of Flags with its Battlefield Cross. It honors those who have fallen in the line of duty.



## *Protect your body at garden clean up time*

If the tomato plants have done their duty and bean rows have become a non-producing jungle, garden cleanup will be the next step. It will be one of your most-taxing garden tasks and one that could bring muscle and joint pain or even hurt your back.

Be sure to loosen up first.

Walk around for a few minutes, then warm up the big muscles in your upper arms and back with these stretches. Repeat the series two or three times.

Lace your fingers together and extend your arms in front. Then reach for the sky. Hold for 3 seconds, stretching the upper back. Release. Lace your fingers behind you and press, pushing your chest forward. Hold for 3 seconds.

While standing, (holding on to a chair if you like) bend your right leg back and bring the heel up toward your butt. With your hand, hold it there for 3 seconds. Change legs.

**Visit our website for more information on cleaning!**

**[www.CleaningSolutionsByMari.com](http://www.CleaningSolutionsByMari.com)**

## 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!

"I have been using Mari's Cleaning for the last couple of years and have been very pleased with Mari and the ladies I have had clean! I highly recommend Mari and her cleaning services, they are very professional. She is very easy to work with and goes out of her way to accommodate my schedule. I find the ladies very easy to work with as well; they are great about taking care of anything I need to have cleaned. One of the things I appreciate most is the cleanings are consistently great. . . Thank you Mari and thank you to all the ladies that have cleaned for me, I appreciate all of you."

-Scottsdale, Arizona

## Staying Well - Cleaner Towels

Ever noticed that your bathroom towel has a musty smell? Steve Boorstein, host of the Web site [clothingdoctor.com](http://clothingdoctor.com), says it's from mildew spores developing there.

His recommendations:

- \* Wash towels often. Traces of dirt and perspiration help mildew spores grow.
- \* Don't crowd them in the washer. Towels need plenty of room to agitate,
- \* Use the hottest washer cycle.
- \* Add a booster such as 20 Mule Team Borax to boost the cleaning power.
- \* Move towels from the washer to the dryer immediately.
- \* Add bleach to a load of whites to kill germs and mildew in the washer.



## Here's how to settle a sleep debt, or bank a few hours for a late day

About 50 million Americans report getting an insufficient amount of sleep, according to the Centers for Disease Control and Prevention.

Seven to nine hours of sleep are recommended but many people get closer to six. As the week wears on, they build up a sleep debt. Recovery sleep

New research shows, contrary to previous information, sleeping later on Saturday morning can count as recovery sleep. It works best for owls who normally stay up late.

If you're a lark who wakens early, a nap later in afternoon would work better. Larks tend to wake at dawn. People generally rank somewhere between an owl and a lark.

Recovery sleep works in the short term, says the American Academy of Sleep, but it will only pay a sleep debt created over two to four days. Sleep you lost two weeks ago is gone forever.

### Sleep banking

Here's a new idea. Recent data suggest that banking sleep in advance of a long night can prevent upcoming sleep deprivation. If you know you'll be up until the wee hours of the morning on one or more days, you can prevent sleep deprivation by sleeping longer on a few nights before the event.

### Scheduled naps

Doctors at Stanford University Sleep Clinic say scheduling naps during the day would be better than disrupting your usual sleep pattern by sleeping late on weekends. The best naps are about 25 minutes long.

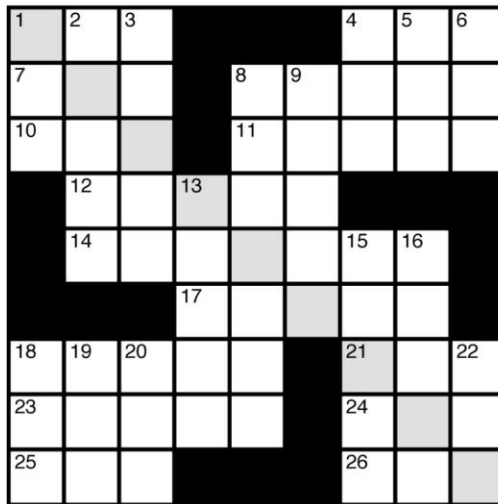
The effects of changing sleep patterns from weekdays to weekends can confuse the body and result in grogginess. Still, those who do it are better at tasks than the sleep deprived.



## Summer-Fun Vehicle

### Across

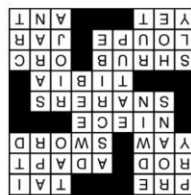
1. Grand \_\_, Nova Scotia
4. Skater Babilonia
7. Curtain holder
8. Go with the flow
10. Deviation for course
11. Saber
12. Bridget Fonda, to Jane
14. Entrappers
17. Leg bone
18. Bush
21. Tolkien beast
23. Jeweler's glass
24. Used in canning
25. "Are we there \_\_?"
26. Picnic crasher



### Down

1. Be nosy
2. Some horses
3. Newsman Newman
4. Chinese "way"
5. Natl. Humor Month
6. "\_\_ be a shame if..."
8. Attribute
9. Dork
13. Consume
15. Spanish red wine
16. It's a wrap
18. Stone of rock
19. Shed item
20. Same old, same old
22. Television tube, for short

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



## Trivia Teaser - Duck Season

1. Which character on "Sesame Street" liked to sing about his rubber duckie?  
a-Ernie, b-Big Bird, c-Cookie Monster, d-Elmo.

2. What comic provided the voice for a duck in TV commercials for AFLAC?  
a-Gilbert Gottfried, b-Bobcat Goldthwaite, c-Robin Williams, d-Richard Belzer.

3. What was the name of the world leader played by Groucho Marx in the Marx Brothers movie "Duck Soup"?  
a-Egbert Souse, b-Elmer Prettywillie, c-J. Effingham Bellwether, d-Rufus T. Firefly.

4. What was the name of the talking duck who befriended the shepherding pig in "Babe"?  
a-Ferdinand, b-Rufus, c-Prescott, d-Templeton.

5. What is the proper name for a male duck?  
a-Mallard, b-Drake, c-Cob, d-Henry.

6. Joe "Ducky" Medwick won baseball's Triple Crown in 1937 while playing for what pro team?  
a-Baltimore Orioles, b-St. Louis Cardinals, c-Milwaukee Braves, d-Chicago Cubs.

7. After losing a bout to Gene Tunney, what boxer quipped "Honey, I forgot to duck"?  
a-John L. Sullivan, b-James Corbett, c-Izzard Charles, d-Jack Dempsey.

8. What was the name of the cartoon turtle who, in a civil defense film of the 1950s, instructed children to "duck and cover"?  
a-Benjamin, b-Alex, c-Franklin, d-Bert.

9. Which of the following is NOT true about the duck-billed platypus?  
a-It cannot swim, b-It is poisonous, c-It lays eggs, d-It is native to Australia.

10. In which sport is a player's score of zero referred to as a "duck"?  
a-Cricket, b-Lacrosse, c-Tennis, d-Curling.

- 1-a, Ernie
- 2-a, Gilbert Gottfried
- 3-d, Elmer F. Duggan
- 4-b, Rufus T. Firefly
- 5-b, Drake
- 6-b, St. Louis Cardinals
- 7-d, Jack Dempsey
- 8-d, Bert
- 9-a, It cannot swim
- 10-a, Cricket

Duck Season

## Talk to Teachers about the Benefits of Homework

Does your child have a longer workday than you do?

Let's see, an hour (or more) on the bus; seven hours of schoolwork; if they are in sports, an hour or two of practice; the time to get home, and after they are worn out by all that, another two hours of homework. Can they possibly learn anything when they are so tired?

If your child's workday is 10 to 12 hours, it's too long, one author says. It results in no time for family, hobbies or unsupervised sports. And it causes regular arguments about getting homework done, after which the child falls asleep on the book.

In his book, *The Homework Myth*, education author Alfie Kohn challenges the wisdom of after-hours assignments. After reviewing years of research and talking to parents, his conclusion is: "Homework is all pain and no gain."

Literacy expert Harvey Daniels says the late-day assignments leave students exhausted, frustrated, less interested in intellectual pursuits, and lacking time to do things they enjoy.

Even if you regard grades or test scores as a good measure of learning, which Kohn does not, he says homework has no statistical relationship to achievements in elementary school.

If more parents discussed homework with teachers before class begins, maybe their children would have less of it.

# Creamy Tomato Pasta

*\*Alfredo sauce adopted from cook's illustrated*

*\*30 minutes, serves 4*

## *for the tomato sauce:*

- 1 1/2 pounds fresh tomatoes (about 9 medium)
- 1 small onion, finely diced
- 3 garlic cloves minced
- 1/4 cup minced fresh basil
- olive oil

## *for the alfredo sauce:*

(if you want to lighten it up, halve the alfredo and keep the tomato sauce the same)

- 1 tablespoon unsalted butter
- 2 teaspoons flour
- 3/4 cup whole milk
- 1/4 cup half & half
- 2 garlic cloves peeled and crushed
- 1 cup grated parmesan cheese

-1/2 pound farfalle or other short cut pasta

- Bring a large pot of water to boil for the pasta.
- Start the tomato sauce. Bring a large pot of water to boil. Score the bottom of the tomatoes; blanch in the boiling water for about a minute, cool and peel. Discard skins. Roughly chop tomatoes and set aside.
- In a small saucepan, sweat the minced onion and garlic in about a tablespoon of olive oil over medium low heat for about 5 minutes, until soft.
- Add the tomatoes to the onion and garlic. If you want a thin sauce like mine, blend the sauce with an immersion blender. Cook about 15 minutes until thickened.
- While the tomato sauce thickens, add the pasta to the boiling water and cook according to the package directions.
- While the pasta and tomato sauce are cooking, make the alfredo sauce. Melt the butter in a saucepan over medium heat. Whisk in the flour until smooth and cook about 2 minutes, until brown.
- Whisk in the milk, half & half, and garlic and season with salt & pepper. Continuously whisking, bring to a simmer and cook about 2 minutes until thickened. Fish out the garlic with a slotted spoon and discard.
- Whisk in the parmesan. the sauce will be very thick, so add 1/3 cup of the hot pasta cooking water to the alfredo sauce to thin it out a bit. Remove from heat.
- Drain the pasta and add to the alfredo sauce.
- Mix the basil into the tomato sauce and add the tomato sauce to the pasta. Mix well.



## *Doctors Asking Patients a New Question*

In the past, doctors focused on telling their patients how they could live longer in the future. They talked about blood sugar numbers and such things as their cholesterol averages.

Doctors still keep track of these factors, but, today, they are asking a new question:

How is your health affecting your quality of life?

They could follow up with: "Is your condition changing your life" or, "Does it make it harder to cope day to day?"

Researchers have found that people are more likely to manage chronic conditions, such as asthma, diabetes and heart disease, if they have immediate goals, like being able to do more at work or keep up with their children, instead of focusing on abstract targets like blood-pressure levels.

That leads to better health. Studies show that when people have a higher sense of well-being, they have fewer hospitalizations and emergency room visits, miss fewer days at work and use less medication. They are also more productive at work and more involved in the community.

Programs such as the University of Michigan's Women Breathe Free have had great results. As one participant said, she speaks with program counselors who are "sounding boards" about her concerns. They helped her better understand her medications and how to take them. They helped her overcome fear and depression related to her asthma.

Recently, her doctor said she had the best pulmonary function test since 2006. She has a much better outlook on life and takes better care of herself.

In another case, a patient with a hip problem thought he was doing pretty well. The "big question" made him realize he had less pain because he was doing little more than sitting around, no exercising or gardening, no walking and not much activity of any kind. He realized his condition was greatly affecting his quality of life and that he needed further treatment right now.

*"Most people, if they had really learned to look into their own hearts, would know that they do want, and want acutely, something that cannot be had in this world. There are all sorts of things in this world that offer to give it to you, but they never quite keep their promise."*

*-C.S. Lewis*