



The Newsletter That's Both Informative and Fun!

Make a Fan Cleaning Tool with Items you Already Have

Cleaning ceiling fans is an aggravating job. You can get the blades clean, but the dust falls below onto the kitchen table or the living room floor. And you probably have to tackle fans in more rooms than one or two.

Cleaning ceiling fans

You can solve these problems by taking a few minutes to make your own cleaning tool. All you need is a new paint roller, an extension pole for the paint roller frame, a couple of dryer sheets, and two rubber bands.

Put the sheets around the roller, overlapping them, and wrap with a rubber band at each end.

Slide the roller onto the frame and attach the frame to the extension pole. Now you're ready to clean.

Carefully roll your tool over the top sides of the blades. Keep rolling over the blades from the center outward. The roller sheet will collect the dust without allowing it to fall.

Getting rid of cobwebs

When you're finished with the fans, change the dryer sheets. Then you can use your tool to get rid of cobwebs on the ceiling and in hard-to-reach places like around ceiling mounted lights and where the ceiling meets the wall.

Cleaning wooden blinds

Here's a tip for cleaning 2-inch wooden blinds or shutters at the windows. Advisor Shelly Miller Leer, writing in the Indianapolis Star recommends using wet Magic Eraser cloths from Mr. Clean.

The cloths need to be rinsed often, but they will pick up all the dirt, dust and nicotine that may have accumulated on the slats over several months.



We hope you enjoy this month's newsletter!

Mari & Staff

We all scream for ice cream!

Summer is the time for frozen treats, but whether you prefer ice cream, gelato or frozen yogurt, what you slurp has the same basic ingredients.

Milk and cream are the basis of all three frozen treats. Yogurt is made with milk fermented with yogurt cultures with a base of cream, milk and sweetener.

From Italy, we get gelato, meaning frozen, and this treat is made entirely of milk. Since cream is mostly left out, it has enhanced flavor. The exceptionally creamy texture of gelato comes from the process. It is churned with very little air so it is dense and sweet.

Frozen custard is different from ice cream mainly because it contains a dash of egg yolk and more butterfat. The lecithin in the yolk gives the frozen cream a richer and creamier texture. Sherbet has an ice cream base sweetened with fruit juice.

Today we can thank refrigeration for making frozen treats widely available. More than 2,000 years ago, ice desserts were popular with the powerful. But even they had to run up to the top of the nearest mountain to get ice in the summer. King T'ang of Shang in China had 94 ice men to do the dirty work.

By the 1950s nearly every American had refrigeration and finally we could eat ice cream while watching Andy Griffith eat ice cream.

Still, some ice cream shops have been in business for generations: Doumar's in Norfolk, Graeter's in Cincinnati, Leopold's in Savannah, the Elliston Place Soda Shop in Nashville, Homer's in Wilmette, Illinois. The Fair Oaks Soda Fountain in South Pasadena, Calif., also whips up classics like old-fashioned phosphates and lime rickeys.



YouTube takes its place as teacher

How-to videos have become so popular on YouTube that there are even videos on how to make how-to videos.

A decade after its launch, YouTube has become the new instruction manual. They have video instructions on how to do almost anything you can think of. And the word has spread.

Searches for how-to videos are up 70 percent in 2015, compared to last year. So far this year, more than 100 million hours of how-to content have been watched in North America.

The videos cross a wide spectrum. You could see how to tie a tie, bake a cake, build a tree house or fix your plumbing, for example.

USA Today's tech expert Edward C. Baig says mobile is a huge driver. Google reports that 91 percent of smartphone users turn to their handsets for ideas while doing a task.

About 67 percent of Millennials think they can find a YouTube video on anything they want to learn. One in three searchers have purchased a product as a result of watching a how-to video.

Companies are providing YouTube with information on their products. At Valspar, a top paint brand, they say mobile is increasingly becoming the dominant way consumers access their content. The company makes sure users can find and engage with their content across screens.

Home-related searches include how to unplug a toilet, remove wallpaper or fix a lawn mower.

Video game players get advice on how to become more skillful at their favorite game.

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 a Bunch!

“Excellent in service & quality of work. I would recommend Mari's to my friends and family.”

-Ciampi-Vara
Arizona

Scientists discover ‘The Power of Positive Thinking’

Will having a population that is generally happy and optimistic mean the economic fortunes of their countries will be better?

Worldwide studies find it will. Optimistic people influence the economic growth of their countries.

Research at Duke University shows that optimistic people work harder, earn more, get elected to office more often, and win at sports more regularly. And they live longer.

Other studies indicate that people who are happier do better both income and health.

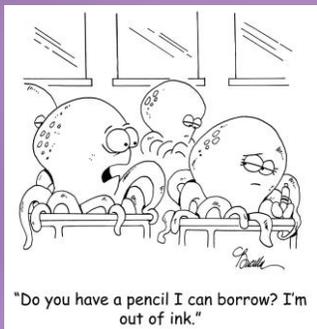
Positive-thinking CEOs invest more in innovation, spend more on research and development, and are granted more patents, according to Bloomberg Businessweek.

In the short term, fast economic growth makes individuals more optimistic. Over a 15-year period, it appears that happiness and optimism are a driving force behind a country's economic performance, encouraging risk, experimentation and hard work, according to a many-country analysis by the University of Siena in Italy.

The studies also showed that higher surveyed happiness was associated with more rapid productivity growth.

The irony is that happy people do wear rose-colored glasses, but their predictions are accurate in many areas. At least they pretend to be optimistic.

Self-deception makes them willing to take risks and invest in a better future for themselves and their countries.



Five Myths about High Blood Pressure

These are the top five mistakes, the myths about high blood pressure.

Myth No. 1: It's No Big Deal. The problem with high blood pressure initially is there are no symptoms. You don't feel bad, so how could anything be wrong? The truth is, when your blood flow begins to push too hard against your blood vessels, it leads to damage of your heart, kidneys, and other organs in your body. High blood pressure is a very big deal.



Myth No. 2: There Is No Good Treatment. Many people feel there's nothing they can do about their high blood pressure.

The truth is if you follow a sensible plan, you can manage your high blood pressure.

Myth No. 3: A "Little" High Blood Pressure Is Okay. When you take your blood pressure readings, you probably notice they vary somewhat. You probably also notice there are two numbers, one on top and one on bottom.

Normal readings are: 119 or below for the top number, and 79 or below for the bottom number. Some people believe that as long as one of these numbers is normal, you're okay.

The truth is if either of your blood pressure numbers is above normal, you need to do something right away.

Myth No. 4: High Blood Pressure Cannot Be Prevented. This idea is dead wrong. Even if everyone in your family has higher blood pressure, this doesn't mean there is nothing you can do.

Simple changes such as eating a healthy diet, limiting salt intake, and keeping your weight under control, can help you prevent high blood pressure.

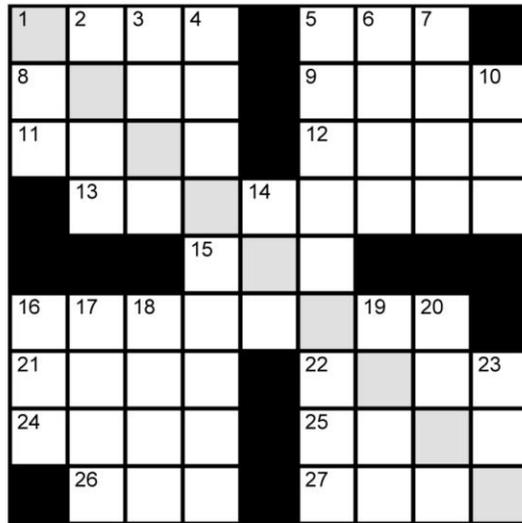
Myth No. 5: Treatment Is Difficult. Most people think that treating high blood pressure requires giving up all your favorite foods, engaging in some crazy exercise plan, or taking dangerous and expensive drugs.

While you do need to make changes to get your blood pressure under control, those changes do not have to be difficult or unpleasant.

Peachy smooth skin

Across

1. D.E.A. agent
5. Recipe instruction
8. Wine label info
9. ___ a one
11. Designer Chanel
12. "How ___!"
13. Meshed materials
15. Jazz man
16. Small western town
21. Neural network
22. Affectation
24. Diplomat's asset
25. Hamlet, for one
26. "___ will be done"
27. "... or ___!"



Down

1. Big Apple inits.
2. Long, long time
3. Dash
4. Like a curmudgeon
5. Winds blowing west to east in the tropics
6. "Fudge!"
7. Dope
10. "Absolutely!"
14. Chinese "way"

16. Food scrap
17. Bar request
18. Carve in stone
19. Upper layer of earth's crust
20. Coastal raptors
23. Catch sight of

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



Tips for Summer Maintenance and Curb Appeal

* Mow to the right height. Set your mower to cut about three inches off the ground. Longer turf will retain more moisture and better shade the soil so the roots won't get dry. The shade helps to keep out crabgrass.

Tall grass is greener and more attractive. It also helps to mitigate brownouts that are common during the dog days of summer, according to money.com.

* Upgrade your house numbers. Get larger, more readable numbers at a home improvement store. Or visit houseofantiquehardware.com for interesting numerals in all sorts of fonts. Get some that are not only attractive but that can be easily read from a distance. Avoid frilly numbers.

* Remember to put up reflectors at the end of your driveway so visitors know when to turn in to your place. Reflectors help alert other drivers to a driveway.

* More expensive but very effective, replace a cracked or outdated walkways while it's still summer. Interlocking pavers make it easy to do the job yourself.

* Update your flower boxes. When fall bloomers, such as mums and autumn sage are finished blooming, cut back the plants and poke in evergreen branches.

Trivia Teaser – Horsing Around

1. Who wrote the 1877 novel "Black Beauty"? a-C.S. Lewis, b-Anna Sewell, c-Marguerite Henry, d-Mary O'Hara.

2. What Missouri city was the eastern terminus of the short-lived Pony Express? a-St. Joseph, b-Hannibal, c-Lexington, d-Poplar Bluff.

3. On the "Lone Ranger" TV series, what was the name of Tonto's horse? a-Copper, b-Scout, c-Seamus, d-Chief.

4. Who wrote the play "Equus" about a psychiatric patient obsessed with horses? a-Tom Taylor, b-Peter Shaffer, c-Luigi Pirandello, d-David Hare.

5. What art movement takes its name from the French word for "hobby horse"? a-Dadaism, b-Fauvism, c-De Stijl, d-Orphism.

6. What poet wrote his own epitaph: "Cast a cold Eye / On Life, on Death / Horseman, pass by!"? a-Oscar Wilde, b-William Butler Yeats, c-Robert Frost, d-Percy Bysshe Shelley.

7. The Spanish Riding School is a traditional riding school for Lipizzaner horses. It is located in which city? a-London, b-Barcelona, c-Bangalore, d-Vienna.

8. Who starred as an English aristocrat captured by Indians in the 1970 movie "A Man Called Horse"? a-Tom Wilkinson, b-Jason Robards Jr., c-Richard Harris, d-Roger Moore.

9. What musical group had a number one hit in 1972 with the song "A Horse with No Name"? a-America, b-Dennis Coffey and The Detroit Guitar Band, c-Edgar Winter Group, d-Gallery.

10. What is mixed with brandy in the cocktail called a horse's neck? a-Gin, b-Ginger ale, c-Coca-Cola, d-Lime juice.

- Answers to 'Horsing Around'
- 1-b, Anna Sewell
 - 2-a, St. Joseph
 - 3-b, Scout
 - 4-c, Luigi Pirandello
 - 5-a, Dadaism
 - 6-b, William Butler Yeats
 - 7-d, Vienna
 - 8-c, Richard Harris
 - 9-a, America
 - 10-b, Ginger ale

Gaze into your dog's eyes to see it New study shows that puppy love is real

When you gaze into the eyes of your puppy (or dog), you know you are communicating with your pet. Now, a new study shows that you and your dog are communicating chemically as well.

Japanese studies found that when a dog stares at its human, levels of a hormone called oxytocin rise.

The oxytocin, known as the "love hormone" for its role in parent-child bonding, encourages the human to gaze longer, which further increases the oxytocin in the dog, creating a feedback loop of happiness and connection.

A paper by Miho Nagasawa from the Jichi Medical University, says, "Dogs and humans can communicate very naturally, and they can be friends in a natural way."

In one study published in *Science*, when humans and their dogs were left alone for 30 minutes, dogs who gazed longer had extra oxytocin in their urine. The same test was tried on wolves and their handlers. For them there was no gazing and no extra oxytocin.

What to do if you're a customer of a company targeted by a hacker

The number of data breaches hit an all-time high in 2014. About 86 million records, mainly credit and debit card numbers, were stolen from companies such as Kmart and Home Depot.

The worst breach came early in 2015 when health insurer Anthem reported that hackers accessed clients' Social Security numbers.

But about a third of Americans who receive data-breach notifications ignore them, according to the privacy research group Ponemon Institute.

Stolen Social Security numbers: They are the biggest loss. It could take years to repair your records if hackers obtained credit in your name.

Immediately check your credit reports for unusual activity. You can get a free copy each year from the credit bureaus Equifax, Experian and TransUnion via AnnualCreditReport.com.

At least place a free 90-day fraud alert with one of them, and they will inform the others.

Freezing your credit is better. Then no one can get credit in your name, but it costs \$10 per credit bureau to place a freeze and up to \$12 per bureau to lift it when you want to apply for credit yourself.

Stolen passwords: Changing all of your passwords is a huge job. At least change those for email and financial sites. Where it's an option, input an additional piece of information that must be used to log in. That makes it much harder for hackers.

Stolen credit and debit card numbers: They're not a big worry because you're not liable for fraudulent charges, says the National Consumer Law Center. You have to report the theft of a debit card number within 60 days of getting a statement. Don't assume credit monitoring services will do the job for you.

***So if the Son sets you free, you will be free
indeed
John 8:36***

TORELLINI KABOBS



What you will need:

- Cheese Tri-color Tortellini
- Grape tomatoes
- Fresh Mozzarella balls marinated in oil and herbs.
- Wood Skewers
- Salt and Pepper to taste
- Fresh chopped parsley (optional)

Directions

- Cook the pasta according to the directions on the package.
- Layout all ingredients on the counter for easy assembly.
- start with the tortellini, then the mozzarella cheese and last the tomato.
- Use total of 6 for each skewer
- Season with salt and pepper
- Drizzle some of the mozzarella balls marinade on top of the kabobs.
- You may use fresh parsley for garnish