



Better Home Living

The Newsletter That's Both Informative and Fun!

Time to Clean the Gutters

You really have to do it before the spring rains come. Just make time, get your mind in the gutters, and clean them.

One reason you want to get the stuff out of them is to make sure rainwater flows away from the house. In a cold climate, it could break your home's foundation when it freezes.

Another reason to do it now: If the gutters are clogged, rainwater will spill over and rot the fascia board, the soffits, and the plywood under the roof. It could cause a wall or ceiling to crack.

The most important factor in the project is safety. You might not like the idea of moving the ladder every few feet, but getting up on the roof to do the cleanout is a lot more dangerous. If you don't have a ladder that's high enough, one can be rented.

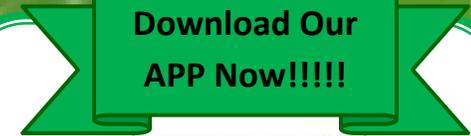
On a single-story house, you might chance going up on the roof but only if it doesn't have a steep pitch and you have shoes with good traction.

Place the ladder on a secure base. Put it against the house, not the gutter, which can break loose.

Get a helper to hold the ladder and climb up until you can look down into the gutter. Be careful to avoid any power or electrical lines. Use glove-covered hands to scoop out the muck or use a garden trowel to clear horizontal run areas. You can empty the leaves into a plastic bag or bucket or fling them down onto a tarp.

Clean the downspouts so water has a place to go. Scoop stuff out of the top, then run water down the hole. Water pressure will remove almost anything. If necessary, remove the clog with a wire hanger or a broomstick.

Run a hose along the gutters to remove anything you missed.



To Receive Specials and Notifications

Please download our APP in the Apple or Play Store on your phone or tablet! We will give anyone who downloads our app and sends an email from the app \$10 off their next cleaning!!!

How you view yourself impacts your well-being and productivity

Remember the story of the little train going up the big hill. It kept saying, "I think I can, I think I can," and it did.

Psychologists at Olin College of Engineering say we all create narratives and valuations of ourselves. The way we construct these stories has a large impact on us. It's much more complicated than simply "look on the bright side of life."

Individuals who view themselves, their capabilities and attitudes in positive ways can create self-fulfilling stories. For example, when they construct a work story that includes enthusiasm, dedication and good work, they are likely to have these qualities. Or they are more likely to develop them. Having a positive life story counts. In one study, researchers asked adults to tell their life stories, then recorded and transcribed them. They looked for four features.

- * Subjects felt they were able to influence and respond to events in life.
- * They felt connected to others, such as friends and co-workers.
- * They told of good things going bad.
- * They took a negative experience and found some positive outcome.

Those whose stories had higher levels of influence, connection and the ability to find good in bad experiences had higher levels of life and work satisfaction.

You tell your own story and have a choice in how the story plays out. Understand that you can change your story whenever you want. When you include more good spin stories, you'll be able to add more of them in the future. Respect yourself.

5 Ways To Protect Yourself From Fraud

Ads on television or a friendly voice on the phone, can make a product or proposition sound mighty tempting.

But the products often disappoint and those friendly voices can belong to evil scammers.

How can you tell if you are talking to a scammer?

One thing you can do is have some firm rules about how you deal with people online or on the phone.

1. Know who you are dealing with. Is it really your grandson on the phone asking for money? Ask a question about the family that he would know but a scammer wouldn't. If you are ordering online, read product reviews. Search for a company's name online. See what others say about them.
2. Wiring money is like sending cash. You can't get your money back. Don't agree to swap a check for a wire transfer. Checks take a while to clear. Wire transfers are instant.
3. Be skeptical of claims of instant results. Beauty and health products are notorious for these claims.
4. Never reveal your social security number and birthdate over the telephone, in email or on the phone. Those two pieces of information can give a scammer all he needs to ruin your life.
5. Don't play a foreign lottery. There is a reason this is illegal. If you must send any money, for any reason, then you haven't won anything. You will lose your money. There will be nothing you can do about it.

Be an informed consumer; avoid scams and fraud! Visit ncpw.gov to find out more.

... 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 used Mari's cleaning service for several years now and I continue to be amazed with the quality of service. I also love that Mari is so willing to work with my schedule. The very few times I've had any issue she has offered to correct the problem immediately and always treated me with respect and a cheerful attitude. Her services are very affordable and I would highly recommend her to anyone without hesitation. You will not be disappointed.

*S. Clark
Peoria, AZ*

Twitter may drop its 140-character rule

You might think that some rules are cast in stone. You could be wrong.

The word is out that Twitter's 140-character limit is up for modification. USA Today senior technology writer Jessica Guynn says tweets that are up to 10,000 characters are being considered, and the change is coming soon.

"We will never lose that feeling of the 140-character tweet," said Twitter CEO Jack Dorsey. It has been a comforting sign of stability in turbulent times.

The new Twitter won't look that different from the old Twitter. Only the first 140 characters will show up at first glance. But a simple click will bring the rest of the message.

Many tweets now include links to longer articles. Under a new system, you'll be able to access all those additional characters without leaving Twitter.

That's good news for the company, which has recently had disappointing growth numbers. Twitter brought back co-founder Jack Dorsey as CEO to bring the tweet factory more momentum.

Dorsey hasn't flatly declared the end of the 140-character limit, but says that it's coming.

He also made an effort to placate Twitter fans' love for the current limit, which requires a discipline lacking in other parts of the Internet. He mentioned tactics fans use to send longer messages. They include a rapid-fire flurry of 140-character tweetstorms. Or they may use screenshots of longer material.

Bad day at work? Leave it there Is it time to rethink your after-work routine?

If you get home stressed from traffic, annoyed by the boss and generally cranky and worn out, it's time to spend some time in a transporter buffer.

That is the space between here and there that is crucial for a happy transition.

Psychologists call it "boundary work," the process of leaving the stresses of the day behind, thinking happily about your next stop and distracting yourself until you get there.

"Do something that makes you happy," says Cali Williams Yost, a consultant on flexible workplaces and author of *Tweak It*. It could be stopping for an espresso, hitting the gym, or doing an errand you want to do. One doctor admits that he listens to celebrity gossip on his phone during the drive home.

Since it is hard to decompress after work, why hurry home in traffic? One advisor recommends taking a train and relaxing to music or reading social media instead of fighting traffic and trying to save 5 minutes more on your way home.

These simple entertainments replace the natural tendency to focus on stressful experiences. Distraction equals distance.

Yost says it helps to think about the transition from work to home in three stages: leaving the workplace, getting home, and walking through the door. Figure out what triggers negative thoughts and feelings at each stage. Either eliminate the triggers or develop new routines and rituals to get around them.

A feeling of confidence at the end of the workday can ward off a bad mood, research shows. One worker builds a 30-minute buffer before leaving with no calls or conversations.



There was once a man from Nantucket . . .

Across

- 1. "Acid"
- 4. Fasteners
- 9. IX - VI
- 10. Arctic abode
- 11. Charity
- 13. Greasy
- 14. Edge
- 16. Word in a simile
- 17. Computer monitor, for short
- 18. Atop
- 20. Armenian porridge
- 22. Horse color
- 24. Ponzi scheme, e.g.
- 25. Military groups
- 27. Island strings
- 28. Museum piece
- 29. Bell and Barker

Down

- 1. Jungle climber
- 2. Missile housing
- 3. Lowers the light
- 4. Hello
- 5. Cousins of the guinea pig
- 6. Open, as an envelope
- 7. Campaign pro
- 8. ___ sauce
- 12. Trig ratios

1	2	3		4	5	6	7	8
9				10				
11			12		13			
14				15				
16			17				18	19
		20				21		
22	23				24			
25				26		27		
28						29		

- 15. Bobby of the Bruins
- 18. 1970 World's Fair site
- 19. Directory contents
- 20. "Aquarius" musical
- 21. Lowlife
- 22. Same old, same old
- 23. "Walking on Thin Ice" singer
- 26. Therefore

S	V	M		O	S	R	O	I	
E	K	U		S	L	I	N	U	
W	V	C	S		N	V	O	R	
V	S	S	I	R	V	H			
N	O		I	R	C		S	V	
			I	U	O	E	S	O	N
Y	T	I	O		S	M	T	V	
O	O	T	G	I		I	I	I	
S	P	S	V	H		D	S	T	

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

Trivia Teaser – Toxicology

1. Which Shakespearean character stabbed King Claudius with a poisoned sword? a-Macbeth, b-Othello, c-Romeo, d-Hamlet.
2. The body of which U.S. President was exhumed in 1991 to test it for arsenic poisoning? a-Ulysses S. Grant, b-George Washington, c-Zachary Taylor, d-Martin Van Buren.
3. What singer won her first Grammy Award in 2004 for the song "Toxic"? a-Taylor Swift, b-Mary J. Blige, c-Britney Spears, d-Pink.
4. Who played the seductive Poison Ivy in the 1997 movie "Batman & Robin"? a-Rachel McAdams, b-Uma Thurman, c-Drew Barrymore, d-Michelle Pfeiffer.
5. By what name is the poisonous blowfish served in select sushi bars? a-Uni, b-Bara, c-Fugu, d-Ahi.
6. What African nation is the setting of the Barbara Kingsolver bestseller "The Poisonwood Bible"? a-Belgian Congo, b-Mali, c-Mozambique, d-Kenya.
7. What poison was used to kill the murder victim in Agatha Christie's debut novel "The Mysterious Affair at Styles"? a-Strychnine, b-Digitalis, c-Cyanide, d-Arsenic.
8. In 1956, a doctor in Japan reported Minamata disease, an "epidemic of an unknown disease of the central nervous system" marking the official discovery of a neurological syndrome caused by what? a-Mercury, b-Radium, c-Dioxin, d-Lead.
9. The leaders of which rock band refer to themselves as The Toxic Twins? a-Rolling Stones, b-Poison, c-Aerosmith, d-Barenaked Ladies.
10. Who starred as a housewife developing a toxic allergy to the environment in the 1995 movie "Safe"? a-Carla Gugino, b-Julianne Moore, c-Anne Hathaway, d-Goldie Hawn.

- 1-d, Hamlet
- 2-c, Zachary Taylor
- 3-c, Britney Spears
- 4-b, Uma Thurman
- 5-c, Fugu
- 6-a, Belgian Congo
- 7-a, Strychnine
- 8-a, Mercury
- 9-c, Aerosmith
- 10-b, Julianne Moore

Answers to 'Toxicology'

'What doesn't kill you makes you stronger?' Trauma can change lives... for the better

Traumatic events come in many forms, such as accidents, war, illness, personal loss and violence. Everyone wants to avoid the worst that life has to offer, but an estimated 75 percent of people will experience a traumatic event in their lifetime.

They may experience long-term emotional damage, but the trauma can also be a powerful force for positive change.

In his new book, *Upside: the New Science of Post-Traumatic Growth*, author Jim Rendon says post-traumatic growth was identified by psychologists in the 1990s. In an interview, more than 600 survivors were asked how the trauma had changed their lives.

Most survivors said it had negative effects, but to the interviewers' surprise, a majority also reported positive life changes.

They said they had greater inner strength, were closer to friends and family, and they were reorienting their lives toward more fruitful goals. Their trauma suffering had pushed them to change.

Growth begins with healing from trauma, but people have the capacity to do more than just heal.

Rendon says they can become better versions of themselves.

Remove a stain from granite

Hydrogen peroxide can be used in a cleaning solution for removing grease or stains from your granite surfaces.

Mix 1/2 cup of hydrogen peroxide, 1 cup of flour and 2 to 3 tablespoons of cold water in a pot. Stir the mixture into a paste and apply it to any stains or debris you can't remove from your granite surfaces.

Let the mixture stand for 12 hours then gently scrape or wipe off the mixture with a soft-bristle brush or wet cloth.

The Iditarod

The trial of the mushers and their dogs

One of the nation's last frontiers, Alaska, has wilderness, vistas, big wild animals -- and the last, greatest, most dramatic race on earth.

The Iditarod Trail Dog Sled Race starts in Anchorage on March 5, 2016, and concludes about 10 days and a thousand miles later in Nome.

The race is an exhausting trek through blizzards, extreme wilderness, wild-chill temps as low as 100 degrees below zero, fallen timber, and charging moose.

The object of the Iditarod race, Alaska's best-known sporting event, is for the 50 or more mushers and their teams of 16 dogs (at least six must be on towline at the finish) to cover the grueling 1,049 miles in the shortest amount of time. The mileage is officially rounded off to 49 to signify Alaska's number of statehood. In 2004, 77 mushers finished the race, the largest number on record.

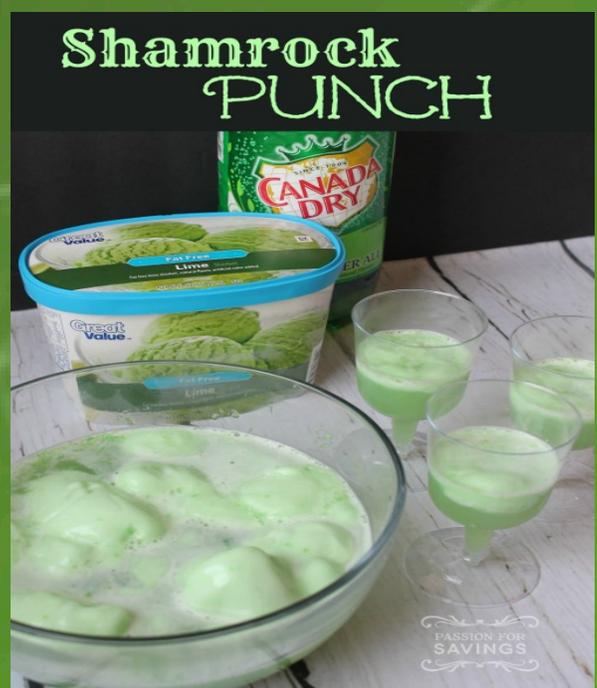
The original Iditarod Trail was only nine miles and was used to deliver mail and food supplies by dog sled in the 1800s. The first long distance race was run in 1973. Alaskans wanted to save the huskies and the sled dog culture.

Sled dog culture requires a lifetime of training for musher and dogs. The dogs (and mushers) train for years as endurance athletes. As pups, the chosen dogs are the willful type that are rowdy on the leash.

That suggests the dog will love to run and pull. By the time they are trained in commands, camping in the wilderness, and pulling a sled with the team, the dogs will be able to run 100 miles in a day without a significant break. During their trek, they will need 10,000 calories per day.

I took you from the ends of the earth, from its farthest corners I called you. I said, You are my servant I have chosen you and have not rejected you. So do not fear, for I am with you do not be dismayed, for I am your God. I will strengthen you and help you. I will uphold you with my righteous right hand.

Isa 41:9-10



Ingredients

- 1 Carton of Lime Sherbet
- 1 2 Liter of Ginger ale

Instructions

- Place Lime Sherbet either in a Punch Bowl or in Glasses
- Top with Ginger ale and allow to melt slightly before serving

