



October 2013

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Better Home Living

The Newsletter That's Both Informative and Fun!

In a fire, have two ways to get out

October is National Fire Prevention Week so it's a good time to discuss your family's escape should it ever happen to you.

When fire starts, your home could be engulfed in smoke and flames in just a few minutes.

That's why it's vital to have a working smoke alarm to warn you, and a preplanned fire escape method. The plan will prepare family members to think fast and get out quickly when the smoke alarm sounds.

But what if your escape route is blocked by smoke or flames? Having two ways out is the answer.

- * Make a drawing of the floor plan of your home, drawing in walls, doors, windows and stairs. Mark all possible escape exits so they can be seen at a glance.

- * Download a grid, or however many you need, from the fema.gov website. Print two copies so you can practice on one.

- * The door is the main exit from every room. The second choice is usually a window. Practice to determine whether the one sleeping in a bedroom can unlock the window and open it.

- * Decide who will assist the very young, elderly or physically challenged. Be sure everyone knows what to do.

- * First get out. Then call the fire department on your cellphone or from a neighbor's house. Everyone should know how to do it.

- * Choose a meeting place everyone will remember, like under the big tree or close to the neighbor's house. They should all go to the meeting place so they can be accounted for.

- * Tell them never go back into the burning house for any reason.

Always change the batteries in your smoke alarm in October.



We hope you enjoy this month's newsletter!

Mari & Staff

Halloween decorations can transition to fall

Fall, Halloween and Thanksgiving can share seasonal decorations outside your home and set the tone for each seasonal celebration you hold indoors.

Many natural materials are long-lasting and can be used to create the proper setting for the holidays. They include pumpkins, autumn leaves, gourds, corn stalks, bittersweet branches, potted chrysanthemums in several colors and even bales of hay.

Stage your entrance scene for fall in early October. For Halloween, prop a scarecrow up on a hay bale and stick a pitchfork into the ground next to it. Adorn the handle and the scarecrow's shoulder with a fake crow or two and add another one to a tied bunch of Indian corn on displayed on your door.

Cluster corn stalks and pumpkins of various sizes on the steps or porch leading up to the door and carve or paint a couple prominent ones with jack-o-lantern faces.

The transition! The day after the trick-or-treat night, take down everything distinctly Halloweenish. Turn the scarecrow into a pilgrim with a tall black hat and black jacket. Rearrange the pumpkins and add a few gourds and harvest-colored foliage garlands to bring out the colors of the potted chrysanthemums. You could also add a (fake!) turkey.

Caring for leather furniture

Owning leather furniture requires regular care to maintain its beauty. Here's what to do.

- * Don't place it in direct sunlight or too close to a heat source. Excess heat can dry and discolor it.

- * Clean and condition twice yearly using a leather cleaner followed by a leather balm to replenish moisture.

- * Dust with a soft, dry cloth and vacuum seams and crevices.

- * For minor scratches, use a chamois or clean finger and gently buff. For deeper marks, apply a conditioner. Never use a pen or shoe dye.

- * For minor spills, wipe up liquid immediately and use a lightly moistened cloth with lukewarm water. Let it air dry.

- * For grease stains, wipe with a dry cloth. Leave them alone and they may blend into the leather.

- * Do not use cleaning solvents, furniture polish, oils, varnish, abrasive cleaners, detergents, or ammonia.



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 \$100 after their 6th 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 \$100 Bonus!

Thanks in advance for your help and we look forward to sending cash your way!

Thanks a Bunch!

"Cheers to Mari for providing highly skilled and quality house cleaning crews. Kudos to Denise and Brittany for providing exceptional cleaning services and for treating our home as if it were their own!"

*-Anonymous
Arizona*

Fun with words

1. ARBITRATOR: One who leaves Arby's to work at McDonalds.
2. AVOIDABLE: What bullfighters try to do.
3. BERNADETTE: The act of torching a mortgage.
4. CONTROL: A short, ugly inmate.
5. COUNTERFEITERS: Workers who make kitchen cabinets.
6. ECLIPSE: English barber does it.
7. EYEDROPPER: A clumsy ophthalmologist.
8. HEROES: A guy in a boat does it.
9. LEFTBANK: What a robber did when his bag was full of money.
10. MISTY: How golfers make divots.
11. PARADOX: Two physicians.
12. PARASITES: What you see from the top of the Eiffel Tower.
13. PHARMACIST: Farmer's helper.
14. POLARIZE: What penguins see with.
15. RELIEF: Trees do it in the spring.
16. RUBBERNECK: What you do to relax your wife.
17. SELFISH: What the owner of a seafood store does.

Streusel baked apples sweeten autumn dinners

There's no better time to try several of the 2,500 U.S. grown varieties than in October, National Apple Month. Harvesting is at its peak.

Health-conscious? A medium apple, only 80 calories, is as nutritious as it is delicious. There's no better way to enjoy apples as a dessert than as a low-fat baked apple with a few added healthy nutrients.



The best apples for baking have a lower sugar content than eating apples and are usually tarter. Most home cooks use Granny Smiths, but test kitchens learned they collapse and turn to mush. Try the Honeycrisp, which retains its shape, texture and full apple flavor, or Rome Beauty, Jonagold, or Spartan.

Streusel baked apples

- 1/3 cup walnuts
- 1/3 cup pecans, chopped medium fine
- 1/4 cup golden raisins
- 1/4 cup packed dark brown sugar
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground pumpkin pie spice (or cardamom)
- 1/4 cup rolled oats
- 4 tablespoon cold, cubed butter
- 6 medium Pink Lady apples
- 1 1/2 cups apple cider

Preheat oven to 350 degrees. Combine walnuts, pecans, raisins, sugar, salt, spices and oats in a small bowl. Add butter cubes and toss.

Peel the top third of each apple. Scoop out the stem, seeds and enough of the apple core to leave 1/2-inch thick walls, using a melon baller. Stuff each with filling, mounding it on top.

Place in a 2-quart baking dish and pour cider into the pan. Cover the pan with foil. Bake 45 minutes, removing foil every 15 minutes to baste the apples. Remove foil and bake an additional 30 minutes, continuing to baste, until the apples are easily pierced with a sharp knife.

Drizzle with sauce from the pan.

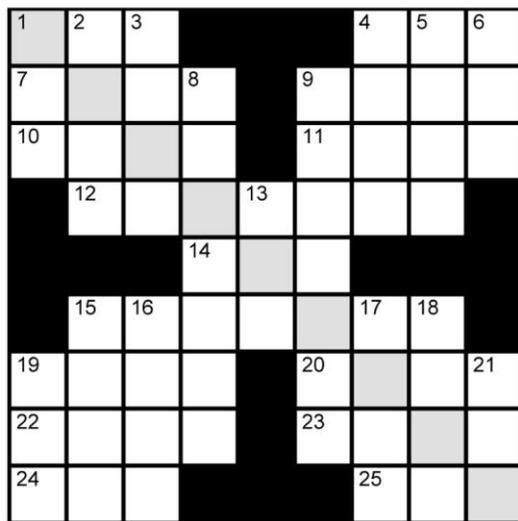


"I don't have anything where troubles melt like lemon drops for at least three months."

Christopher Columbus' favorite king

Across

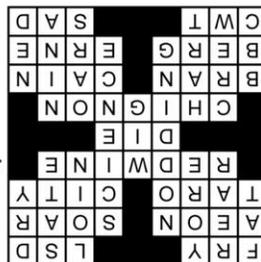
1. Saute
4. Hallucinogen
7. Long, long time
9. Fly high
10. Hawaiian tuber
11. Metropolis
12. Merlot or cabernet
14. It's spotted in casinos
15. Type of hair style
19. Breakfast staple
20. Brother of Abel
22. Brought down the Titanic
23. Coastal raptor
24. Hundredweight
25. Woeful



Down

1. Blubber
2. Kind of admiral
3. Days of ___
4. Butcher's cut
5. Glut
6. Like some martinis
8. Giving silent approval
9. Biology or chemistry
13. Hairpiece
15. Kind of hair cut
16. "B.C." cartoonist
17. Henley needs
18. Actress Foch
19. "Monty Python" ainer
21. Actor Beatty

chemistry



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

Trivia Teaser-T-time

1. What company is represented on the New York Stock Exchange ticker by the letter T? a-Target, b-Radio Shack, c-AT&T, d-Kodak.

2. Who played the title character on the TV cop show "T.J. Hooker"? a-Jack Lord, b-William Shatner, c-Erik Estrada, d-Burt Reynolds.

3. In what city could you ride the commuter rail service known as the T? a-San Francisco, b-San Antonio, c-Boston, d-Miami.

4. What is the middle name of Captain James T. Kirk on "Star Trek"? a-Taylor, b-Thomas, c-Timothy, d-Tiberius.

5. In what country would you find the headquarters for the T-Mobile telecommunications service? a-Germany, b-Norway, c-Canada, d-South Korea.

6. White blood cells known as T-cells get their name because they mature in what part of the human body? a-Teeth, b-Thalamus, c-Thymus, d-Tegument.

7. One way of investing your money is with the purchase of T-bills. What does the T in T-bill stand for? a-Tax, b-Tangible, c-Transaction, d-Treasury.

8. What 1962 instrumental hit with an edible title was the highest-ranking song on the Billboard Hot 100 chart by Booker T. and the MGs? a-"Bread and Butter," b-"Cotton Candy," c-"Green Onions," d-"Sugar and Spice."

9. T-Bag was the nickname of a villain played by Robert Knepper on what Fox TV drama series? a-"Oz," b-"24," c-"Touch," d-"Prison Break."

10. What did the T stand for in the names of T.E. Lawrence and T.S. Eliot? a-Thomas, b-Theodore, c-Tyler, d-Terrell.

- 1-c, T&T
- 2-b, William Shatner
- 7-d, Treasury
- 6-c, Thymus
- 3-c, Boston
- 8-c, "Green Onions"
- 9-d, "Prison Break"
- 10-a, Thomas
- 4-d, Tiberius
- 5-a, Germany

Answers to 'T-Time'

Sometimes life can be a pain in the neck: What to do about it

If you sometimes have neck pain, a diagnostic evaluation will rule out dangerous problems. Neck function is very complicated, with many moving parts, so doctors can't usually tell what's causing it.

Even if an MRI or an X-ray shows arthritis in a joint, there's no way to know if that's the cause or if it's something else, such as how you hold your head when you're at the computer.

Doctors say in the first few weeks of common neck pain, a hands-off approach is best. But these self-care steps may speed recovery, say Mayo Clinic doctors.

* Stay active. If you feel the need, take 10 or 15 minute breaks during the day to rest your neck.

* Improve your posture. Keeping your head in a neutral position is the key. Practice sitting and standing tall. Avoid positions that lean to one side or tilt downward for periods of time.

* Relax. Tense muscles benefit from stress-reduction techniques, such as deep breathing, meditation and progressive muscle relaxation. A warm shower also makes muscles relax.

* Use nonprescription pain medications (Tylenol and others). After a strain, use an ice pack wrapped in a towel for up to 20 minutes at a time.

* Neck rotation: Slowly rotate your head from side to side.

* Neck tilting: tilt your head to one side then the other, moving your ear closer to your shoulder each time.

Neck bending: bend your neck forward as if trying to touch your chin to your chest. Then carefully bend it backward.

If pain persists for four to six weeks, other treatment options may include physical therapy, prescription medications, injections and needling, chiropractic manipulation, or short-term neck immobilization.

The Lighter Side: What to do

An elderly couple just bought cellphones and learned how to text. She was the romantic type and one afternoon sent him this message.

"If you are sleeping, send me your dreams.
If you are laughing, send me your smile.
If you are eating, send me a bite.
If you are drinking, send me a sip.
If you are crying, send me your tears. I love you."

The husband texted back to her: "I'm in the bathroom. Please advise."

October is Breast Cancer Awareness Month!



It's What We Do!

Until there's a cure ... Cleaning For A Reason

Fighting cancer is difficult enough, but living with it is even tougher and that's where Cleaning For A Reason steps in. As a nonprofit serving the entire United States and Canada, we partner with maid services to offer professional house cleanings to help women undergoing treatment for cancer, any type of cancer. To date, we have provided more than 14,000 cleanings for women with cancer with a value of more than \$3.7 million in donated cleanings, and partnered with over 1000 maid services. We'd like to tell you more! Join our Newsletter List and receive more exciting news and updates about our foundation.

You can help us build awareness of our foundation in your local area. The demand for services continues to increase as does the need for more maid service partners. If you currently use a professional maid service to clean your home, please ask them if they have heard of the Cleaning For A Reason foundation

www.cleaningsforareason.org

Three ways to deal with autumn leaves

The colored leaves are picturesque and beautiful on the trees, but their charm flies away when they pile up in the yard. Getting rid of them is a job that can make your arms sore and your back ache. Here are a few techniques that can help you avoid that fate.

* Remove them the traditional way: rake, but do it right. Start in the afternoon when leaves are dry and light. Instead of pressing on the rake, rake lightly, barely touching the grass. Pull softly toward yourself so your shoulders don't get sore.

Designate several target pile spots. Start from the farthest point and work toward the pile, pulling softly.

When leaves are falling fast, rake every few days instead of waiting until they accumulate.

* Mulch them with the lawn mower or garden tractor. Before they get too deep, go over them a couple of times. The mulched leaves fall on the grass and turn into fertilizer.

* Use a leaf blower to clear them out of garden spots and from around fences. Between raking or mulching, you can use the blower to push leaves off of the sidewalks.

Whether you rake or blow leaves, you end up with stacks that have to be picked up. Here's one way to avoid back strain.

EZ Rake, and others like it, are ergonomically designed, 2-step tools (\$30) that all but eliminate bending over to pick up piles of leaves. They have an attached jaw and pan that comes down and picks them up so you can dump them into a leaf bag.

Take the Trivia Challenge

How many varieties of apples are grown in the U.S.?

1 – 1,000 2 – 1,500 3 – 2,000 4 – 2,500

HINT: The answer is hidden somewhere in this newsletter.

But as it is written, "What no eye has seen, nor ear heard, nor heart of man imagined, what God has prepared for those who love him."

1 Cor 2:9