



BETTER HOME LIVING

The Newsletter That's Both Informative and Fun!

Watch Out for More Ticks in a Warm Fall Season

A warm Fall season could increase the number of ticks and the incidence of Lyme Disease, an Oregon State University study finds.

The study focused on blacklegged ticks also known as deer ticks found in northeastern states. These ticks have a two-year lifecycle from egg to larva to nymph to adult.

A warm Fall season pushes the lifecycle ahead by nearly three weeks, making tick season start in April, not May. The weather in October is key to this phenomenon.

Adult ticks lay eggs in the Spring and the larvae hatch in the Summer. By August and September, the larvae are looking for a host, usually a rodent. Since ticks can't jump or fly, they cling to grasses and target small rodents. It is actually the rodent population that becomes infected with Lyme Disease and transmits it to ticks.

The larvae need to find a blood meal to transform to nymphs, the most dangerous stage to humans. Larvae live only a few days and then become inactive. If the larvae haven't found a host, they overwinter as larvae. If they have found a blood meal, they transform to nymphs, overwinter and become active the following Spring.

If the weather is warm in the Fall nymphs emerge early in the Spring, and infect the local animal population with Lyme Disease, just as the larvae population is emerging from overwintering. This creates a greater population of Lyme Disease carrying ticks.

If the tick nymph was not infected in the larval stage, it could become infected as a nymph or as an adult.

Nymph-stage ticks are most dangerous to humans because they are so easily overlooked. They are the size of a poppy seed.

Interestingly, the best enemy of the tick is the opossum. This forest rodent is a champion at grooming. Studies say it finds and kills at least 90 percent of ticks that find it.

Some studies suggest that one in four tick nymphs carry Lyme Disease.

So what can you do? Wear socks and shoes if you are going in the woods in all seasons, for one thing. Be sure to do so in the Fall, not just the Spring.

Health in the News: Know why Hydration is so Important

The human body is composed of 75 percent water and 25 percent solid matter. To provide nourishment and conduct all the activities in the body, we need water.

To ward off dehydration, Dr. Julian Seifter, a professor at Harvard Medical School, says healthy people should get 30 to 50 ounces of water per day, but not all at once. He recommends drinking water or juices and eating water-rich foods such as melons, salads, fruits and applesauce.

An easy way to stay hydrated gradually is by getting fluids at meals, with medicine, and socially," says Dr. Seifter. If you drink too much at once, the kidneys lose some of their ability to eliminate water, especially as we age.

It's also possible to take in too much water if you have health conditions such as thyroid disease or kidney, liver or heart problems. If you take medications that make you retain water, such as pain medications, including over-the-counter pain relievers, and some antidepressants, check with your doctor to be sure you're getting the right amount of fluids.

Older people may not get enough because they don't sense thirst as much as when they were younger, and they could be taking medications, such as diuretics, that cause fluid loss.



We hope you enjoy this month's newsletter!

Mari & Staff

Phased Retirement Many Workers want it; More Employers consider it

In a phased retirement program, workers are on the job fewer than five days a week, allowing them to see if they like retirement and can afford it.

They can maintain workplace social ties, stay in the workforce longer and are able to put off tapping savings and delay Social Security checks.

Uncle Sam is trying it because one-third of career employees will be eligible to retire in less than three years. The program is for retirement-eligible employees, in some cases as early as age 55. They work half-time, receive half of their pension benefits while working, and get full health insurance. But they must spend 20 percent of their time mentoring young workers.

Employers like Southern California Gas get benefits too. It employs 8,200 people, half of whom will be retiring during the next 10 years and taking their skills and experience with them.

One Engineer, interviewed in the AARP Bulletin, works three days a week, likes the arrangement and says he enjoys mentoring.

"Part of the problem here is convincing employers of the value of older workers," says Kevin Cahill, a research economist at the Sloan Center on Aging & Work at Boston College.

Some employers don't have to be convinced. At one Dallas-based insurance agency, workers can fashion their own phased retirement. The agency doesn't want to see employees with 30 years of experience, and close relationships with clients, to abruptly disappear.

Experts say phased retirement is likely to become more common. Workers want it and companies have a need for their talent and experience.

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!

I am amazed. The girls showed up, got to work right away and even finished faster than what Mari thought it would take. What a professional group of individuals from the top down to the girls. I have now decided to sign them up on a regular every 2-week schedule. Thank you Mari.

-Amanda
Glendale, AZ

Technology: A Dog's Worst Friend

No creature suffers from the technological revolution more than the household pet, according to Vetstreet.com.

Instead of exploring with the dog, or teasing the cat with a feather toy, kids and parents have their faces in a smartphone or video game. The free time once used to talk to, cuddle or play with the family dog is now soaked up by a video console.

According to a University of Michigan study, 90 percent of kids play video games an average of 30 minutes a day, and that is just an average. Many kids play for hours at a time.

They aren't the only culprits. Adults and teens spend hours staring at their phones, texting, and playing games.

What that means is that the family dog waits 10 hours for someone to get home and then endures the whole evening alone while the family plays with their technological toys.

Perhaps in response to the preference for technology, virtual pet games and robot pets are the new craze.

Robot pets look like dogs, but they have no need for attention.

One animal welfare researcher at the University of Melbourne believes robots will eventually replace living pets.

"It could be totally normal for the next generation," Jean-Loup Rault said in the Huffington Post. "Pets may become a luxury possession for people."

To Have A Satisfying Life, Here's What Happy People Don't Do

Life Coach Tony Robbins is turning things around. He's focusing on what happy people don't do.

1. They don't take things for granted. They are aware of the goodness that is already present in their lives (and this goodness is everywhere). They are thankful for what they already have.

2. Happy people don't hold onto resentments. They forgive because they know holding onto anger leaves you at the mercy of powerful emotions. They choose emotional well-being even when things don't turn out the way they want.

3. They don't blame others for their problems. Even if someone else is partially responsible for a problem, by solving it themselves they have the power to set things right.

4. They don't take things personally and know, "It's not all about you." Taking things personally is the voice of a shaky ego trying to protect itself.

5. Happy people don't live in the past. If an old failure comes to mind, they remember how they rebounded and what they learned. They have truly mastered living in the moment.

6. Happy people don't seek validation from others. They know depending on others' approval separates them from their authentic selves. They aren't influenced by what others think. They define themselves.

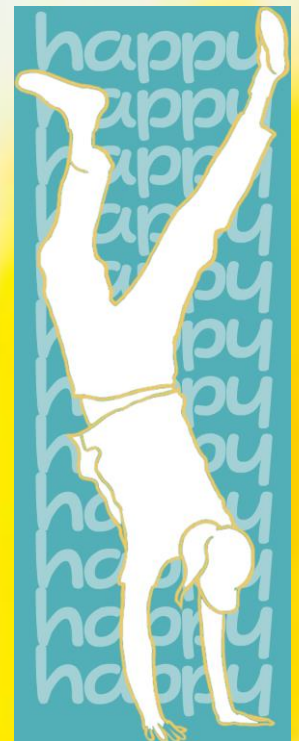
7. Happy people have multiple interests in friends, family, hobbies and organizations. It reduces the risk that one great loss will cripple them.

8. They don't undermine others. They never feel that another's success makes them less successful themselves. They help others achieve their goals instead of putting up roadblocks that slow everyone down.

9. Happy people don't give up. They may have a few self-doubts, but they keep going and don't give up on their dreams.

They do give up their need to always be right, their limiting beliefs, and their resistance to change.

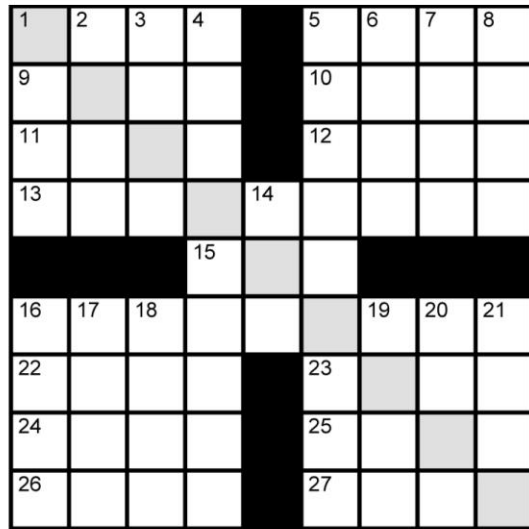
10. Happy people don't sweat the small stuff. They have found ways to put things into perspective and think of problems as potential teachers. Problems can teach, patience, emotional intelligence and mind control.



Singular card game

Across

1. Kind of chance
5. Gloomy atmosphere
9. Ask
10. Assortment
11. "___ Lang Syne"
12. Horse color
13. Comedian or conductor
15. Downed a sub, say
16. Refuge
22. Capital on the Dnieper
23. Copter's forerunner
24. "I had no ___!"
25. Piecrust ingredient
26. Be a snitch
27. "... or ___!"

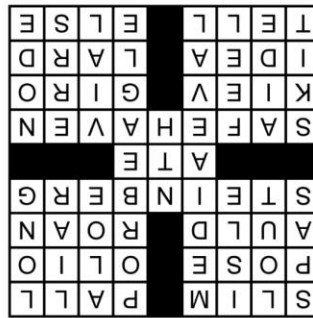


Down

1. Hot tubs
2. Boor
3. Cruise stopover
4. Of the Middle Ages (var.)
5. Mackerel shark
6. ___ vera
7. Pinocchio, at times
8. Yearn

14. Ultimate degree
16. "Laugh-In" segment
17. Adjutant
18. Experience
19. Medicine bottle
20. Blows it
21. Central point

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



Trivia Teaser – Back to School

1. What comedian played an unlikely college freshman in the 1986 movie "Back to School"? a-Rodney Dangerfield, b-Sam Kinison, c-Jack Black, d-Robin Williams.

2. What writer was the creator of wimpy schoolteacher Ichabod Crane? a-Richard Bach, b-Richard Adams, c-Washington Irving, d-Gene Roddenberry.

3. What state governor stood in the schoolhouse door to block two African-American students from enrolling at the University of Alabama in 1963? a-Strom Thurmond, b-Jimmy Carter, c-Ross Barnett, d-George Wallace.

4. Tracy Flick, played by Reese Witherspoon, is an unstoppable high school overachiever in what 1999 movie? a-"Drop Dead Gorgeous," b-"Easy A," c-"Clueless," d-"Election."

5. What university joined the Big Ten conference in 1990? a-Maryland, b-Rutgers, c-Penn State, d-Nebraska.

6. Madalyn Murray led the legal battle that resulted in what June 17, 1963 Supreme Court ruling about public schools?

a-Public school may not enforce recital of the Pledge of Allegiance

b-Students may not be denied access to a school because of race,

c-Public schools may not require prayer, d-Public funds may not be used for private schools.

7. What 1990s sitcom, set in Bayside High School, followed the exploits of students Zach Morris, Kelly Kapowski, and Lisa Turtle? a-"Glee," b-"Geeks and Freaks," c-"Square Pegs," d-"Saved by the Bell."

8. In what city did the title character teach school in the Muriel Spark novel "The Prime of Miss Jean Brodie"? a-Edinburgh, b-Los Angeles, c-London, d-Toronto.

9. What Ohio school was the first coed college in the U.S.? a-William and Mary, b-Oberlin College, c-Antioch College, d-Kent State.

10. What American schoolgirl was invited to Moscow in 1983 after writing to Yuri Andropov about world peace? a-Christa McAuliffe, b-Zola Budd, c-Samantha Smith, d-Louise Brown.

Answers to "Back to School"
 1-a, Rodney Dangerfield
 2-c, Washington Irving
 3-d, George Wallace
 4-d, "Election"
 5-c, Penn State
 6-c, Public schools may not require prayer
 7-d, "Saved by the Bell"
 8-a, Edinburgh
 9-b, Oberlin College
 10-c, Samantha Smith

The Big Question: How much exercise, or how little, is enough for you?

You probably know how much exercise is recommended by the federal government:

It's 150 minutes a week of moderate activity (about 21 1/2 minutes a day) OR 75 minutes per week of vigorous exercise (less than 11 minutes), OR some equivalent combination of them.

The time involved isn't prohibitive, but many people don't even consider exercising. Finding the time and dedication is a problem, as well as a person's present health capacity. But rather than address these problems, they avoid activity altogether.

Getting a handle on it

The National Cancer Society looked at 661,137 men and women, average age 62, for 14.2 years. Other studies, published in JAMA Internal Medicine, include people ages 21 to 90.

They all show that leisure-time physical activity was much better than being sedentary. Those who reported some activity saw a 20 percent lower risk of mortality than those with none.

With ever-increasing activity levels, even 37 percent to 39 percent lower than guidelines, mortality levels dropped.

There were no additional mortality benefits for more exercise, but there were no negatives either. Moderate activities included some sports, gardening, housework, walking, cooking, or whatever kept them moving.

Doctors conclude that they should encourage inactive adults to take part in leisure-time activities and not discourage those who already participate.

National Elephant Appreciation Day Remembering Boon Lott, Survivor

Katherine Connor was a young British volunteer at an elephant hospital in Thailand when she fell in big love and changed the world.

A mother elephant and her 3-month premature calf were brought to the hospital and it was clear that the baby was going to need extra care.

Little Boon Lott (Thai for 'survivor') had a calcium deficiency and was very small for a newborn elephant. Connor helped care for the baby for three months, until his owner decided to sell him to a tourist facility.

Connor couldn't let that happen. In 2002, she launched a successful worldwide campaign to raise funds to rescue Boon Lott and her mother, Pang Tong.

The two were safe, but troubles weren't over for little Boon Lott. One day he fell and his back legs became paralyzed. Experts said he would never walk again.

Again Connor raised money, this time for a hydrotherapy pool and a horse sling that would allow Boon Lott to get rehabilitation.

Every night Connor and Boon Lott slept together, Boon Lott's trunk wrapped around Connor.

Still the therapy was not successful.

Next Connor raised money for an elephant wheelchair that would allow Boon Lott to stand and nurse from his mother.

In 2004, the little elephant feel again, this time, breaking his leg. He never stood again and he died in June of that year.

Connor's big love didn't end. In June 2005, she established Boon Lott's Elephant Sanctuary, a 400 acre facility in Thailand, overcoming incredible obstacles to do so.

Today the sanctuary is home to about 20 elephants, eight dogs, five cats, a tortoise and two cows -- all rescued.

Among the rescued elephants is Pang Tong, mother of Boon Lott, who was starved, beaten, and worked to exhaustion in an illegal logging operation.

Learn more about Boon Lott's Sanctuary online at blesele.org.

Slow Cooker Parmesan Honey Pork Roast Honey Pork



Ingredients:

- 1 (3 - 4 pound) boneless pork roast
 - ¾ cup grated Parmesan cheese (yes, the powdered kind in the shaker canister)
 - ½ cup honey
 - 3 tablespoons soy sauce
 - 1 tablespoon dried basil
 - 2 tablespoons minced garlic
 - 2 tablespoons olive oil
 - ½ teaspoon salt
- For Thickening Sauce -**
- 2 tablespoons cornstarch
 - ¼ cup cold water

Directions: NOTE: The original recipe did not call for the roast to be seared first on the stove-top in a little oil, but I had already done so and it turned out great. So, I think it's up to you. Spray slow cooker with non-stick cooking spray. Place roast in slow cooker. In a small bowl, combine the cheese, honey, soy sauce, basil, garlic, oil and salt. (I found the mixture to be a little too thick to pour over the roast [as instructed in the next step of the recipe], so I added in a tad bit of water to the mixture - maybe 1/2 - 1 cup.) Pour over pork. Cover and cook on **low** for 6 - 7 hours or until a meat thermometer reads 160°. Remove meat to a serving platter and keep warm. (I cover mine with a little foil.) Skim fat from cooking juices, if needed or desired. Transfer to a small saucepan. Bring liquid to a boil. Combine cornstarch and the 1/2 cup water until smooth. Gradually stir into pan. (I found that I did not need all of the cornstarch slurry.) Bring to a boil. Cook and stir for 2 minutes or until thickened.

*You are my refuge and my shield; I have put my
hope in your word.*

Psalm 119:114