



How to clean your flat-panel TV without damaging the screen

The screen on your flat-panel television is much more sensitive than the CRT screens that came before it. Plasma, LCD and projection televisions require more care when cleaning them.

* The number one caution: Don't use regular glass cleaner. Chemicals in window cleaner can permanently fog your screen over time and could even remove its antiglare coating.

* Customer service techs at Westinghouse recommend using LCD cleaner, which can be purchased at any electronics store.

At MG Chemicals, makers of one widely used LCD cleaner, they say most cleaners are mainly water. If you don't have special cleaner on hand, use a glass of distilled water with a capful of isopropyl alcohol in it. Or use a mixture of equal parts of water and white vinegar.

Avoid cleaning products that contain ammonia, ethyl alcohol, acetone, toluene, ethyl acid or methyl chloride. These could yellow the screen.

* Whatever cleaning agent you use, never spray it directly onto the screen. Put it on a cloth instead. Spray can get inside of flat panels and damage them. It can also run down, get into the TV circuits and short them out.

* Flat panel screens are made of plastic and scratch very easily. Some makers advise using microfiber cloths such as those recommended for cleaning laptop screens, eyeglasses or camera lenses. These are the best choices. Many cloths and tissues feel soft but are actually somewhat abrasive.

* Don't use paper towels. They can scratch the screen's surface. They can also carry a static charge which could damage the set's electronics, according to the Geek Squad.

How to clean the screen

1. Turn the set off so you can see areas that are dusty or oily.
2. Dust the screen very gently. If there is dirt or oil remaining, dampen the cloth with a cleaning agent and wipe gently again. Never press on the screen because it can cause pixels to burn out.
3. The plastic edge of the screen can be cleaned with any multipurpose cleaner, but be careful so the cleaner doesn't contact with the screen itself.

News From Home - Parents may be distracted by mobile devices

High-tech gadgetry can diminish the ability of adults to give proper supervision to very young children.

Parents might not believe it, but many emergency-room doctors are worried. They see growing use of handheld electronic devices as a plausible explanation for the rising number of injuries in young children.

After falling for much of the prior decade, nonfatal injuries to children under age five rose 12 percent between 2007 and 2010, according to the Centers for Disease Control and Prevention.

The number of Americans age 13 and older who own a smartphone has grown from 9 million in mid-2007 to 114 million in July of 2012. At the same time, the American Academy of Pediatrics notes that the recent uptick in young child injuries is striking.

There are no studies to support a connection between smartphone use and injuries while taking care of children, but pediatricians say parents should be aware of the new statistics.

Free Cleaning Tips and Specials at www.MyWebsite.com

February 2013

I hope you enjoy this month's newsletter!

Mari & Staff

February is the big month for hearts!

American Heart Month may be the most important health-related event of the year. At least we think so, because we have a "heartfelt" concern for you.

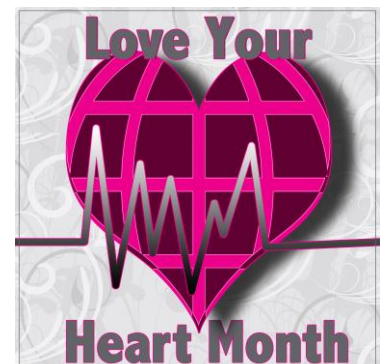
Take a few minutes away from your work to consider what you personally can do to keep your heart strong and beating regularly. Even if you know the drill, check your blood pressure, decide if you'd be healthier if you lost a few pounds, and figure out whether those potato chips and cookies are your best choice for break time. They're loaded with cholesterol!

The next thing in the month of hearts is Valentine's Day. Make your sweetheart or partner know you care by giving a card or a flower (forget the candy because you'll eat your share of that).

If your sweetheart's happy, chances are that you'll be happy too.

When it comes to your boss and your co-workers, be sure to "have a heart" for them. Try to understand where they're coming from and what they're dealing with. Offer to help if you can.

A pleasant "good morning" can move you and your co-workers toward a polite and caring day. Who could be rude after that nice greeting?



... 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 next 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 \$100 Bonus!

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

"If you are looking for a good honest company to have clean your house, Mari's is the cleaning company to call. They go above and beyond what any other cleaning company does and they are very easy to work with. I really enjoy coming home after they have been in my house. I enjoy having a clean house but honestly it looks like I cleaned it myself. They really pay attention to detail and are sure to get everything. THEY don't just clean the top surfaces, they get down and dirty!"
Connie Surprise AZ

The technology of wine storage

The number of individual wine cellars is growing. As more people remodel their home's lower levels, a wine cellar is a great addition, because they are staying in their homes longer and entertaining more. Wine cellars lend themselves to that trend.

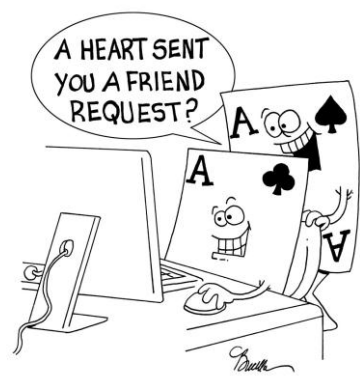
Another popular location is on the main floor near the kitchen. In either case, they can show off their wine collections.

For collectors without a wine cellar, keeping wine at 55 to 57 degrees is their main goal. Fluctuating temperatures are a big problem, so they shouldn't chill a bottle in the fridge, and then return it to the cellar. It should always be kept out of sunlight.

For enthusiasts, wine coolers are available sized for 12 to 28 bottles. Prices range from \$80 to hundreds.

For those who enjoy an occasional glass of wine, built-in cabinets with special wine slots are recommended.

Budget-minded wine lovers can always use an inexpensive wine rack. It can be painted to match the kitchen.



ACEBOOK

Valentine's Day is celebrated by lovers ... and everyone else

Though three medieval church figures are credited with being the Saint Valentine who started it all, the stories of all three are associated with caring and love, not necessarily romantic love.

Valentine's Day began as a day to honor romantic love, but today it is an occasion to express love to anyone. Grade school children send Valentines to class members.

Almost everyone gives a card or gift to their mother, grandmother or favorite aunt.

And co-workers often give cards to each other, most of which are funny. After that, Valentine giving moves to sweethearts, spouses and partners.

Getting a Valentine makes people happy. Makers of Valentine cards are happier than anyone. Hallmark creates about 1,200 styles of Valentines, many with the traditional hearts, flowers and cupids.

It's a particularly joyful time for candy makers, from those who create tiny sugar hearts with a message like "Be mine," to the makers of the most elaborate boxes of chocolate.

For florists, the day is at or near the top when it comes to boosting income. They generally agree that Valentine's Day and Mother's Day are two of the busiest times of the year. Between the two, they're what keep many florists afloat during the rest of the year.

Happy Valentine's Day to one and all!



Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. 1 Corinthians 13: 4-7 (NIV)

Trivia Teaser – Just Curious

1. According to a popular saying, what animal was killed by curiosity? a-Pig, b-Horse, c-Cat, d-Dog.

2. In the Brad Pitt movie "The Curious Case of Benjamin Button," Benjamin Button was born in what city? a-Mexico City, b-Toronto, c-Las Vegas, d-New Orleans.

3. What color is the hat worn by the man who accompanies fictional monkey Curious George? a-Red, b-Yellow, c-White, d-Silver.

4. Who was the author of the 1841 novel "The Old Curiosity Shop"? a-Mark Twain, b-Leo Tolstoy, c-Charles Dickens, d-George Eliot.

5. Which literary character uttered the phrase "curiouser and curiouser"? a-Dracula, b-Anne of Green Gables, c-Alice in Wonderland, d-Pollyanna.

6. Which pop singer lent her name to perfumes produced by Elizabeth Arden called Curious and Fantasy? a-Madonna, b-Britney Spears, c-Miley Cyrus, d-Christina Aguilera.

7. What is the name of the Martian crater where the Curiosity rover landed in 2012? a-Clara Crater, b-Victoria Crater, c-Curious Crater, d-Gale Crater.

8. "Curiosity" was the first single from what band whose bigger hits of the 1980s included "Crush on You," "Rocket 2 U," and "You Got It All"? a-The Jets, b-Roxette, c-Men Without Hats, d-Miami Sound Machine.

9. What brand of breath mints is promoted as "Curiously Strong"? a-Certs, b-Tic Tacs, c-Altoids, d-Mentos.

10. "Over many a quaint and curious volume of forgotten lore" is the second line of what famous poem? a-"Tam o' Shanter," b-"Ode to Immortality," c-"O Captain, My Captain," d-"The Raven."

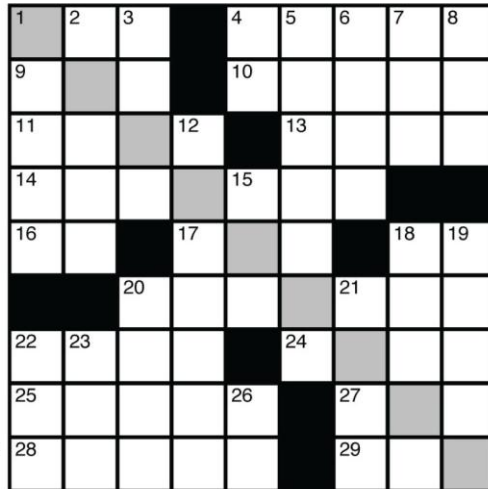
1-c, Cat
2-d, New Orleans
3-b, Yellow
4-c, Charles Dickens
5-c, Alice in Wonderland
6-b, Britney Spears
7-d, Gale Crater
8-a, The Jets
9-c, Altoids
10-d, "The Raven"

Answers to Just Curious

A Champions' Meeting Place

Across

1. ___ Lanka
4. "La Boheme," e.g.
9. Magna ___ Laude
10. Deception
11. Mail agency
13. Therefore
14. Is worthy of
16. While
17. "___ we having fun yet?"
18. Leave
20. Organ
22. Lotion ingredient
24. Body
25. Unsmooth
27. Clock standard: Abbr.
28. Rwandan people
29. Freelancer's enc.



12. Ability to walk well on a ship

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

15. Big time
18. Author Halliday
19. Give a speech
20. Fight
21. Retrievers and spaniels
22. Singer Garfunkel
23. Singer Rawls
26. Hello



Down

1. Underwater gear
2. Tricks
3. Rapsallions
4. "___ thee I sing"
5. Students hoping to go on to get an MD
6. Rabbit ___
7. Persian, e.g.
8. Rumpus

Honoring Washington, Lincoln and all past presidents on Presidents' Day

On Monday, the 18th of February, we remember the most beloved presidents in American History, George Washington and Abraham Lincoln. Though it would not be possible to create a holiday for all of the 41 other past presidents, we remember and honor them.

On this day, individual states particularly honor their favorite sons who served as president. Some states have one or two presidents, but many others have several. Virginia had eight presidents: George Washington, Thomas Jefferson, James Madison, James Monroe, William Henry Harrison, John Tyler, Zachary Taylor and Woodrow Wilson.

Ohio was the birthplace of seven: Ulysses S. Grant, Rutherford Hayes, James Garfield, Benjamin Harrison, William McKinley, William Howard Taft and Warren Harding.

Massachusetts has four favorite sons who were presidents of the United States: John Adams, John Quincy Adams, John F. Kennedy and George H.W. Bush. New York had four presidents, Theodore Roosevelt, Franklin D. Roosevelt, Martin Van Buren and Millard Fillmore.

John Adams, second president of the United States was elected in 1797. He was the first president to live in the White House. He and his wife, Abigail, moved there in 1800, while the building was still under construction.

Chocolate Lover's Delight! Mint Cookies

(Better than a thin mint!)

- ✓ 1/2 lb. milk chocolate, bars, or chocolate chips
- ✓ 4-5 drops peppermint oil
- ✓ Ritz crackers

Melt chocolate using a double boiler. Add peppermint oil to chocolate a little at a time and mix constantly. Dip crackers in chocolate mixture. Put on waxed paper to set. You won't believe how much these taste like Girl Scout Mint Cookies.



Take some time to yourself, let us pamper YOU!

Lately, most people live active and chaotic lifestyles and a lot of the time they find it difficult to clean their homes thoroughly. It is almost impossible to have a spic and span home when some things are required to be done first aside from cleaning the home. If this describes an issue that you face at this time, don't get discouraged. It is our time to aid you. We will do the cleaning. Mari's Property Management & Cleaning Services LLC is the solution to your problem! We're by far the most reputable professional home cleaning companies in the Phoenix Metropolitan area,

As one of the best house cleaning companies, it is our job to mop your floors, change your bed linens, and clean your bathrooms and more. We have our competent maids to meet all your cleaning needs. Mari's Property Management & Cleaning Services LLC will give you back time for the more important things in your life like working, staying fit, enjoying interests and spending time with family and friends. It is for this reason that we feel you need to spend time for important things and important people.

We don't only give back your time but we make your life simpler. As one of the reliable and trusted cleaning companies in the Phoenix area we assure you we give service that is high quality, consistent and professional. Meaning, you don't have to manage us constantly because we know our job, thus saving your time. You hire us and we work for you aiming to give you full satisfaction and in gaining your trust.

So when it comes to thorough home cleaning, don't worry. Leave the cleaning to us. Stop complaining about cleaning the house and thinking about the never-ending chores. Call on the experts at Mari's Property Management & Cleaning Services LLC today. You'll be enjoying a spic and span home and more free time to spend with your family and friends.

Snack on fiber and protein

Dieticians say it's best to eat more than one type of food to relieve break-time hunger or a craving.]

For fiber: berries, apple, celery, wheat crackers, broccoli, carrots, or peppers.

For protein: cottage cheese, peanut butter, coconut butter, Greek yogurt, low-fat cheese, hummus or black bean dip.

Why is dark chocolate healthy?

Chocolate is made from plants, which means it contains many of the health benefits of dark vegetables. These benefits are from flavonoids, which act as antioxidants. Antioxidants protect the body from aging caused by free radicals, which can cause damage that leads to heart disease. Dark chocolate contains a large number of antioxidants (nearly 8 times the number found in strawberries). Flavonoids also help relax blood pressure through protection of nitric oxide, and balance certain hormones in the body



Take the Trivia Challenge

Can you name the state that has given us the most U.S. Presidents?

1) Ohio 2) Massachusetts 3) Virginia 4) Pennsylvania

HINT: The answer is hidden somewhere in this newsletter.

