

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*

A dolphin will come when you whistle

A wild bottlenose dolphin answers when it hears another dolphin mimic its signature whistle, just as a person responds when someone calls his or her name in a crowd. The discovery was announced by Scotland's University of St. Andrews.

Researchers say dolphins can learn each other's signals in a way that humans learn each other's names.

St. Andrews researcher Vincent M. Janik, who conducted the experiments, says that when called, a dolphin turns around, looks or even comes.

This behavior makes the gregarious sea animal unique among nonhuman mammals, because the dolphins can also learn each other's names so they can call a single individual. The researchers reported in the Proceedings of the National Academy of Sciences.

When they replayed a recording of a single signature into a group of dolphins, just one dolphin responded to his individual call eight out of 12 times, usually within one minute. Some animals even come to the boat when called.

A dolphin calls back only when it hears its own signature whistle or a computer version of it.



To have a more satisfying life: Time Perspective Therapy tries to help people let go of the past

Are you lost in the regrets of the past?

Time therapy might be able to help.

It is designed to help individuals focus their thoughts, not on the past, which can't be changed, but on the present and future. It was developed by Philip Zimbardo, psychologist and professor emeritus at Stanford University. He is the author of *The Time Paradox* and *The Time Cure*.



Zimbardo says people have one of six different outlooks: past positive (you love your past), Past-negative (you have regrets and bad things happened to you in your past, or you are exaggerating them as bad); present hedonism (you like the present and like to reward yourself); present fatalism (you feel that events are beyond your control, so why bother?); goal oriented future (you plan ahead and weigh the costs and benefits of any decision); transcendental future (you live a good life because you believe your reward is heaven after death).

The best profile to have, says Dr. Zimbardo, is a blend of a high level of past-positive, a moderately high level of future orientation, and a moderate level of selected present hedonism. That is, you like your past, work for the future (but not as a workaholic) and seek pleasure in the present.

You can raise a past-positive score by focusing on good in your past. Create photo albums, write letters of gratitude to people who inspired you, or start an oral history of your family.

According to *The Wall Street Journal*, the Time Perspective Therapy worked for 32 veterans with Post Traumatic Stress Disorder, all of whom had been through other therapies without positive results. All saw a decrease in anxiety, depression and PTSD symptoms.

Trivia Teaser – Throwing Motion

1. What unusual throwing weapon was used by James Bond villain Oddjob in the movie "Goldfinger"? a-Saw blade, b-Hat, c-Yo-yo, d-Fan.

2. Tradition holds that visitors can assure they will return to what city by tossing a coin over their shoulder into the Trevi Fountain? a-Rome, b-Toronto, c-Kansas City, d-Houston.

3. What do sumo wrestlers throw into the ring to purify it before each bout? a-Seashells, b-Beads, c-Talcum powder, d-Salt.

4. In their comic strip, what object did Ignatz Mouse often throw at the head of Krazy Kat? a-Brick, b-Sponge, c-Mailbox, d-Cactus.

5. What creature has been considered a good luck symbol for the Detroit Red Wings hockey team ever since one was thrown onto the ice during the 1952 playoffs? a-Goldfish, b-Bat, c-Snake, d-Octopus.

6. In the movie "Throw Momma From The Train", Danny DeVito tried to convince what actor to participate in a scheme to kill DeVito's mother? a-Peter O'Toole, b-Rob Reiner, c-Billy Crystal, d-Arnold Schwarzenegger.

7. The origin of the word "sabotage" comes from an act of rebellion by early 20th century French workers who broke factory machines by throwing what objects into them? a-Wrenches, b-Shoes, c-Logs, d-Books.

8. What pitcher was fined \$50,000 for throwing a broken bat in the vicinity of baserunner Mike Piazza during the 2000 World Series? a-Kenny Rogers, b-John Rocker, c-Roger Clemens, d-Mike Hampton.

9. Gene Wilder's life is turned upsidedown after he witnesses a body being thrown off a train in what film comedy? a-"The Producers," b-"Narrow Margin," c-"Stir Crazy," d-"Silver Streak."

10. What boxer confessed at a 1960 Senate hearing that he had thrown a 1947 bout in order to get a fight with middleweight champion Marcel Cerdan? a-Jake LaMotta, b-James Toney, c-Rocky Marciano, d-Primo Carnera.

Winter Driving Alert!

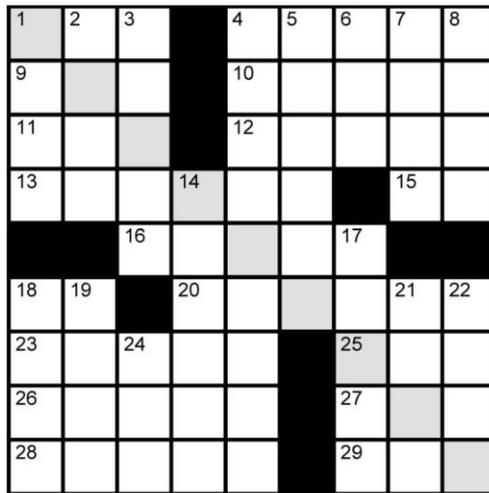
Across

1. Doo-__
4. About to explode
9. "Bingo!"
10. Allied (with)
11. "Rocky __"
12. Leveled
13. From a spring
15. "__Gal Sal"
16. Weight allowances, once
18. Idiot box
20. Warm welcomes
23. Language in Mumbai
25. Dos Passos trilogy
26. So far
27. Pig pen
28. Mother-of-pearl
29. Part of H.R.H.

Down

1. Homeless child
2. Its quarter says "Birthplace of Aviation Pioneers"
3. Do watercolors
4. Exodus participant
5. Venetian marketplace
6. Cutting tool
7. Abound
8. Small whirlpool
14. Wall Street figure
17. "Pipe down!"
18. Comparative word
19. MasterCard alternative
21. __ Spumante
22. "__ who?"
24. Home to Columbia U.

The headline is a clue to the answer in the diagonal.



The next big thing in decor and furniture: brass!

Though it's often called the poor man's gold, brass is a gold alloy of copper and zinc that's typically relegated to plumbing and door knockers. But now it has gained a strong following from the country's leading designers.

They are offering chairs with brass arms, barware, chandeliers, lamps, desk accessories and more. Brass is entering the mainstream and is prominently featured in catalogs such as those by Crate and Barrel and Restoration Hardware.

While relatively affordable, it speaks to a 21st-century desire for luxury, timelessness and artisanship, says The Wall Street Journal's David Keeps.

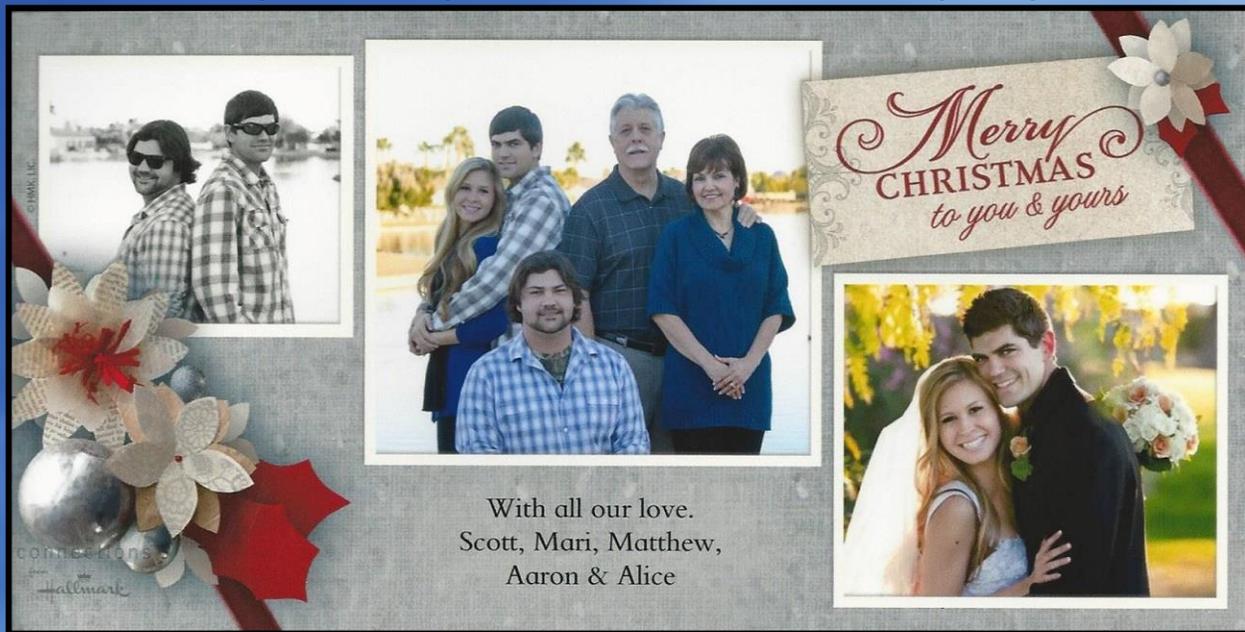
Designer Jonathan Adler currently offers a 60-pound sculptural peacock table and other pieces.

Designer Calvin Klein says, "Brass equals warmth, English clubbiness, Moroccan craft and Italian and midcentury fantasy."

It's also called an essential component of organic modernism, a look that is rooted in natural materials such as leather, stone and wood. Boomers are embracing the softer and more mottled qualities of brass. It ages gracefully.

Answers to "Throwing Motion"
1-b, Hat
2-a, Rome
3-d, Salt
4-a, Brick
5-d, Octopus
6-c, Billy Crystal
7-b, Shoes
8-c, Roger Clemens
9-d, "Silver Streak"
10-a, Jake LaMotta

Wishing you a happy New Year from our family to yours!



The Lighter Side

NEW YEAR'S RESOLUTION NUMBER 1: QUIT SMOKING

Two guys are standing in Times Square at New Years. The famed ball has just dropped heralding the beginning of a brand new year.

First guy says, "Hey, can I bum a cigarette?"

Second guy says, "Wait a minute! Didn't you just tell me you resolved to quit smoking?"

First guy says, "I am keeping my resolution and I am in Stage One."

"What's that?" his friend asks.

"I have quit buying."

NEW YEAR'S RESOLUTION NUMBER 2: LOSE WEIGHT

A lady welcomes the New Year and dutifully makes her top resolution to lose weight. To do that, she decides she will be completely honest about what size she is now.

So she goes into her closet and, with the help of her 7-year-old niece, she begins throwing things out that do not fit.

Her niece finds a beautiful pair of slacks that, unfortunately, are way too small for her aunt.

"Wow," the lady says, "I must have worn these when I was 90."

Her niece looks puzzled, then asks, "How old are you now?"

NEW YEAR'S RESOLUTION NUMBER 3: I WILL READ MORE

A man is very committed to making resolutions and keeps a list of his resolutions from year to year.

The first resolution is always: Read more.

2009: Buy War and Peace.

2010: Read War and Peace.

2011: Finish War and Peace.

2012: If not War and Peace, then finish 10 good books.

2013: Read 5 books.

2014: Read Facebook shares.

"You can build any future you want if you let yourself grow, have faith in your dreams or visions, and become open to new ideas."

-- John F. Wasik

"For I know the plans I have for you," says the LORD. "They are plans for good and not for disaster, to give you a future and a hope." (NLT)

-- Jeremiah 29:11

Take the Trivia Challenge!

Brass is a gold alloy of copper and what other metal?

A – nickel

B – iron

C – aluminum

D – zinc

HINT: The answer is hidden somewhere in this newsletter.