



# Better Home Living

*The Newsletter That's Both Informative and Fun!*

## Cleaning Faucet Aerators / Who Does the Cleaning, Again?

*Cleaning Faucet Aerators.* Aerators keep the water flow of faucets from splashing about when you turn the faucet on. They contain a metal screen circle that does the job.

Ideally, the water then has a lovely circular flow of combined air and water. Sometimes, the water stream is shaky or crooked. It happens when the metal screen has become partially clogged.

You can remove the screw-on device that holds the screen and use a toothpick to unclog holes. Or put the screen in vinegar to soak overnight.

If that doesn't work, a new screw-on device costs only about \$5.

The aerator is an environmentally friendly device. It limits water flow by mixing it with air.

*Who Does the Cleaning, Again?* Merry Maids regularly does surveys of families on the topic of cleaning, but there seems to be a dispute between moms and dads as to who actually does the scrubbing.

In May 2017, moms were interviewed for Mother's Day and 85 percent said they clean the house.

On the other hand, 34 percent of moms said hiring someone to help clean was a necessity.

But by June 2017, another Merry Maids survey found that nearly half of dads said they clean the house.

Maybe moms are hiring the dads?

## Antiviral Drugs Still an Option for Flu

The best prevention during flu season is following the standard advice: Get a flu shot and wash your hands before eating or touching your face.

But if you do get the flu, certain antiviral medications like Tamiflu (oseltamivir) and Relenza (zanamivir) are still available as a treatment, according to the Harvard Health Letter.

These antivirals must be taken within two days of the onset of symptoms to be effective and might speed recovery by one or two days.

In June, the World Health Organization removed oseltamivir from its list of essential medicines, citing low effectiveness in clinical trials.

However, this drug and others in the antiviral category do help some people if taken early enough. Older people and those with chronic lung, heart or kidney disease, or compromised immune systems would be a candidate for the flu drugs.



## Thanksgiving Sleepy: It's about the gobbler, but not the one you might think

It has become a truism: You get sleepy at Thanksgiving because of all that tryptophan in turkey.

But is it true? Yes and no, but mostly no.

It is true that the amino acid tryptophan works as a precursor to other sleep-inducing chemicals. Turkey has lots of it. But cheese and nuts have more. Even Tofu-turkey has more, according to Wired.com.

In 1972 a psychiatrist named John Fernstrom looked into the tryptophan connection and found that tryptophan alone does not make you sleepy. Instead, he found that it's really a carb-heavy meal of mashed potatoes, pie, dressing, and bread. Those carbs create loads of sugar and force amino acids to go to work breaking it all down. With amino acids busy fighting sugars, the brain starts converting tryptophan into serotonin and suddenly you feel you just can't watch another third and 10 on the game. Snores ensue.

It's not just the chemistry of the meal, however. The parasympathetic nervous system also has a role to play. This little brain gadget does things in the background so you don't think about them; like breathing. When you eat too much, you have to digest a lot. The parasympathetic nervous system kicks in to give the body energy to digest and takes away energy elsewhere. You feel tired and it's because you ate a really big carb-loaded meal. Too late to do anything about it. Just kick off your shoes and don't blame the turkey

*... 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 3<sup>rd</sup> 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!*

Mari's Cleaning Service is an absolute pleasure to work with! We own a vacation rental so the cleaning needs are a little different and I have never been disappointed. She is also extremely accommodating if I have an unexpected booking. Her girls are very thorough and my home is sparkling every time they leave! As you may know, reliable cleaning is imperative in the rental business and I couldn't be more pleased with the service and care Mari's company provides, consistently!!

~Nir

## Kid-friendly Podcasts

Podcasts have exploded on the internet to become one of the fastest-growing ways to consume content (and make content) quickly. Anyone with passion and a little technical know-how can get a show off the ground provided that they have an interested audience. This ease of entry ensures that there is a broad range of topics covered to suit all tastes and interests; and that includes the interests of kids.

Children are typically drawn to the games on smartphones and tablets, but kid-friendly podcasts can be a great way to help them learn in a way that interests them. Lifehacker breaks these podcasts down into three categories: parents listening alone, parents listening with kids, and kids listening on their own. Podcasts that fall into the second group are probably the most intriguing because they are designed to get parents and kids talking about topics together and asking questions. A great place to start is with Stuff You Should Know and Stuff You Missed in History Class, which are both from the popular site How Stuff Works. These podcasts are a great way to be a highly engaged parent helping to develop curious minds.



"Oh that's my brother. He doesn't want his friends to recognize him."

## Turn left at the hen house; Imagine living without an address

We take for granted the orderly grid of streets and signs and numbers that locate us in the world. But what if there were no addresses?

You could get email on your phone, and maybe you could order something online but you couldn't get it delivered. You could tell someone where you live but not how to get there. You could call a repairman but he wouldn't be able to find you.



Four billion people in the world live in just that situation, but a new tech startup is changing that by giving every three-by-three-meter spot in the world a three-word name. What3words gives a memorable three-word name to every spot on the globe and then cross references that spot on maps using latitude and longitude.

This makes a huge difference in places like the Brazilian favelas. Favelas are the Brazilian name for shanty towns, spontaneous cities of make-do buildings. Favelas can have tens of thousands of people living in a colorful chaos of shacks, concrete homes, street vendors, and businesses. But the people living on the thousands of winding paths and streets don't have addresses.

Local delivery services once used creative directions: Go past three pink houses, then a hen house, then a vendor, then turn left. That system worked, but things tended to change over time. Like a pink house might be painted blue. Enter What3words. Now, even in the thick of a favela, residents can put a three-word sticker on their door and a delivery service can find them.

This system is even in use in Denver where the fire department uses it to find its 50,000 hydrants. It's also used in Lake Tahoe for ski rescue and by delivery companies who need to get packages to locations in the Middle East, North Africa and Southeast Asia.

You may not know it but even if you have a conventional address, you also have a three-word address. Check it out at [what3words.com](http://what3words.com).

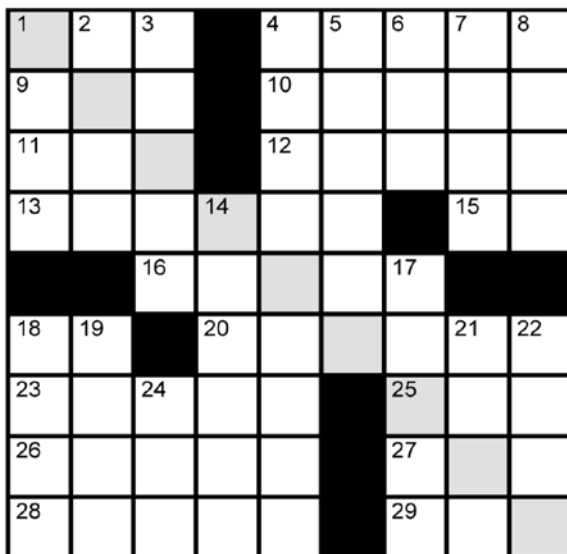
## Second chance for children

### Across

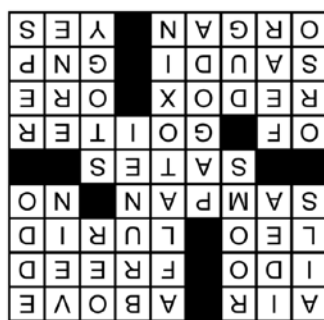
1. Tire filler
4. Overhead
9. Bachelor's last words
10. Let go
11. Sign after Cancer
12. Sensational
13. Yangtze River boat
15. Refusal
16. Fills up
18. "\_\_\_ thee I sing"
20. Thyroid problem
23. Electron-transferring process
25. Raw rock
26. Riyadh resident
27. Econ. indicator
28. Church instrument
29. "Of course"

### Down

1. Afflicts
2. Concept
3. Hotel offering
4. Fungal carcinogen
5. Sultanate on Borneo
6. "\_\_\_ the fields
7. Style
8. Taro root
14. Chinese temple
17. Cheap cigar
18. Approximately
19. Alarm
21. Marine eagle
22. Agents, for short
24. Grooved on



we go"



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

## Trivia Teaser –

### On the Right Track

1. Who directed the movie thriller "Strangers on a Train"? a- H.G. Clouzot, b-Alfred Hitchcock, c-Elia Kazan, d-John Huston.
2. Who created, produced, and hosted the syndicated musical TV show "Soul Train"? a-Jermaine Stewart, b-Dick Clark, c-Don Cornelius, d-Bobby Womack.
3. "The Girl on the Train" is a 2015 psychological thriller novel by which British author? a-Tana French, b-Paula Hawkins, c-Karin Slaughter, d-Elly Griffiths.
4. Which TV character blew up toy trains as a hobby? a-Herman Munster, b-Kramer, c-Gomez Addams, d-Norman Bates.
5. What was the name of the locomotive on the sitcom "Petticoat Junction"? a-Casey Jones, b-The General, c-Flying Dutchman, d-Cannonball.
6. Which politician nicknamed his campaign train the Corn Pone Special? a-Harry Truman, b-Dwight Eisenhower, c-Lyndon Johnson, d-Bob Dole.
7. Which state capital changed its name from Edwinton in an effort to attract German investors in the local railroad? a-Bismarck, b-Helena, c-Frankfort, d-Topeka.
8. Which NFL player was nicknamed "Night Train"? a-Yale Lary, b-Lem Barney, c-Mel Blount, d-Dick Lane.
9. Which artist's largest work on canvas is a 34' x 38' back cloth he created for the Ballet Russes' 1924 production of "Le Bleu Train"? a-Pablo Picasso, b-Mark Rothko, c-Thomas Hart Benton, d-Diego Rivera.
10. The name of which animal is used to refer to the crossing point of two train rails? a-Moose, b-Dog, c-Horse, d-Frog.

Answers to 'On the Right Track'

- 1-b, Alfred Hitchcock
- 2-c, Don Cornelius
- 3-b, Paula Hawkins
- 4-c, Gomez Addams
- 5-d, Cannonball
- 6-c, Lyndon Johnson
- 7-a, Bismarck
- 8-d, Dick Lane
- 9-a, Pablo Picasso
- 10-d, Frog

## The Link Between Sitting and Poor Health

We drive to work, sit at a desk, drive home and watch television -- that's all sitting time and it's bad for health.

According to the American Heart Association, Americans spent about 38 hours per week sitting in 2009 compared to only 26 hours in 1965. This rise in sedentary behavior, along with a decrease in the amount of time spent performing a moderate-to-vigorous activity, has been linked to several health issues including increased risk of cardiovascular disease, diabetes, obesity, and back pain.

According to Time Magazine, the body needs energy to power individual cells, break down and digest food, and create "activity energy" which can be divided into active exercise and Non-Exercise Activity Thermogenesis (NEAT). The last type, NEAT, includes all of the energy used for required movements throughout the day like walking or even typing at a desk.

Sitting for extended periods of time lowers the amount of NEAT energy needed throughout the day which starts to turn off processes that burn calories and turn on the ones that build fat. Inactivity, especially around meals, leads to muscles that aren't soaking up glucose from the food and become more insulin resistant. This resistance causes the body to release more and more insulin which can lead to diabetes over time.

Sitting can lead to a whole host of other issues in the body related to pain and overall fitness because of the position of the body. The hips, for instance, remain unextended for long periods of time and can become tight with a limited range of motion along with weakened glutes. This decreased range is a primary reason why the elderly are prone to falling. Similarly, the position can cause poor circulation in many areas of the body such as legs, spinal discs, and the brain.

## Nothing Wrong with Most Fat, Experts Say

It is just possible that the fat-free movement made us fat. And unhealthy.

Recent research shows that not all fat is bad and the movement to go fat-free threw out good fats along with bad ones.

When all fat is removed from a product, something has to take its place and that is usually carbohydrates in the form of sugars. And, along the way, good fats are eliminated.

According to the Harvard Medical School Health letter, healthy fats are an essential part of how the human body functions as they provide energy, build cell membranes, sheath nerves, and aid in blood clotting and muscle movement.

The most harmful fats are trans. These fats are created through a human-made process that keeps the fat solid at room temperature and allows it to be used in food such as solid margarines and fast food French fries. Trans fat has been found to increase harmful LDL cholesterol while reducing beneficial HDL cholesterol, and also linked to inflammation, increasing the risk of heart disease and stroke as well as insulin resistance, increasing the risk of type 2 diabetes.

Saturated fat, the type found in red meat and whole milk, is not necessarily bad for you, but it can drive up total cholesterol and create more harmful LDL cholesterol.

The healthiest fats are monounsaturated and polyunsaturated fats. These fats are liquid at room temperature and can be found in such foods as olives, peanuts, avocados, nuts, and vegetable oils like corn and sunflower. Monounsaturated fats gained fame when it was discovered that the so-called "Mediterranean diet" in countries like Greece produced low levels of heart disease even when people were eating large quantities of fat.

Polyunsaturated fats are called essential fats because the body needs them, but can't make them. These fats have to come from food.

## Good Blood Pressure Equals Good Brain Function

Controlling blood pressure is one of the most straight-forward ways of preventing one form of cognitive decline.

According to Duke Medicine Health News, high blood pressure can lead to tiny strokes in the brain, a condition called vascular dementia.

These little strokes take a toll on memory, reasoning, judgment and a general decline in thought processes.

Controlling blood pressure also reduces the risk of major cardiovascular problems. So, it seems, what is good for the heart is good for the brain.



### Ingredients:

- 1 1/2 cup brown sugar
- 1/4 cup milk
- 1/4 cup butter
- 1 tsp vanilla
- 1 1/2 cup oats
- 1/2 cup shredded coconut
- 1/4 cup walnuts, chopped

### Directions:

1. Add brown sugar, milk and butter to a saucepan and bring to a boil. Boil for 3 minutes and remove from heat.
2. Stir in remaining ingredients into the sauce pan and pour into a greased 8-inch square baking pan that has been lined with parchment paper. Spread evenly.
3. Refrigerate until set and cut into squares.

