



March 2020

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Better Home Living™

The Newsletter That's Both Informative and Fun!

March can be a busy time for the determined gardener

Weather in March is so unpredictable. It may say Spring on the calendar, but the weather rarely cooperates completely.

In Zones 8 and higher, the average dates of the last killing frost occur throughout March. Zone 7 gardeners must beware of frost throughout April.

Repairs. Make the repairs to fences and arbors now so they will be ready when the weather settles down. Clean out bird houses, if you dare. Watch out for wintering mice.

Seedlings. March is the perfect time for starting summer blooming seedlings indoors. By now, seed packets are available everywhere. It usually takes about six weeks for seeds to become strong enough for plants to be set outside in pots or a garden.

Vegetables. Some vegetables can be planted right now in Zones 7-8 but start later in more northern climes. Vegetable seeds may be started in prepared starter pots made of compressed peat and filled with a proper soil mixture.

It's a good time to test the pH of your garden soil. You can add whatever you need as soon as the soil is dry; not wet and clumpy.

Some pruning this month. Roses, in particular, can be pruned and fed this month. Cut roses back sharply for more compact bushes and long, slender stems. Cut honeysuckle vines back to three feet. Prune the fruit trees before the buds appear.

Trees and shrubs. You can still fertilize trees and shrubs. Acid types go with azaleas, rhododendrons, evergreens, and conifers.

Beware! Coronavirus used as bait in phishing attacks

Although the Wuhan coronavirus has not caused significant infections in the U.S., it is still being used in email phishing attacks to infect computers.

The infected emails contain links to pdfs or .doc files that purport to be a list of people in the area infected with the virus. The links may appear to come from the Centers for Disease Control, but in fact, redirect users to a page that appears to be Outlook. Or, it can offer 'safety measures' in the form of a pdf. Clicking on any of these links exposes users to malware designed to access bank accounts, financial data, and bitcoin wallets, according to Bleeping Computer.

It's worth noting that major events or holidays have also been used with these phishing attempts. It was infamously used to invite recipients to a demonstration by global warming activist Greta Thunberg. It has also been used in invitations to Christmas and Halloween parties.

Protect yourself by never opening attachments unless confirming over the phone with the sender.



I hope you enjoy this month's newsletter!

*Christopher Dunlap
Mops & Buckets, LLC*

St. Patrick's Day: Wearin' the green brings us together

People still say, "everybody's Irish on St. Patrick's Day." Not that most people are really interested in whether or not their forbearers actually came from the emerald isle. We all just want to be part of the celebration.

The touch of the Irish positively spans the country with parades from New York to Louisiana. In Chicago, the river runs green for the day and everywhere people drink a lot of green beer.

Don't forget that touch of green. Green socks or a green tie put people in the spirit.

And what would good old St. Pat think of the various revelry and green wearing? Being a pretty serious type himself, he might be a little shocked by some of the partying. On the other hand, he did preach on love for one's fellow man and would approve of the togetherness.



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 4th 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!

A special thanks to all our customers who referred us!

Whatever happened to the lovely hanky?

Once handkerchiefs were absolutely required in company polite and otherwise. For ladies, they could be silk, prettily embroidered or laced. For men, sturdy cotton and maybe monogrammed by their daughters.

They were actually an art and they have a long history among humans.

Evidence of handkerchiefs dates to 2000 BC, when wealthy Egyptians carried bleached white handkerchiefs made of expensive linen. In western culture, the handkerchief became art by the 14th century. Handkerchiefs were carried not just for personal hygiene, but also became symbols of love, according to bonjourparis.com. Even Shakespeare wrote about them. By the early 20th century, every respectable person carried a handkerchief, many tatted by grandma.

Then, in the 1920s, the cloth handkerchief was rendered obsolete when the paper company Kimberly-Clark came up with a disposable tissue. But how could one product effectively kill thousands of years of tradition and art? The answer is probably the flu.

From 1918 to 1920, the flu pandemic infected 500 million people around the world. At least 50 million died. People were wary of touching things. They avoided crowds and conversations. The public suspected everything, but they especially suspected handkerchiefs. People were urged to use them for sneezing in public, so they wouldn't pass cold and flu viruses. But, didn't that mean the viruses were in the actual handkerchief?

Kimberly-Clark's disposable tissues (Kleenex) were the answer. Thus, Kimberly-Clark hit on a slogan that matched the angst of the times: Don't put a cold in your pocket. And, that was the beginning of the end of the handkerchief. Today, only men's pocket squares remain as the remnants of the heyday of handkerchiefs, an art form rejected because of the flu.



"This memory foam mattress isn't working. I still can't remember where I put my glasses."

For St. Patrick's Day: A familiar dish with a twist

Did you ever eat Colcannon, made from lovely pickled cream?

With the greens and scallions mingled like a picture in a dream.

Did you ever make a hole on top to hold the melting flake

Of the creamy, flavored butter that your mother used to make?

Yes you did, so you did, so did he and so did I.

And the more I think about it sure the nearer I'm to cry.

Oh, wasn't it the happy days when troubles we had not,

And our mothers made Colcannon in the little skillet pot.



LICENSED UNDER CCX2.0 FLICKR VEGAN TEAM

One of Ireland's more famous foods is the humble potato which, when abundant was the source of song, and when scarce, the source of suffering.

A potato blight touched off starvation and ignited the complicated events that devastated west and south Ireland between 1845 and 1849, the years of the great Potato Famine. In those years, more than one million people died and another million emigrated, many to Canada and the U.S.

The famine and the potato live together in folk memory of the Irish, along with this simple, and familiar dish: Colcannon, meaning white-headed cabbage.

Even non-Irish will know the dish well as mashed potatoes. The traditional Irish mash was an inexpensive daily main dish. It adds a little cabbage or kale, perhaps with scallion, leeks or chives. Bacon or ham pieces can also be added.

Here is one recipe from Taste of Home.

Ingredients

1 medium head cabbage (about 2 pounds), shredded	1-1/2 teaspoons salt
4 pounds medium potatoes (about 8), peeled and quartered	1/2 teaspoon pepper
2 cups whole milk	1/4 cup butter, melted
1 cup chopped green onions	Minced fresh parsley
	Crumbled cooked bacon

Directions

Place cabbage and 2 cups water in a large saucepan; bring to a boil. Reduce heat; simmer, covered, until cabbage is tender, about 10 minutes. Drain, reserving cooking liquid; keep cabbage warm in separate dish.

In same pan, combine potatoes and reserved cooking liquid. Add additional water to cover potatoes; bring to a boil. Reduce heat; cook, uncovered, until potatoes are tender, 15-20 minutes. Meanwhile, place milk, green onions, salt and pepper in a small saucepan; bring just to a boil and remove from heat.

Drain potatoes, place in a large bowl and mash. Add milk mixture; beat just until blended. Stir in cabbage. To serve, drizzle with butter, top with parsley and bacon.

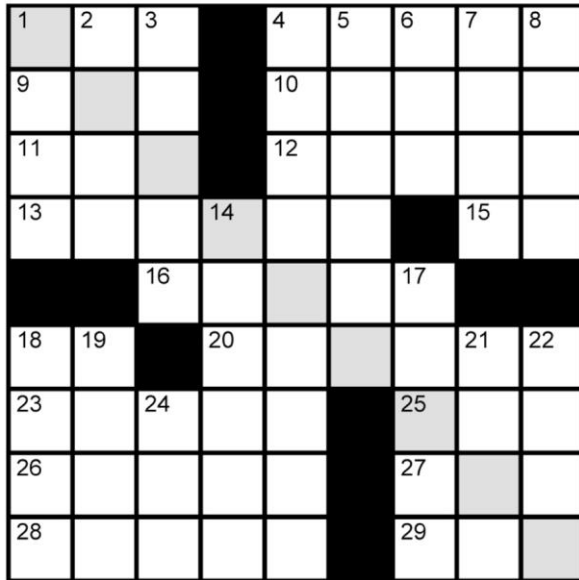
Basketball Move

Across

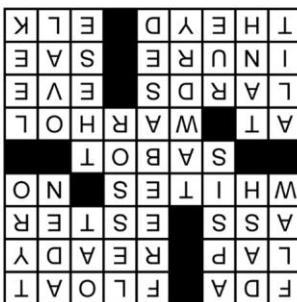
1. Rx watchdog
4. Fountain order
9. Napkin's place
10. Prepared
11. Long-eared beast
12. Ms. Williams in aquamusicals
13. Certain laundry load
15. Refusal
16. Wooden shoe
18. In attendance
20. MOMA artist
23. Some cooking fats
25. "The Three Faces of ___"
26. Harden
27. Freelancer's enc.
28. "I thought ___ never leave!"
29. ___ Grove Village, Ill.

Down

1. Imperfection
2. Short run
3. Orbital point
4. Purified a drug by crystallization
5. Rent collector



6. Granola grain
7. Gulf of ____, off the coast of Yemen
8. Apprentice
14. Garish
17. The ones here
18. Dismounted
19. Trig function
21. Face shape
22. Onion relative
24. Parisian way



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

Trivia Teaser – Deep Thoughts

1. Which poet wrote the lines "The woods are lovely dark and deep, but I have promises to keep, and miles to go before I sleep"?
a-Walt Whitman, b-Alfred, Lord Tennyson, c-Robert Frost, d-William Blake.

2. The Calypso Deep, located in the Hellenic Trench and more than 17,000 feet deep, is the deepest point in which sea?
a-South China Sea, b-Aegean Sea, c-Black Sea, d-Mediterranean Sea.

3. Which pop singer sang with Alabama on the 1987 single "Deep River Woman"?
a-Lionel Richie, b-Elton John, c-Rick Astley, d-Paul Simon.

4. The first defeat of a reigning world chess champion by a computer under tournament conditions was by which IBM supercomputer in 1997?
a-Deep Purple, b-Deep Blue, c-Deep Red, d-Deep Black.

5. "The Deep End of the Ocean," the first selection for Oprah's Book Club, was written by which novelist?
a-Jacquelyn Mitchard, b-Jane Hamilton, c-Neil Gaiman, d-Wally Lamb.

6. Which 1961 movie shares its title with a 1995 hit song for Deep Blue Something?
a-"Breakfast at Tiffany's," b-"Splendor in the Grass," c-"A Raisin in the Sun," d-"Paris Blues."

7. The Deepwater Horizon industrial oil spill occurred in 2010 in which body of water?
a-Puget Sound, b-Gulf of Mexico, c-Bering Sea, d-Chesapeake Bay.

8. Which creature could be found "below the thunders of the upper deep" according to a poem by Alfred, Lord Tennyson?
a-Cthulhu, b-Cetus, c-Kraken, d-Moby-Dick.

9. Arancini are Sicilian deep-fried stuffed riceballs named for a resemblance to which fruit?
a-Banana, b-Pineapple, c-Pear, d-Orange.

10. Which TV series was set at the Deep Thirteen Research Center?
a-"Robot Chicken," b-"Mystery Science Theater 3000," c-"Space: 1999," d-"Defiance."

- 1-c, Robert Frost
2-d, Mediterranean Sea
3-a, Lionel Richie
4-b, Deep Blue
5-a, Jacquelyn Mitchard
6-a, "Breakfast at Tiffany's"
7-b, Gulf of Mexico
8-c, Kraken
9-d, Orange
10-b, "Mystery Science Theater 3000"

Answers to 'Deep Thoughts'

Row, row, row your bloat

It's 2020, and rowing is back in style. Yes, that lonely rowing machine at the gym is seeing more action, according to a story in Prevention Magazine that lists rowing as one of the top fitness trends of the year.

And it makes sense. Rowing is low impact and works an eye-popping 86 percent of the muscles in the body, according to the article. It's also perfect for people who sit at desks all day (or those who just sit; you know who you are).

We can all benefit from un-hunching our shoulders, and rowing helps with that. The combination movements - pulling with the upper body and pushing with the legs - helps with posture. It engages the core, glutes, and back.

Other fitness trends this year include more kickboxing and meditation, HILIT (High Intensity, Low Impact Training), more cardio rhythm classes, more strength training than cardio, live workout experiences from home (think streaming services), and more wearable tech. That last one goes beyond watches into the realm of vibrating leggings - which, hold your galloping thoughts for a moment, are pants that include sensors to provide feedback on form.



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About Our Company

Mops & Buckets is a full-service residential cleaning company that operates in both Miami Dade and Broward Counties.

Services include general cleaning, deep cleaning, carpet cleaning, construction cleaning, move-in/out cleaning, and window washing.

Owner Christopher Dunlap has been in the cleaning industry for 10 years and feels it is important to provide cleaning services that place the utmost importance on the health and safety of his clients and employees. For that reason, Mops & Buckets is an active participant in the industry association ISSA (International Sanitary Supply Association). They also use Green Sealed Certified products to minimize toxins being released both in the environment and your home.

Your robot chef is ready to cook

If you want help frying the tofu, Samsung has a solution for you. Maybe. In the future.

Samsung's Bot Chef, displayed at CES 2020, features two robotic arms ("Your extra set of hands!") that descend from a panel above your stove. The arms delicately handle ingredients for your preferred dinner, including grabbing spice bottles and doing the cooking.

In the Samsung demo, the user puts a square of tofu on the starting pad. The robot arms then make precise cuts in the block, transfer the pieces to a pan, and begin cooking.

Many major appliance makers displayed bot chefs at the technology expo, mostly aimed at restaurants.

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Click on the link below or copy it into your web browser to get started!

<https://msd.reviewability.com/f-57728>

He who can achieve great things is not necessarily capable of small.

~Marcel Proust

Poison Prevention Tips

When Jeff and Kathy Campbell's daughter awoke coughing one night, her parents stumbled into a dark kitchen for cough syrup but returned instead with a spoonful of Dermaton, a tick and flea killer. The pesticide contained a substance that can cause severe breathing problems, fluid in the lungs, and congestive heart failure.

"It was amazing how much the bottles were alike," said Jeff Campbell. When Rachel complained about its taste, the Campbells recognized the pesticide's smell and rushed Rachel to the hospital.

According to a news release from the Home Safety Council, 92 percent of all poisonings occur in homes. Although cleaning solutions are the most common cause of poisonings, overdoses of medicines and mistaken identity also cause numerous poisonings.

Many times accidental poisonings involve overdoses of seemingly safe over-the-counter medicines. For instance, an overdose of iron supplement is potentially fatal and swallowing an eye drop bottle's contents can produce low blood pressure and comas.

The storage of poisonous materials can also lead to potential poisonings. Using soft drink bottles to hold paint thinner, turpentine, or gasoline invites children to taste them. Containers for pesticides, solvents, and cleaners can easily be mistaken for bottles of mouthwash and cough medicine. Sweet-smelling or good-tasting products, like perfumes and antifreeze, are particularly attractive to children.

The Safety Council recommends:

- * Evaluate where hazardous substances are stored and eliminate situations that could lead to a poisoning incident.
- * Store products in their original containers with the manufacturer's recommendations.
- * Store harmful products away from food and medicines.
- * Make sure all medications have child-resistant caps.
- * Know how to quickly find the telephone number of a poison control center.

FREE Refrigerator Cleaning

with Whole House Deep Cleaning
\$225 minimum purchase

Schedule your appointment by April 15, 2020

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