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Better Home Living™

The Newsletter That's Both Informative and Fun!

Sneaky place that is easy to forget: Caulk

So, you do your usual cleaning and all of a sudden you see it: Dirty caulking.

It is so easy to overlook but once you spot it, dirty caulk will stand out like a flashing sign.

And, it is not that easy to clean, either. Sometimes your regular cleaning spray just can't get to it.

Here is one reason: Sometimes there is mildew beneath the caulk. If that's the case, you have to remove the caulk and replace it.

But if the dirt or mildew is on top of the caulk, you have a good chance of making it appear much better.

If you want to avoid harsh chemicals, apply a baking soda/water paste or a vinegar/water solution, according to doityourself.com. Don't mix baking soda and vinegar though, it just won't do the trick. Scrub with a toothbrush and let dry.

To whiten the caulk, mix a fourth cup of bleach with a gallon of water. Apply using a sponge and leave the solution for at least 10 minutes. Be sure to open the window or turn on the ventilation fan. Rinse the solution off with warm water and scrub gently with a toothbrush.

If the caulk doesn't get clean, you might have to remove the actual caulk, clean and re-caulk. If that job is next on your list, be sure to use a mildew-resistant caulk.

Father's Day

In the new way of honoring those we love, we are about to see pictures of fathers popping up all over Facebook, Instagram, and all of social media.

We will see fathers in military uniform, snapshots of dad in a favorite moment, or maybe even dad on his wedding day.

This year, June 21, just one day past the start of summer, is bound to be a festival of dad. It's a fine way to honor a father and will touch the hearts of many.

If you post a favorite picture of dad, be sure to post a memory, even if it doesn't exactly match the photo. Was there a legendary moment in the family when dad did something exceptionally cool? Like maybe spotting a dirt track and making an unscheduled stop to drive little race cars. Or maybe the time big, gruff dad saw a kitten and instantly adopted him. Those times of fun and tenderness are what make memories.

Maybe, if remembering your dad over his lifetime, you can recall his work. That he got up every morning, rain or shine, and brought back a paycheck to support his family. Maybe you remember how he could fix things or save the day in a million little ways.

Or his favorite sayings. Some dads have a million of them.

It would be a good day to thank him for those million things. So go ahead and do that. If he only lives in your memory now, thank him anyway.

Free Cleaning Tips at www.mopsnbuckets.com



I hope you enjoy this month's newsletter!

*Christopher Dunlap
Mops & Buckets, LLC*

Bee-friendly plants top garden choices for 2020

If you want to encourage pollinators in the yard, look for the good old-fashioned choices that once cheered up outdoor spaces.

Lilacs are the first choice for bees. With the twin qualities of beauty and fragrance, lilacs are perfect for the suburban yard. Choose a well-drained location with plenty of sun and space. They grow big and luscious. You'll get plenty of cut flowers and bees will love the nectar.

Honeysuckle reigns for decks and patios. It comes in both bush and climbing varieties that will give you lots of feathery flowers plus fragrance. Hummingbirds love it, as well as honeybees. Beware, the bush can grow massive so give it lots of space.

Even the beginner gardener can grow Sedum, otherwise known as Live Forever. Find a sunny spot for this plant and by late summer the pretty red and pink blossoms will be covered with butterflies and bees. If you have an out-of-the-way sunny spot, try letting some weeds grow lightly around the sedum for more butterflies.

Bee Balm is a plant native to North America that was one of the first flowering plants written about in the 1500s. *M. fistulosa*, or purple bee balm, is one of the most cultivated species. Bees, as the name implies, love it as do butterflies and hummingbirds. Bee Balm loves moist, sunny ground, rewarding gardeners with lovely shaggy red and purple flowers on 4-foot stems. Bee Balm is lovely in a mass planting.



Want to Receive a FREE cleaning?

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 do not 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!

Tell a Friend!

A special thanks to all our customers who referred us!

Emergency fund: Did the Covid crisis convince you?

The Covid crisis hit everyone at the same time and it convinced many to start an emergency savings fund.

If you look up the subject, you see a daunting suggestion: Save 6 months of your expenses. Or a year. It sounds unlikely, if not impossible.

But even one month of expenses, or two, could have saved most people a lot of trouble. Thinking about it that way may seem more doable.

Money experts say to be successful you have to:

- Make your savings automatic.
- Put them in a high-interest savings account.
- Put a manageable amount of money in and keep putting it in.

Yet, to make savings stick in place, you have to define what is and what is not an emergency. Loss of paycheck, for whatever reason, is one emergency. On the other hand, suddenly remembering your car insurance is due is not an emergency.

Before you start your emergency fund, look over your checking account and write down the money you have to come up with quarterly or bi-annually: Insurance, vacation money, school fees, etc. Those are not emergencies. They are recurring expenses.

Consider starting two funds. One fund in a savings account at your bank for recurring expenses. One fund in an online, high-interest savings account for long-term emergencies.

At just \$10 per week, you can save more than \$500 in a year. That gets your fund started.

Any time you get an unexpected chunk of money, put 20 percent in savings. Resolve not to let wants interfere with what you need.



"This will sting a bit."

Creamy Brie recipe combines the sweet and savory

If it's your first try, Brie might seem challenging.

Brie and its lower-fat cousin, Camembert, are soft, creamy cheeses with a white mold rind.

And, yes, you are supposed to eat the mold rind.

Most everyone on their first try is skeptical. Take Charlemagne, for example. The emperor of what is now much of Western Europe, when served Brie for the first time in about 774, looked disgustedly at the white mold outside and threw it away. But a bishop persuaded him to try the cheese with the rind and, delighted, the emperor immediately ordered two cartloads every year.

Brie and Camembert now have protected names, according to cheese expert John Proestakes of JohnEatsCheese.com. Only cheese made in the Meaux region can be called Brie. Only cheese made in Normandy can be called Camembert. If you eat cheeses from elsewhere they have to be designated as a style of Brie or Camembert.

With that regal history, it is perhaps not surprising that Brie should have an etiquette associated with it.

- A round of Brie should be cut in slices as you would a cake.
 - Always slice the Brie rounds from the outside in.
 - Never dig the cheese out of the rind in public. If you really hate the rind, take a whole slice of Brie on your plate, and put the rind into a napkin.
 - Never mangle the Brie by cutting from the middle of the round.
 - Never cut the corners or tip of the Brie. Very offensive.
- Traditionally you eat Brie with a bread, ripping a piece of baguette with your hand. But Brie can be enjoyed many ways, including baked. Here is a recipe for Honey Brulee Brie.

Ingredients:

- 1 8-ounce wheel of triple cream Brie
- 1 tablespoon of honey
- 1 tablespoon of sugar
- Crackers, bread, or crudite for serving

Instructions:

- Cut off the top rind of the Brie. Preheat broiler.
- Place Brie cut-side up on an oven-worthy plate. Spread honey evenly over the top and add an even layer of sugar.
- Place Brie under the broiler for 1 minute or until the sugar melts and caramelizes.
- Remove and cool so that the sugar layer hardens, about 1-2 minutes.
- Serve with crackers.



Trivia Teaser – One for the Ladies Angels

1. The highest waterfall in the world is Angel Falls, situated in which country?
a-Venezuela, b-Namibia, c-Laos, d-South Africa.

2. "Look Homeward, Angel" was the 1929 debut novel of which American writer?
a-Thomas Wolfe, b-Ernest Hemingway, c-William Faulkner, d-Edna Ferber.

3. In the Bible book of Genesis, which figure wrestled with an angel?
a-Abraham, b-Jacob, c-Daniel, d-Joseph.

4. In the 1996 movie "Michael," who starred as a disheveled, smoking, and swearing angel?
a-Greg Kinnear, b-Tobey Maguire, c-John Travolta, d-Adam Sandler.

5. Whose jersey number 29 was retired by the California Angels and the Minnesota Twins?
a-Rod Carew, b-Harmon Killebrew, c-Wade Boggs, d-Tony Gwynn.

6. Awarded the Pulitzer Prize for Fiction in 1975, "The Killer Angels" is a historical novel by Michael Shaara set during which war?
a-Vietnam War, b-American Revolution, c-Falklands War, d-American Civil War.

7. Who was the voice of boss Charlie Townshend on the TV series "Charlie's Angels"?
a-Sebastian Cabot, b-Larry Hagman, c-John Forsythe, d-Gene Barry.

8. From which Shakespeare play is the quote "Good night sweet prince: And flights of angels sing thee to thy rest!"?
a-"Hamlet," b-"King Lear," c-"Othello," d-"Romeo and Juliet."

9. The Angel Island Immigration Station operated outside what city from 1910 to 1940?
a-Boston, b-New York City, c-San Francisco, d-Seattle.

10. "Angel Flying Too Close to The Ground" was a number one country song in 1981 for which singer?
a-Charley Pride, b-Joe Stampley, c-Eddie Rabbitt, d-Willie Nelson.

Across

1. British tax
5. Lackluster
9. Secular
10. Snack often twisted apart
11. "___ do you good"
12. Lady's man
13. Physician, often
15. Genetic material
16. Caresses
22. Works in the garden
23. Stupor
24. Start to freeze?
25. Old Italian money
26. Guinea pigs, maybe
27. Pitching stats

Down

1. History Muse
2. Chows down
3. River deposit
4. Medical hardening
5. Basic swimming stroke
6. Fertilizer chemical
7. It starts on

Date reference

1	2	3	4		5	6	7	8
9					10			
11					12			
13				14				
			15					
16	17	18			19	20	21	
22					23			
24					25			
26					27			

Ash Wednesday

8. Disinclined
14. Lennon's love
16. Fellow
17. Top-rated
18. Bottom line, in the U.K.
19. Lion's den
20. Old Testament book
21. Neptune's real

S	A	R	E		S	T	P
A	R	I	L		I	N	A
E	Z	A	D		S	O	H
S	E	L	D		O	N	C
			A		R		
H	T	A	P		O	E	S
T	N	E	G		L	T	I
O	R	E	O		C	L	A
L	U	L	D		S	S	C

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

Ten-minute workouts bring better health

For those who are out of shape or out of time, 30-minute exercise sessions can be daunting.

If your muscles and your schedule are not up to it all, Stanford University has good news for you: Three or four ten-minute sessions will do beginning exercisers just about as much good.

In one test, overweight people were divided into two groups. One group exercised for 40 minutes a day, 5 days a week. The other exercised in 10-minute sessions four times a day, 5 days a week.

After 20 weeks, both groups boosted their aerobic capacity and experienced similar weight loss (15 to 20 pounds). But those assigned to short periods stuck to their schedule better than the other group. This suggests that beginning exercisers may find it easier to break up their workouts into small, manageable segments.

Studies at the University of Pittsburgh suggest that turning coffee breaks into exercise breaks is a good idea. Try 10 minutes of brisk walking before work, 10 minutes of stair-climbing or a quick run at noon, and 10 minutes of cycling in the evening, or any other schedule or activity that suits you.

- Answers to 'Angels'
- 1-a, Venezuela
 - 2-a, Thomas Wolfe
 - 3-b, Jacob
 - 4-c, John Travolta
 - 5-a, Rod Carew
 - 6-d, American Civil War
 - 7-c, John Forsythe
 - 8-a, Hamlet
 - 9-c, San Francisco
 - 10-d, Willie Nelson



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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.

Virus can linger on fabrics

Viruses do stay on fabric, but just how long seems to be unknown and has not been studied very much

One study found that wool, cotton, and other natural fabrics contain more bacteria compared to synthetics and silks.

But no study has yet proved how long viruses live on fabric. According to the Mayo Clinic, viruses tend to last a shorter time on fabrics than on hard surfaces.

Nevertheless, when you go outside for public activities, it's best to change clothes immediately upon return.

Launder your clothes immediately and dry in high heat or outdoors under sunlight.

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

Coming out of isolation will be like opening Christmas presents on Christmas Day. Just don't be disappointed if you don't get what you want.

~ Anthony T. Hincks

Bug off! Time to wage the annual war

Now is the time to wage war on ants, fleas, and the like. It's tempting to dial up the pest control people when you see a number of insects, but it may not be necessary. You can set up your own military operation.

Information gathering and a good strategy plus the proper mix of tactics will carry you to victory. Identifying a pest is your first task, according to the University of Kentucky College of Agriculture.

Some are easy to identify, but some are not. Pest control people can advise you on what you've got and what to do about it other than sign up for their services. But always start with prevention:

- * Seal openings around pipes and wires. See that the bottoms of exterior doors form a tight seal.
- * Keep food in sealed containers and counters free of food particles. Empty trash regularly, and don't let pet food sit out.
- * Select the correct outdoor lighting to minimize pests. Yellow bulbs or sodium vapor lights are less attractive to insects.
- * Sweep corners of garages and storage areas to reduce spider webs.
- * Keep basements, areas under sinks, and soil near foundations relatively dry.
- * Vacuum frequently to pick up food particles and keep carpets free of fleas.
- * Store firewood away from the house to keep termites and carpenter ants at bay.

Even the cleanest housekeeper can have a cockroach problem or be invaded by other kinds of bugs. In some cases, chemical action is the only answer.

Pests like termites, roaches, clothes moths, ants, and wasps are a serious matter and require immediate and effective action.

Some bugs that get into houses are relatively harmless, like centipedes, sowbugs (roly-polys), and crickets, though crickets have been known to chomp on clothing.

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