How to improve air quality in your home

More often in summer than winter, homes seem to acquire a stagnant odor. You may begin to think, “This place smells like dirt.” Fortunately, boosting air quality can be easy and inexpensive. Here is how to do it:

* Begin by cleaning away dust in often-missed places such as ceiling fans, baseboards, and moldings.
* Then clean the duct work of your heating and air-conditioning system. Though a professional will do a better job, just placing the vacuum cleaner hose into various ducts can draw out a great deal of dust.
* Use furnace vent filters. Lift your vents and put the filters in place. The air goes through the filter before it comes out. It traps the dust.

For a more serious problem, consider an in-line air-purification system. The unit will pay off in the form of clean air for years to come.

Three words: The test of liberty or tyranny

“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.”

Since 1776 when those words were written in the Declaration of Independence, the world has seen kings and tyrants who, fooling men with their sweet-sounding philosophies, tried to steal their rights and liberty, and many times succeeded.

Yet, in this famous sentence, Thomas Jefferson gives us three words that are the test for tyranny:

Self-evident. Jefferson said some ideas are obvious, so obvious that Americans don't need a lawyer to explain them or a politician to debate them. The first obvious truth he sets down is this: All people are created equal. All are endowed with the same rights.

Endowed. The Creator gives rights to men and women as a gift — an endowment — what the dictionary calls a ‘fund for permanent support.’ No man gives these rights to people, for these rights are already theirs. No king can decide which people get to exercise these rights because each person has been given the free gift of these permanent rights, not one more than another.

Unalienable. These obvious rights, given as a permanent gift from God, cannot be taken away by any person, and neither can a man surrender his right to life, liberty, and the pursuit of happiness.
It's that time of year when berries explode with color. The reds, the blues, and the blacks attract us, but there's far more to berries than meets the eye. They're loaded with compounds that keep your body and brain working right and staying young. So impressed were researchers at Ohio State University that they recommend everyone eat berries every day.

When it comes to total antioxidant power, four of the top 10 fruits and vegetables are blueberries (ranked number one), strawberries, raspberries, and blackberries. They are rich sources of quercetin, a potent antioxidant.

Another thing that makes berries so special is a compound called ellagic acid, which is believed to prevent cellular changes that can lead to cancer. All berries have some of it, but strawberries and blackberries have the most.

All berries are also rich in vitamin C, one of the best antioxidants. It is particularly important in preventing cataracts. A half-cup of strawberries has 42 milligrams of C.

And berries contain large amounts of insoluble fiber, which keeps bowels moving.

Want to feed your brain? Researchers at Tufts University found that compounds in blueberries have actually improved the memories of aging lab animals. Fortunately, blueberries are not only good for you but delicious.

Here is a Blueberry Trifle Recipe:

**Ingredients**

- 1 Angel Food cake
- 1 bag frozen blueberries, thawed and drained OR 1-2 pints fresh berries
- 1 box dry instant vanilla pudding (3.4 oz)
- 1 can sweetened condensed milk
- 1 8-oz. block cream cheese
- 12 oz. Cool Whip

**Directions**

- Break angel food cake into large chunks.
- Put 1/2 of cake on bottom of trifle bowl.
- Sprinkle 1/2 of blueberries on top of cake.
- Beat cream cheese until smooth, then add dry pudding mix and condensed milk.
- Beat until creamy.
- Stir in about 2/3 of the Cool Whip, reserving the rest for later.
- Gently spread 1/2 of mixture over cake and blueberries in bowl.
- Layer again as before, keeping a few blueberries aside for garnish.
- Top with remaining Cool Whip and garnish with leftover blueberries.
- Keep refrigerated until ready to serve.
The key to fraud -- printed right on your checks

In a checking account, a small charge of $10 to $20 might not generate too much concern or suspicion.

But, beware, small amounts coming out of your checking account can be fraud and all the criminal needs to know is printed right on your check.

Automated Clearing House (ACH) fraud is a common way to steal. The criminal only needs your account number and the bank routing number. It is like check fraud only much easier since the funds come right out of your bank account without the need for paper.

Be aware that any time you type in your checking account and routing number online you are offering a bad actor all he or she needs to steal from you, either in small amounts over time, or by gutting your account entirely.

Criminals get your checking account information through phony websites, phishing schemes, spoofed email from entities such as the IRS, and even work at home schemes.

Or, if you send them a check. That’s all it takes.

Such fraudulent ACH transactions can be labeled many things, including "Bank Card draft" or "Bank payment" and seem legitimate at a glance.

Consumers have 60 days to alert their banks and recover funds, but businesses may only have one day to do the same. The key is daily monitoring of the account, reviewing all the credits and debits to detect fraud immediately.

Trivia Teaser – The Big Time

1. "Big Spender" is the second song sung in what Broadway musical?
   a-"Thoroughly Modern Millie," b-"Sweet Charity," c-"Promises, Promises," d-"Gypsy."

2. What was the name of Leonard's wife on "The Big Bang Theory"?
   a-Marilyn, b-Penny, c-Shelley, d-Amy.

3. What actor starred as detective Philip Marlowe in the 1946 film version of Raymond Chandler's novel "The Big Sleep"?
   a-Humphrey Bogart, b-William Powell, c-Alan Ladd, d-Dick Powell.

4. What 1958 top ten hit song was written and sung by the Big Bopper?
   a-"Witch Doctor," b-"Chantilly Lace," c-"Sail Along Silvery Moon," d-"A Lover's Question."

5. In Richard Adams’ 1972 novel "Watership Down," what animal was Bigwig?
   a-Bear, b-Hawk, c-Rabbit, d-Badger.

6. The Battle of the Little Bighorn between the US Army and the combined forces of the Lakota, Northern Cheyenne, and Arapaho tribes was fought in which U.S. state?
   a-Montana, b-Kansas, c-North Dakota, d-Oregon.

7. Who has been the host of the CBS reality TV series "Big Brother" since its debut in 2000?
   a-Connie Chung, b-Lucy Liu, c-Lisa Ling, d-Julie Chen.

8. What fast food chain introduced the Big Classic sandwich in 1986?
   a-Arby's, b-Popeye's, c-Wendy's, d-Burger King.

9. What is the stage name of the rapper born Antonio Hardy?
   a-The Notorious B.I.G., b-Big Boy, c-Big Pun, d-Big Daddy Kane.

10. What is the medical term for the big toe?
    a-Plummet, b-Pedicure, c-Hallux, d-Crepon.
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.

Covid surcharges may appear

A Missouri sushi restaurant started adding a Covid-19 surcharge to its bills, causing a storm on social media.

But this may be a sign of the future.

Small businesses trying to keep their doors open have new demands:
- Increases in supply chain costs. Getting stuff costs more and takes longer.
- Extreme cleaning requirements to eliminate the virus.
- Traffic restrictions. Some restaurants, for example, can only host half of the diners they can accommodate. But rents, utilities, maintenance, and other fixed costs remain the same. The difference has to be made up in higher prices -- or maybe one-time surcharges.

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

Out of quarantine: What we need first

If you have just been in isolation for months (or someone you care for has), some basic human needs will have to be renewed upon social opening.

- Touch. The deprivation is real. It often doesn't require a full-on massage, but all people need the connection of touch. Light, caring touches on the back and shoulders mean a lot. Hugging and holding communicate love, trust, and well-being. Often the people who touched us the most are gone.
- Shared laughter. Think of the funniest stories you remember about childhood, vacations, silly moments, even frustrations and disappointments -- what can you laugh about now that didn't seem so funny then. Laughing together is part of being known to each other and being known is one of the best parts of being human.
- Eating together. We certainly don't have to go to a restaurant to enjoy a shared meal! A light dinner with family and friends is a simple pleasure that boosts spirits and forges connections.
- Foot care. Two or three months alone in the house can take a toll on feet. Get to a podiatrist or a pedicure place for toenail cutting and moisturizing. A lot of time spent in bed can result in pressure sores on the heels. Check for sores, especially if you or your patient are diabetic.
- Hair care. Nearly everyone joked about needing a haircut during quarantine and lockdown, but with things opening up, it's time to get out and fix up for both pleasure and health.
- Enjoying nature. Getting out. Just getting out of the house, especially if it means being able to sit in a park, see flowers and plants, breathe in the trees around you. These things renew the spirit and connect people with the earth.

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