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# Better Home Living™

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

## 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.



*I hope you enjoy this month's newsletter!*

*Christopher Dunlap  
Mops & Buckets, LLC*

## Welcome to Dog Days of Summer

These are the hottest days of the year, variously calculated to run from 30 to 54 days even though our current Fido's and Busters had nothing to do with the original designation.

In ancient times when Sirius, The Dog Star, rose just before or at about the same time as the sun, people believed that the star was the cause of the hot, sultry weather and named the short season after the star. Hot weather combined with common summer diseases to make it a very unhealthy and uncomfortable time.

All of that, of course, was before air conditioning and modern medicine that has pretty well eliminated the worst suffering of both man and dog. But hot weather can still get you down, Dog Days or not.

Heat exhaustion is one way heat does it. If you get pale, sweat profusely, have a weak, rapid pulse, queasy stomach and headache or dizziness, get yourself to a cool place and lie down. Sponge your skin and stay near a fan. Drink something cool (not iced). If symptoms last or your temperature stays at 100 degrees, see your doctor.

Heatstroke is much more serious and requires medical attention. Symptoms include dizziness, rapid heartbeat, diarrhea or nausea, and hot, dry skin with no perspiration. Cool anyone with these symptoms as for heat exhaustion but also place ice packs under armpits, behind the neck, and on the groin while waiting for an ambulance.

Be kind to your animals too. Never tie up an animal outside in the sun without shade or water. If you see an animal treated this way, call your city's animal management.

## 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.

*Free Cleaning Tips at [www.mopsnbuckets.com](http://www.mopsnbuckets.com)*



## 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!*

## Zoo television: Keepers and their charges become stars

Zoo television is making stars out of animals -- and the people who care for them.

These days with zoo TV revealing many behind-the-scenes stories of animal caretaking, you might recognize some of the animals -- and even the people. Jose "Boogie Down Bronx" Vasquez, appears on Animal Planet's "The Zoo". The Bronx Zoo is the largest urban zoo in the U.S.; 265 acres and 4,300 animals. In 2019, the show featured the transfer of enormous Gaur from San Francisco to the Bronx. The Gaur famously aimed their suspicious, steely stares at the cameras secreted about their enclosure. They can't be fooled.

The Columbus Zoo and Aquarium, along with the nearby privately-owned The Wilds, were part of Nat Geo Wild's Secrets of the Zoo in 2019. Viewers were able to see the rehabilitation and release of a wild Manatee. Action from The Wilds includes newborn animals and up-close looks at Tapirs. The Columbus Zoo is 580 acres housing 10,000 animals.

The 102-year-old San Diego Zoo was featured on Animal Planet's The Zoo in a 10-part series in 2019. One episode featured keeper Rob Webb working with condors, a specialty of the zoo. In 1987, 27 California condors were left in the world. Since then, zoo breeding programs have increased the number in the wild to 250.

For 2020, Nat Geo is featuring the sprawling 2,600-acre Asheboro, North Carolina Zoo where more than 1,800 animals live in lush natural environments.



"I'll say it was good. There were times I even stopped looking at my phone."

## For your 4th of July feast: A blueberry trifle

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.



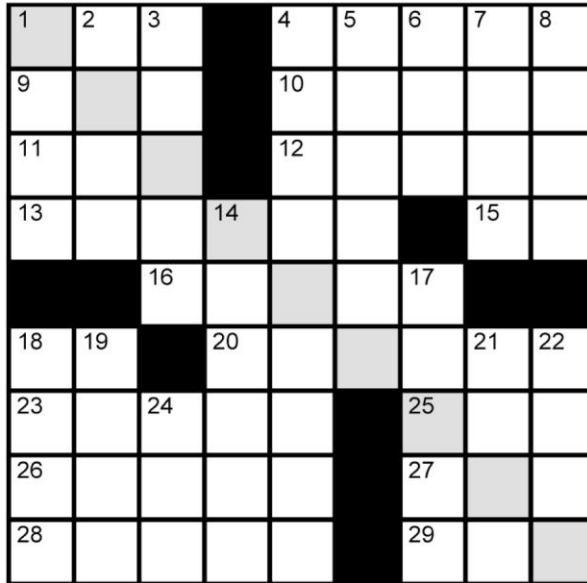
## Bridesmaid's friends

### Across

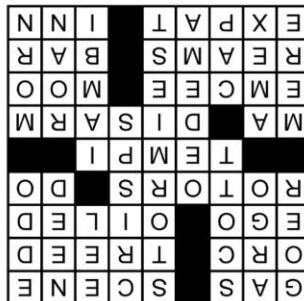
1. Tank filler
4. Public row
9. Tolkien beast
10. Cornered
11. Psychoanalysis subject
12. Lubricated
13. Turbine parts
15. Coiffure
16. Adagio and allegro
18. Cellist Yo-Yo --
20. Render harmless
23. Roast host
25. \_\_\_ goo gai pan
26. Lots and lots
27. Keep out
28. Political exile, for short
29. B & B

### Down

1. Attendee
2. Cornstarch brand
3. "Ivanhoe" author
4. Most tempestuous
5. Potato chips, in London
6. Sushi fish
7. Call for



8. Poi source
14. Dropsy, today
17. Poets' feet
18. \_\_\_ mortals
19. Kind of charge card
21. Reddish-brown
22. "September \_\_\_" (Neil Diamond hit)
24. Spending limit



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

## 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-Peplum, b-Pedicle, c-Hallux, d-Crepon.

- 1-b, "Sweet Charity"  
2-b, Penny  
3-a, Humphrey Bogart  
4-b, "Chantilly Lace"  
5-c, Rabbit  
6-a, Montana  
7-d, Julie Chen  
8-c, Wendy's  
9-d, Big Daddy Kane  
10-c, Hallux

Answers to "The Big Time"



(786) 350-1736  
mopsnbuckets@hotmail.com  
www.mopsnbuckets.com

## 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.

## Love our Service? Review us Now!

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

*The man who complains about the way the ball bounces is likely the one who dropped it.*

~Lou Holtz

## 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.

## FREE Auto Cleaning with Whole House Carpet Cleaning

**(\$250 minimum purchase)  
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cleaning (up to \$100 value)**

Schedule your appointment by 8/15/20

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