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# Better Home Living™

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

## Getting rid of household germs can help you avoid more than Covid

The word is out about hand washing. If you do it right and often, you can get rid of bacteria that could make you sick, and not just Covid. But attacking germs where you pick them up makes it less likely you'll get them on your hands in the first place.

**In the kitchen:** Sink handles, sinks, and counters are the biggest offenders. Clean sinks, sink drains, and counters with antibacterial soap at least once a day. Wash your sponge in the dishwasher to kill germs.

**Fresh vegetables and fruits:** They may carry salmonella, campylobacter, or E. coli, say microbiologists at New York University. Rinse them thoroughly.

**In the laundry:** Add bleach to a load of white clothes that includes underwear. It kills virtually all of the germs on underwear so they don't spread. Move the load immediately to the dryer and dry at a high temperature.

**In the bathroom:** Use a disinfecting cleaner on the bathtub weekly. If someone with a skin infection uses the tub, wash it with bleach right away so you don't pick up the germs.

**Shared devices:** Use antibacterial cleaner frequently on telephones, TV remotes, door handles, and shared keyboards, especially if someone in the household has an illness.

## Sirius, the Dog Star

The Dog Star has a reputation for being associated with the hottest days of summer and, to the ancients, that meant either happiness or fear.

In ancient Egypt, the appearance of Sirius above the eastern horizon just before dawn occurred around the time of the summer solstice. It was an occasion of great joy because its return meant the Nile was about to flood, bringing water and rich soil to the desert along its banks. It marked the beginning of their new calendar year.

Sirius had a more fearful reputation in Europe. Hot, dry weather was blamed on the Dog Star. Its appearance was thought to signal fevers and madness in people and dogs. The period was, and still is, called Dog Days in the west.

Today, Sirius is just a star, not a sign of wonder. About twice the size of our sun, it is 23 times as bright. It is the fifth-closest star to the Earth.

As fall turns to winter, notice how its position changes. As it rises earlier each night, the Dog Star leads us into the holiday season. It rises about 9:30 p.m., EST on Thanksgiving. By Christmas Eve, it appears in the east about 7:30 p.m.

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



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

*Christopher Dunlap  
Mops & Buckets, LLC*

## Time to plant a tree!

It's August. That means fall tree-planting time will soon be here. If you plan ahead you can choose some trees that will not only offer cool shade and a home for squirrels and birds, but also bright colors.

Trees make a world of difference. They make our cities and neighborhoods more livable. They create quiet places to enjoy, give wildlife a home, and increase our property values.

It was in 1872 that J. Sterline Morton proposed the first Arbor Day to point out the value of planting and saving trees for the benefit of all.

In 1872, planting trees was a good idea. In 2020, it's an even better one. For one thing, we know about the energy-saving qualities of trees. The shade of a mature tree keeps homes cooler in summer and provides a windbreak in winter.

Trees do even more. They help to keep the air we breathe cleaner. That's a matter we're all concerned with today.

Planting a tree can be a milestone event. In years to come, each time you look at the tree, you will remember how things were in 1997. Your children will be able to say things to their children like, "See this big tree? Your grandfather and I planted it when I was only six years old."

Now is the time to select the location for this new addition to your landscape, to think about what type of tree would be best, and to set a date for the big event.



## 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!*

## Why is 10,000 steps the goal? You'll be surprised

Fitness trackers all urge wearers to strive for 10,000 steps per day.

Have you ever wondered why that specific number?

One doctor did, too and he found out.

Dr. Edward Phillips, assistant professor of physical medicine and rehabilitation at Harvard Medical School, says that number didn't come from a scientific study. Instead it was a marketing tool.

It seems that in 1965 a Japanese company sold a pedometer with the name "10,000 steps meter" (or Manpo-kei). The company chose that number because the Japanese character for 10,000 looks like a person walking.

In fact, according to a study published in Journal of the American Medical Association, just 8,000 steps lowers your risk of dying during the next 10 years, especially from heart disease.

Most people get from 3,000 to 4,000 steps per day just going about their normal day. But if they add another 4,000 steps, they dramatically increase their lifespan. The more you walk, the better the results.

The study found that walking speed didn't make a difference in mortality. It is how far you walk, not how fast.



"It was a free gift with my AARP membership."

## Beach shells steeped in lore

You see them everywhere in coastal areas, those showy fan-shaped shells, with a many-colored fluted exterior.

They're so eye-catching in a glass bowl, their shape so common in jewelry.

It's no surprise that since ancient times people prized scallops as food and have kept their shells for decoration, keepsakes, and even as a tool.

Paintings of Venus, the Roman goddess of fertility and love, frequently depict her emerging from a scallop. Romans may have carried the scallop shell as a symbol of hope of fertility. The Greek goddess of love, Aphrodite, is similarly pictured with a scallop shell.

Celtic thought viewed the scallop shell as the setting sun and it can still be seen carved into stone Celtic crosses.

The shell was also sometimes used by the Egyptians as a symbol of the body crossing the river Styx.



### Easy Garlic-Lemon Scallops

#### Ingredients:

3/4 cup butter  
3 tablespoons minced garlic  
2 pounds large sea scallops  
1 teaspoon salt  
1/8 teaspoon pepper  
2 tablespoons fresh lemon juice

#### Directions:

Melt butter in a large skillet over medium-high heat. Stir in garlic and cook for a few seconds until fragrant. Add scallops and cook for several minutes on one side, then turn over and continue cooking until firm and opaque.

Remove scallops to a platter, then whisk salt, pepper, and lemon juice into butter. Pour sauce over scallops to serve.

Recipe by Button on allrecipes.com

#### Optional:

Add white wine during cooking and/or garnish with parsley, thyme, chives, or other herbs.

## Trivia Teaser – Carved in Stone

1. What town marshal led the lawmen during the Gunfight at the O.K. Corral in Tombstone, Arizona? a-Bat Masterson, b-Buffalo Bill Cody, c-Wild Bill Hickok, d-Wyatt Earp.

2. Which animation company produced The Flintstones? a-Hanna-Barbera, b-Warner Bros., c-Terrytoons, d-Rankin/Bass.

3. What guitarist-singer had a 1975 pop and country hit "Rhinstone Cowboy"? a-Glen Campbell, b-Mel Tillis, c-Merle Haggard, d-Kenny Rogers.

4. Which of the following features is not found at Yellowstone National Park? a-Mammoth Hot Springs, b-Nine Mile Pond, c-Roosevelt Arch, d-Grand Prismatic Spring.

5. Which newspaperman famously said, "Dr. Livingstone, I presume"? a-Mark Twain, b-Horace Greeley, c-Henry Stanley, d-William Randolph Hearst.

6. Played by David Coulier, Joey Gladstone was a stand-up comic on which sitcom? a-"Family Matters," b-"Perfect Strangers," c-"Who's the Boss?," d-"Full House."

7. The Keystone Pipeline runs to oil refineries in Illinois and Texas from the Western Canadian Sedimentary Basin in which Canadian province? a-British Columbia, b-Manitoba, c-Alberta, d-Saskatchewan.

8. The Kensington Runestone, a purported record left behind by early Scandinavian explorers, was discovered in 1898 in which state? a-North Dakota, b-Vermont, c-Florida, d-Minnesota.

9. Touchstone is the court jester of Duke Frederick in which Shakespeare play? a-"As You Like It," b-"King Lear," c-"Macbeth," d-"The Tempest."

10. Associated with the Yucatan Peninsula of Mexico, what type of sinkhole is created from the collapse of limestone bedrock exposing groundwater underneath? a-Massif, b-Hummock, c-Drumlin, d-Cenote.

1-d, Wyatt Earp  
2-a, Hanna-Barbera  
3-a, Glen Campbell  
4-b, Nine Mile Pond  
5-c, Henry Stanley  
6-d, "Full House"  
7-c, Alberta  
8-d, Minnesota  
9-a, "As You Like It"  
10-d, Cenote

Answers to 'Carved in Stone'

## Goes with a brew

### Across

1. Old-style "dudes"
5. Pep
8. Three-ply snack
9. Computer menu option
11. Not hearing
12. Nerve network
13. Mechanize
15. Wee hour
16. Rolled up in a spiral
21. In \_\_\_ of
22. Cafeteria carrier
24. Oil cartel
25. Nozzle site
26. Volcano output
27. "Let it stand"

### Down

1. Physique, slangily
2. Fertilizer chemical
3. Sweetheart
4. Borrower's easy target
5. Used in martinis and manhattans
6. Think tank nugget

7. Catcher's need
10. Golf ball prop
14. Hooter
16. 1969 Peace Prize grp.
17. Asian palm
18. Flying formations
19. Easy gait
20. Facilitate
23. "Is it soup \_\_\_?"

T	E	T	S	H	S	A	
E	S	O	H	C	P	O	
Y	A	R	T	U	L	I	
	E	T	U	L	O	V	I
			O	W	T		
E	T	A	M	O	T	A	
E	T	E	R	E	F	D	E
T	I	D	E	O	R	E	O
M	I	V	S	B	U	B	

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

## The facts about distracted driving

According to 2017 statistics from the CDC:

- \* 6% of all motor vehicle crashes in the United States involved a distracted driver.
- \* 3,166 people died in crashes involving a distracted driver.
- \* 599 non-occupants (e.g., pedestrians and cyclists) died in a crash that involved a distracted driver.
- \* At any given time in 2017, an estimated 2.0% of all drivers on the road were visibly using a hand-held device - a 0.1% reduction from 2016.
- \* Distractions are present 52% of the time in normal driving.

Common distractions:

- interacting with an adult or teen passenger (15%)
- using a cell phone (6%)
- using systems such as climate control and radio (4%)

On average, a non-fatal injury crash at work that involves distraction costs an employer \$72,442.



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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.

## Why August?

The eighth month of the Gregorian calendar was originally the sixth month of the Roman calendar, Sextilis. In 8 BC, it was renamed in honor of Augustus, then emperor of Rome.

Augustus was the adopted son and heir of Julius Caesar. After Caesar's death, he became one of three (with Mark Antony and Lepidus) to govern a new Roman state. He improved every aspect of Roman life. An administrative genius, he centralized power of the empire in Rome and established the Pax Romana.

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*For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others.*

~Nelson Mandela

## Craving hugs? There is a genetic reason

People doing social distancing might suddenly feel a sort of skin hunger, a craving for human touch, the sort of thing that comes from a simple hug.

According to research published in Communication Monograph, the craving for touch involves both heredity and a psychological need for physical human interaction.

Part of the need for touch may come from infancy. An infant needs touch to survive and this need for touch never goes away, according to researcher Kory Floyd of the University of Arizona.

Skin hunger might reveal as a need for a hug, a need for a back scratch or rub, or a kiss on the cheek.

Technology has done many things, but offering touch is one thing it can't do -- or at least hasn't done yet.

Skin hunger is a signal that we need people and touch in our lives, Floyd said.

Floyd states the need for affection is different between men and women. About 45 percent of a woman's need for affection is driven by hereditary factors and 55 percent from environment, such as personal experiences. Men seem to be solely dependent on their environment.

So what can you do in quarantine?

- Use your memory. Think of a time in your life when you felt happy and connected to others. Try to imagine the scene, the colors, and the smells. Think of the people there and how you interacted. Use photos to help.

- Try an old movie for enjoyment and memories: Mary Poppins (1964), The Rocketeer (1991), Brown Sugar (2002), Coming to America (1988), Doc Hollywood (1991), Mrs. Doubtfire (1993), Sister Act (1992), The Sound of Music (1965), Shrek (2001), The Princess Bride (1987), Singing in the Rain (1952).

- Try arranging a socially-distanced outdoor party with friends, with everyone talking from their own car, for example.

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