



September 2020

Volume 11, Issue 9

Better Home Living™

The Newsletter That's Both Informative and Fun!

Time for furnace inspections

A little frost on the pumpkin will call for some heat in the house. So before the chill hits, inspect your furnace, especially if it burns fossil fuel.

All appliances that burn propane, natural gas, wood, or heating oil, are potential sources of carbon monoxide (CO) leaks. CO, a colorless, odorless gas, is produced by incomplete combustion of fuel.

A qualified technician can check your heating system for these problems: A cracked heat exchanger, inadequate fresh air, blocked chimneys or flues, or blocked appliance vents.

Carbon monoxide poisoning is a form of slow suffocation. The gas attaches itself to hemoglobin, the oxygen-carrying protein in blood. The blood carries less oxygen and the body suffocates. CO poisoning symptoms begin with sluggishness and headache. Later there is dizziness and loss of consciousness.

Although CO poisoning has been getting a lot of publicity lately, the fact is that CO poisoning leading to death is unusual. In fact, in the U.S. (with a population of more than 250 million), there are only 800 to 1,000 people who die from it each year, according to the Mayo Clinic Health Letter.

Nonetheless, if you use any appliance that burns fossil fuel, a CO detector is a good idea. Be sure to buy an Underwriter Laboratories approved detector that has some of the following features:

- * An audible alarm.
- * Power-on light.
- * A manual reset button to silence alarm briefly.
- * Test button to verify that it works.

Check your trees before severe fall and winter weather

In July of this year, 19 people ended up in a hospital after a large tree fell onto a detached garage.

The group, celebrating a birthday party, had sought refuge in the garage when a storm blew up, according to Claims Journal.

The tree splintered the garage, trapping six inside. Firefighters were able to extract the trapped people within 45 minutes.

Nothing is more charming than a big tree shading a sunny yard. The problem is even healthy trees fail and, just like power wires, they can come down in a storm.

Trees near a house, garage, or driveway, need to be inspected frequently. According to Davey Solutions, watch for trees that are leaning, buckling, or heaving up in the soil at the base.

Check the canopy of trees for unbalanced or sparse leafing and dead branches.

Check for decaying trunks and large branches.

Make sure you never sever large roots of a tree and that any nearby construction has not damaged the root area.

Although some damage can be repaired by an arborist, don't let weak, dying trees remain on your property.

September

I hope you enjoy this month's newsletter!

*Christopher Dunlap
Mops & Buckets, LLC*

Fall foliage trips

Now is the time to plan your driving tour of colorful fall foliage. It's a getaway that should be a great family excursion, even with COVID restrictions in place.

Here are a few favorites:

1. Arkansas's Route Seven in the Ozarks. The white and red oaks turn multicolored, and the black gum gets very red.
2. Ste.-Agathe-des-Monts in Quebec's Laurentians. Red and sugar maples contrast with firs and spruces for dramatic effect.
3. The Maroon Bells near Aspen, the place to see Colorado's prime foliage tree, the aspen.
4. Belmont County, Ohio, Rubberneck Tour, features the colorful hilly landscapes and historic places. The self-driving tour usually takes place the second week in October. See visitbelmontcounty.com.
5. Wisconsin's Marinette County's Waterfall Tour includes a look at 14 falls and cataracts throughout this 125-mile loop tour. See travelwisconsin.com.
6. Adirondack Champlain Valley - Includes the entire shoreline of Lake Champlain as well as the eastern portion of Lake George. Main roads include NY 22 and NY 9N.



Free Cleaning Tips at www.mopsnbuckets.com

Want to Receive a FREE cleaning?

... 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 6th 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!

Tell a Friend!

A special thanks to all our customers who referred us!

Thinking about trading the city for the country?

One of the first things everyone remarks upon when they move from city lights to the country sights is the cost of housing.

An 800-square-foot apartment in Washington D.C. costs \$1,800. Same apartment in a small town: \$400. But most go for the two- or three-bedroom. That's going to cost \$650.

What's less obvious is the impact of the ambiance. There will be less noise. But will that be comforting? Victoria Gazeley, writing in *Modern Homesteading*, says she could hardly sleep at first with no one around. Every noise made her jump. Every storm made a tree limb come down.

There will be less bustle. People in small towns still hurry to get to work on time. But there won't be a traffic jam. You'll drive everywhere. Your car and insurance are going to eat up some of the savings in housing.

Remember, the chances are also good you won't be able to order a curry. Forget a deli but you will find a Subway. You will find gyms and coffee shops. The smaller the town, the less likely you'll find a bookstore, many of which have been shut down by online retailers. But there will be a well-funded library.

The farther away from the city, the more conservative opinions urbanites will find. A 2017 Washington Post survey found that rural people are much more skeptical of government. Rural people also believe their values are very different from city dwellers.

On the whole, there will be less crime, but crime, nonetheless. There will be cleaner air all the time but watch out if you want to buy near a dairy farm.



"I don't think the Wilsons wash their hands much. They still have winter-themed hand soap in their bathroom."

The Classic French Chateaubriand

This tenderloin of beef with sauce has been the delight of food lovers for more than century.

Named for (or some sources say invented by) the French romantic period novelist Francois-Rene, vicomte de Chateaubriand, the beef dish is roasted and served on a silver or oak tray, with wine sauce.

Ingredients

- 1-pound beef tenderloin (center cut)
- Salt (to taste)
- Freshly ground black pepper (to taste)
- 3 tablespoons unsalted butter (softened and divided)
- 2 tablespoons olive oil
- 1 medium shallot (finely chopped)
- 1/2 cup dry red wine (medium-bodied)
- 1/2 cup demi-glace
- 1 tablespoon fresh tarragon (chopped, or 2 teaspoons dried)

Steps to Make It

- Gather the ingredients.
- Preheat oven to 375 F.
- Evenly season the beef with salt and pepper.
- Melt 2 tablespoons of the butter with the olive oil in a large skillet (preferably cast-iron) set over medium-high heat until cloudy and bubbly.
- Place the seasoned meat in the pan and brown for 3 minutes without moving the meat. Using tongs, carefully turn the tenderloin on its side and brown for 3 minutes more. Repeat the same browning process on all exposed surfaces of the meat.
- Transfer the tenderloin to a rack placed in a roasting pan and transfer to the oven. (Set aside the skillet with any accumulated juices for making the sauce.) Roast the beef to your desired doneness about 15 minutes for medium rare, 20 minutes for medium, and 23 minutes for medium-well.
- Remove the meat from the oven and transfer to a warm serving platter. Lightly tent the meat with foil and let it rest for 15 minutes.
- While the tenderloin is resting, make the wine sauce. Combine the shallot with the juices in the skillet and sauté over medium heat until the shallot is soft and translucent.
- Pour the wine into the skillet and bring the sauce to a boil, scraping up any browned bits on the bottom of the pan.
- Continue boiling the sauce until it reduces by half.
- Add the demi-glace to the sauce and continue boiling the mixture until slightly thickened.
- Remove the sauce from the heat and stir in the remaining 1 tablespoon softened butter and tarragon. Taste and season with salt and black pepper as needed.
- Slice the meat on the diagonal and serve with the wine sauce. Enjoy.



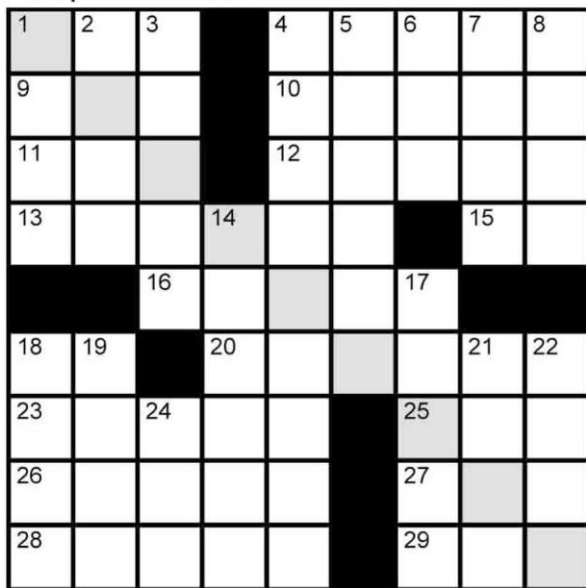
September Gold

Across

1. African antelope
4. Behind
9. Period in the earth's history
10. Forest clearing
11. Sushi order
12. Batman's sidekick
13. Small burger
15. Gift-tag word
16. Link
18. In attendance
20. Most rational
23. Bigwig
25. "Winnie-the-Pooh" baby
26. Fish with a net
27. Tennessee athlete, for short
28. Silly
29. Football lineman

Down

1. Turns right
2. Christmas carol
3. Dark
4. Pleasant
5. Old Italian coin
6. Keyboard key



7. Cut and paste
8. Attorney General Janet
14. Renounce
17. Audacity
18. Opposed to
19. Mountain pool
21. Sometime today, say
22. Related
24. Bleat



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

Trivia Teaser – Record Labels

1. During the 1970s, Michael Jackson released his first four solo albums on which record label? a-Motown, b-Stax, c-Bell, d-Columbia.

2. Each of the Beatles released a top 40 single as a solo act on which label? a-Apple, b-Decca, c-Virgin, d-Checker.

3. Which bright yellow record label was the early recording home for Johnny Cash, Roy Orbison, and Carl Perkins? a-Parrot, b-Sun, c-Specialty, d-American.

4. Which band leader was a co-founder of the A&M record label? a-Chuck Mangione, b-Glenn Miller, c-Louis Armstrong, d-Herb Alpert.

5. "Heroes and Villains" in 1967 was the first single released by which group on their own Brother label? a-Beach Boys, b-The Lovin' Spoonful, c-The Statler Brothers, d-The Association.

6. Hit records by the Kinks were released in the U.S. on which label founded by Frank Sinatra? a-Reprise, b-Rhino, c-Sire, d-Blue Note.

7. The headquarters for which record company was a major landmark near the corner of Hollywood and Vine in Los Angeles? a-Chrysalis, b-Polydor, c-Capitol, d-Island.

8. What successful disco music record label was founded by Neil Bogart in 1973? a-Chess, b-Casablanca, c-Virgin, d-Interscope.

9. Paisley Park Records was an American record label founded by which rock musician in 1985? a-Phil Collins, b-Bryan Adams, c-Prince, d-Sting.

10. Which record label founded in 1947 by Herb Abramson and Ahmet Ertegun shares its name with an ocean? a-Arctic, b-Indian, c-Pacific, d-Atlantic.

- | | |
|-----------------|------------------|
| 10-d, Atlantic | 5-a, Beach Boys |
| 9-c, Prince | 4-d, Herb Alpert |
| 8-b, Casablanca | 3-b, Sun |
| 7-c, Capitol | 2-a, Apple |
| 6-a, Reprise | 1-a, Motown |

Answers to 'Record Labels'

iOS 14 privacy method worries advertisers

Apple's latest privacy move has been characterized as an assault on advertising agencies since users will be directly asked if ads can track them across websites and other apps.

Users will be asked if they mind being tracked by websites and apps (like Facebook) and told (in small print) that, if they agree, the data will be used to deliver personalized ads. So, if you agree, when you search for a bathrobe, you will continue to see ads for bathrobes on Facebook or other websites.

According to Tech Crunch, this will inevitably reduce the amount of data that is collected, which would preserve user privacy. Websites would be able to track activities but not attach those activities to a single person. The update will not block Google Analytics, according to Search Engine Journal.

Right now, ads can track the sites you visit and build a profile on you, even if you don't click on an ad. With the profile, they know what you buy every day and share that information with other sites without your permission.

Now, starting with the iOS update in September 2020, if you use an iPhone, you will have to give permission for tracking.

Android users have been able to see app permissions for years on the Google Play app store, according to Tech Crunch.



(786) 350-1736
chris@mopsnbuckets.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.

At least 165 COVID-19 vaccines studied

Usually testing a vaccine takes many years of trials and approvals plus thousands of subjects for testing.

But this process has been streamlined for the current pandemic and all across the world researchers are testing their ideas for a vaccine.

At least 165 studies are underway, all with varied approaches: DNA, RNA, weakened virus, inactivated virus, proteins, and viral elements. About 27 vaccines are in human trials now, according to The New York Times.

Love our Service? Review us Now!

Public reviews really help us grow our business and your help is very appreciated

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

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

When one door closes, another opens. But we often look so long and so regretfully upon the closed door that we fail to see the one that has opened for us.

~Alexander Graham Bell

What's the right age for a first cholesterol test?

By age 20 and beyond, all adults should know what their cholesterol levels are. That's the age recommended by the National Cholesterol Education Program.

Cholesterol is a fat-like substance found in all body cells. The body uses it for cell and tissue formation, but too much cholesterol is linked with increased risk of heart attack and stroke.

Cardiologists say everyone should know their cholesterol readings by at least age 20.

If the reading is high, life-style changes may be required to stop progression. There is overwhelming evidence that coronary heart disease can be prevented with aggressive reduction of cholesterol levels, cessation of smoking, and controlling weight and diabetes.

Early testing gives physicians the chance to follow patients and monitor cholesterol levels.

Cholesterol-cutting tips

Cutting fat is essential.

* Eat frozen yogurt or low-fat ice cream or sherbet instead of ice cream.

* Broil, poach, grill, or bake meat and fish.

* Snack on apples and pears.

* Trim the fat from meat before cooking.

* Include in your diet salmon, mackerel, and herring to increase Omega 3 fatty acids.

* Whey protein, found in dairy products, can be added as a supplement to lower LDL cholesterol and total cholesterol.

25% Off Window Cleaning

See Fall Colors through Clean Windows!

Schedule by Oct. 31st

Mops & Buckets, LLC
786-350-1736
www.mopsnbuckets.com

Follow us on!



Schedule Your Next Appointment!

Click [Here](#) Now!