



October 2020

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# Better Home Living™

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

## Take these five steps to improve home security

Strangers should always be considered a possible threat. But what about the people you voluntarily let into your home?

Here are five steps to take to minimize burglary and theft from unexpected people: the dog walker, nanny, house cleaner and handyman.

1. Know names, addresses, and phone numbers. Seem obvious? These questions are often overlooked. You might meet the person or chat on the phone, but did you get their full contact information? Did you verify the info?

2. Don't let just anyone in your house for tasks. One great example is a temporary house cleaner. Even if you get a recommendation from your neighbor, do some checking. Look at their Facebook page. Are they planning to move? Are they in financial distress? Look at the county court cases. There are searchable dockets for every county.

3. Don't advertise for crime. Every Facebook or social media post in which you enthuse about your next vacation is an advertisement for a burglar. That is true even if your Facebook or Instagram account is private with only close friends. Don't post pictures from the locale while you are there.

4. Install indoor cameras. So many choices these days at many price points. You can get into a starter camera for less than \$100. Even a visible camera can be a deterrent.

5. Secure your valuables. Even if you trust your house cleaner or dog walker, make sure your valuables are not easily accessible. A bedroom drawer is the worst place to store them, according to the FBI. A safe won't help you if a criminal can merely carry it out of the house, taking away all valuables in one step. It must be well hidden, secured and too heavy to carry.

## Raking leaves: Not a chore, it's exercise!

Variety is not only the spice of life, it's close to inspirational when it comes to regular exercise. So here it is, the exercise you can get during only a week or two of the year: Raking leaves.

Raking on a beautiful fall day gives you a chance to work out in nature's health club. No fancy gear needed. No trip to the court or the health club, just put on an old shirt and jeans.

According to Fitness, The Dynamic Gardening Way (Bonds of Nature Publishing) and author Jeffrey Rustuccio, just 30 minutes of rigorous raking burns up about 200 calories.

Here's how to do it:

\* Before starting, loosen up your arms, legs and back with some stretching exercises so you won't get sore muscles.

\* Keep knees slightly bent and use your arms and legs, not your back, for movement.

\* Rake with a sweeping motion, breathing in as you extend the rake and out as you sweep it back toward yourself.

\* Work in repetitious movements. Numbers don't matter, but pattern does. When you get tired, quit, and save the rest for tomorrow.

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



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

*Christopher Dunlap  
Mops & Buckets, LLC*

## Trick-or-treaters still roam, but not widely

Halloween night and the hopeful children of the 1960s and 1970s put out jack-o'-lanterns and turn on the porchlights, a bowl full of treats on the table.

But the expected ghouls and goblins never materialize.

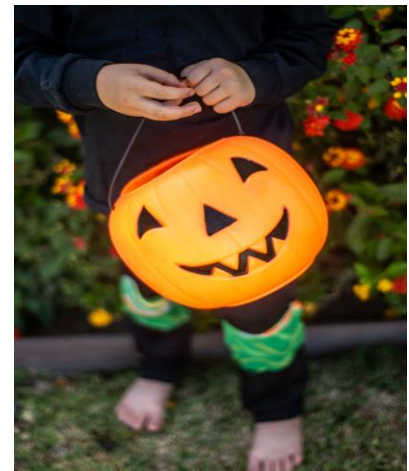
Where have they gone? Is Halloween over?

No, but the door-to-door tradition, mainly reserved for the suburbs anyway, has been replaced by more organized treating, and never tricking.

Trunk-or-treating is popular now, held at churches and community centers where parents circle up and open their trunks. Kids parade from car to car.

Halloween historian Lesley Bannatyne told The Atlantic that kids in cities have always treated in apartment buildings. In rural areas, where houses are more spread out, families may drive to houses. Or in some cases, farmers take kids on hayrides to houses where they treat -- and trick, by 'borrowing' jack-o'-lanterns or decorations.

As neighbors become less friendly with each other than in years past, trick-or-treaters simply bypass some suburban neighborhoods. Others, with widespread neighbor participation, are visited by kids from all over.



## 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!*

## Start now for a spectacular spring show

Springtime in your yard can be a spectacularly colorful event, but your work right now makes it happen.

Cleverly bunched tulips and crocuses will be so welcome in early spring.

Whether you buy bulbs locally or from a catalog, examine them closely. They should be firm and free from deep blemishes, cuts, or soft spots. They should feel heavy. It is more economical in the long run to buy fewer high-quality bulbs than bargains.

Plant them as soon as they reach your home. If this isn't possible, store the bulbs in the refrigerator. They shouldn't be allowed to dry out, but they need to breathe, so open the bag or put them in a paper bag.

Bulbs prefer well-drained soil in sun or light shade. Those planted in shady areas may grow taller and last longer. Before planting, work the soil to a depth of 1 1/2 feet. Add compost and peat or sand if the soil is very hard and compacted.

Bulbs look best clustered. Keep smaller bulbs separated by 2 or 3 inches, and larger ones by 4 to 6 inches. Plant them twice as deep as their diameter in average or heavy soil, deeper in sandy soil.

Fertilize with a bulb-booster product after planting. An all-purpose 10-10-10 fertilizer can also be used.

Water the planting area thoroughly after putting out bulbs. Winter or spring rains will then provide all the moisture needed until the bulbs sprout. In spring, when plants are a few inches high, begin watering regularly throughout the growing and blooming period.



"I'd like to have children, but, you know, food allergies..."

## Seasonal treat takes full advantage of apple season

Apple season can vary depending upon the weather and the region of the orchard. A harsh and long winter can slow the blossoming of trees in the spring and an unexpected freeze can zap the buds and delay the growth and production.

That's why National Apple Month begins in late September and extends through November.

Apples are grown in every state except Hawaii and Alaska and include 2,500 known varieties. Whatever region we live in, apple-picking, roadside stands and markets featuring a dozen varieties are usually good sources because we've got special family recipes that taste best with apples fresh from the tree.

About 100 apple varieties are grown commercially in the United States, but 90 percent consist of the 15 most popular, including Gala, Granny Smith, and Red Delicious.

Though our recipes tend to focus on desserts or salads, here's one that combines the savory taste of sausage with the sweet flavor of apple, perfect for any meal.



### Sausage-filled baked apples

- 1-pound bulk pork sausage
  - 6 large tart baking apples (Braeburn, Macintosh, Honey Crisp)
  - 1 small apple
  - 2 tablespoons brown sugar
  - 1 teaspoon ground cinnamon
  - 1/4 teaspoon grated lemon rind
  - 2 tablespoons light or dark raisins
  - Extra brown sugar, ground cinnamon, grated lemon rind.
- Preheat oven to 375 degrees F.

Brown the sausage in a large skillet. Wash the apples; cut a slice from the tops; scoop out the cores and enough flesh to leave a 1/2-inch shell. Peel and finely dice the smallest apple.

To the sausage, add the diced apple, raisins, brown sugar, cinnamon, and lemon rind and mix well. Fill the apple shells with the mixture.

Sprinkle the tops with additional brown sugar, cinnamon, and lemon rind. Place in a baking dish, cover with foil, and bake until tender, about 40 minutes. Then serve with biscuits or croissants and apple jelly.



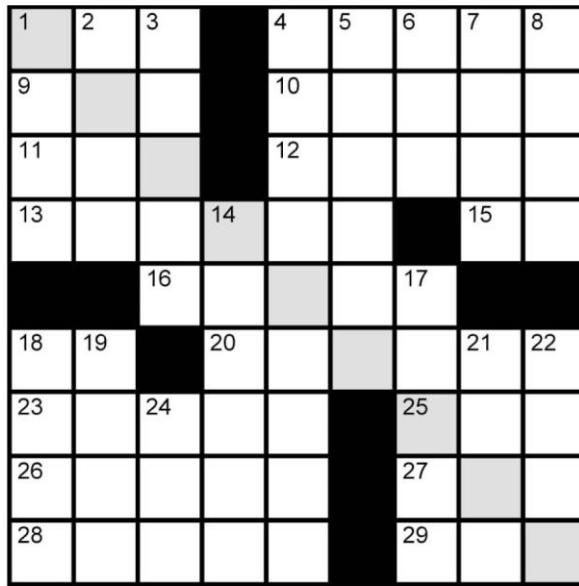
## Stone Memories

### Across

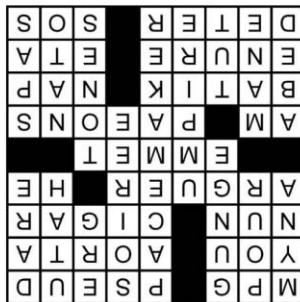
1. Fuel stat
4. Pretentious sort
9. "That means \_\_\_!"
10. Major artery
11. Mother Teresa, for one
12. Humidor item
13. Debate participant
15. Helium symbol
16. Irish revolutionary Robert
18. Morning, for short
20. Metrical feet
23. Dyeing technique
25. 40 winks
26. Accustom
27. In-flight info, for short
28. Dissuade
29. "Help!"

### Down

1. Mimicking bird
2. Come down hard
3. Goo
4. Heartbeat regulator
5. Evening event



6. Unit of work
7. The Beehive State
8. Have the nerve
14. Strike caller
17. Color wheel display
18. In the sack
19. Equine feature
21. Western alliance
22. Pampering places
24. Egyptian boy king



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

## Trivia Teaser – Record Labels

### Here Kitty Kitty

1. Which cartoon character made his debut in the 1945 Warner Bros. cartoon short "Odor-able Kitty"? a-Speedy Gonzales, b-Pepe Le Pew, c-Sylvester the Cat, d-Woody Woodpecker.

2. What was the name of the saloon owned by Miss Kitty Russell on the long-running TV western series "Gunsmoke"? a-Long Branch, b-Silver Palace, c-Lucky Number, d-Golden Nugget.

3. Which actress won an Academy Award for Best Actress as the title character in the 1940 movie "Kitty Foyle"? a-Carole Lombard, b-Ginger Rogers, c-Barbara Stanwyck, d-Laraine Day.

4. Which Japanese company introduced Hello Kitty in 1974? a-Shangri-La, b-Haribo, c-Sega, d-Sanrio.

5. Singer-actress Kitty Carlisle was a regular panelist on which TV game show from 1956 to 1978? a-"What's My Line?," b-"I've Got a Secret," c-"To Tell the Truth," d-"The Match Game."

6. Kitty Hawk and Antares were the nicknames of the lunar modules on which NASA mission? a-Apollo 14, b-Apollo 15, c-Apollo 16, d-Apollo 17.

7. In Leo Tolstoy's novel, "Anna Karenina," who was the older sister of Kitty? a-Jane, b-Dolly, c-Lizzy, d-Lydia.

8. Which sitcom character owned a plush cat called Boo Boo Kitty? a-Shirley Feeney, b-Chrissy Snow, c-Blossom Russo, d-Sheldon Cooper.

9. Played by Ophelia Lovibond, Kitty Winter was a wannabe detective on which TV series? a-"Kolchak: The Night Stalker," b-"Monk," c-"Pysch," d-"Elementary."

10. Which word completes the title of the 2010 movie comedy sequel: "Cats and Dogs: The Revenge of Kitty \_\_\_"? a-Hawk, b-Kat, c-Galore, d-Litter.

- 1-b, Pepe Le Pew
- 2-a, Long Branch
- 3-b, Ginger Rogers
- 4-d, Sanrio
- 5-c, "To Tell the Truth"
- 6-a, Apollo 14
- 7-b, Dolly
- 8-a, Shirley Feeney
- 9-d, "Elementary"
- 10-c, Galore

Answers to 'Here Kitty Kitty'

## Remember: Stimulus checks won't be taxed

The economic impact checks received this summer will not count as income and they will not be taxed by state or federal governments.

They will not reduce your refund or increase the amount you owe on 2020 taxes.

You will need to report it on your 2020 taxes.

In fact, the impact payment will not even count as income for qualifying or eligibility for federal assistance of benefit programs.

If you made too much money in 2019 to qualify for an impact check in 2020, but your 2020 income dropped and now you would qualify, you can take the impact payment as a tax credit in 2020.

In some situations, when you file your 2020 income tax, you will get more of a credit than you got in your impact check. For example, suppose in 2019 you did not have a child. Now suppose in 2020 you did have a child. You would not have received a \$500 credit for your child on your impact check. But when you do your taxes for 2020, you will receive the \$500 credit and it will reduce your tax bill dollar for dollar.

While the impact check will not be taxed, unemployment benefits will.



(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.

## Rural home prices rise as trend out of cities picks up

Real estate brokerage Redfin reports prices of rural homes are increasing as the number of homes for sale falls.

That means the trend of people leaving urban areas for suburban and rural areas is continuing. The median sale price of homes in rural areas increased 11.3 percent year-over-year in the four weeks ending Aug. 2. In suburban areas, prices rose 9.2 percent. Homes in urban areas had a smaller home price increase at 6.7 percent.

Meanwhile, the number of homes for sale in rural areas went down 37.9 percent year-over-year. Homes for sales fell 31.8 percent in the suburbs and declined 21.3 percent in urban areas for the year-over-year period ending Aug. 2.

## Love our Service? Review us Now!

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

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

*Historically, the family has played the primary role in educating children for life, with the school providing supplemental scaffolding to the family.*

~Stephen Covey

## October is Breast Cancer Awareness Month

Breast cancer remains a major health concern for women, ranking as the second leading cause of cancer death in women (only lung cancer kills more women each year), according to cancer.org.

The chance that a woman will die from breast cancer is about one in 38 (about 2.6 percent). Breast cancer, especially when caught early, is often treatable. Currently, there are 3.5 million breast cancer survivors in the U.S.

You can do some things to catch breast cancer early and minimize your risk.

1. Live a healthy lifestyle. Maintain a healthy body mass index (BMI). Don't smoke. Avoid alcohol.

2. Be physically active. Participate in at least 30 minutes of moderate physical activity each day and take steps to stay within your healthy weight range.

3. Self-examination. All women over age 20 should perform breast self-examination each month. All lumps are not cancerous, but only a doctor can tell the difference. If you find a lump, see your doctor.

4. Mammograms. Scientific studies show that for women over age 50, routine mammography can find breast cancer at an early, treatable stage.

Some factors are out of a person's control, but these known risk factors should make women more vigilant.

\* Family history. If your mother or sisters have had breast cancer, you might also have a higher risk. Only about five to 10 percent of breast cancer is hereditary. Talk to your doctor about genetic counseling and advanced screening.

\* Breast density. Women with high breast density have a higher risk of getting breast cancer. This could be in part because the denser the breast tissue, the more difficult it is to detect small abnormalities.

\* Hormone replacement therapy at menopause can be a risk factor for breast cancer.

## 25% Off Window Cleaning

### See Fall Colors through Clean Windows!

Schedule by Oct. 31<sup>st</sup>

Mops & Buckets, LLC  
786-350-1736  
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