



Better Home Living™

The Newsletter That's Both Informative and Fun!

These good fences really do make good neighbors

Imagine how you would feel if your neighbor put up a fence that looked great from his yard but looked bad from your side of it. If it's a tall wooden fence with posts and protruding nails for you to live with, it's a bummer. It's even worse if the owner maintains his side of the fence but not yours.

As back yards have evolved into furnished outdoor rooms, homeowners who spend thousands of dollars on everything from grill islands to day beds don't want to look at exposed posts and screw holes on neighbors' fences.

Today, more towns and neighborhood associations are responding with ordinances that require the smooth, finished side of every new fence to face the neighbor's yard. Fence manufacturers are responding with new kinds of fencing that look better on both sides and are easier to maintain. They are expensive, but they make it easier to be a good neighbor.

Manufacturers of wood-plastic composites now make fencing. Composite fences are constructed from panels that are inserted into top and bottom rails. There are no unsightly support posts and they come in a range of colors.

Traditional wooden fences can be built to look the same on both sides but cost up to 20 percent more. According to research firm Freedonia Group, vinyl fence purchases are growing three times faster than wood because they require little maintenance.

But you can't please everyone. One Florida community has banned them because of their "obvious plastic look." Fences made of wood composites, however, look just like real wood.



I hope you enjoy this month's newsletter!

*Christopher Dunlap
Mops & Buckets, LLC*

Give thanks for the rocks this Thanksgiving

This is a year when we might feel as if we are standing in sinking sand.

We hardly need to chronicle the many and varied hardships of 2020. We can leave this to the memes--it has been a great year for those.

Most of us can be thankful for our responses to the numerous challenges of 2020. We can't go to the gym, but there are fitness apps. Maybe we couldn't go to the office, but many could telecommute. The people who struggled most, we helped through donations and charity. Those who succumbed to the scourge of the pandemic, we have mourned and tried to give comfort to the families.

We've done what we always do: Struggle, adapt and keep moving. For that effort alone, we have reason to be thankful.

Thanksgiving isn't a holiday when we give gifts, it's one where we think of the gifts received. And it doesn't need to be just a U.S. time of thanksgiving. Friendship, family, work--these are some of the rocks that have lifted us from the sinking sand. Let's be thankful for the rocks, no matter where we may live.

Freshwater fish have omega-3s

If you're a fisherman or have friends who share their catch with you, here's good news: Ocean-going fish may be rich in those important omega-3 fatty acids, but salmon, tuna, mackerel, and herring are not the only sources.

Freshwater game fish have omega-3s, as well. Lake Superior lake trout are actually richer in this nutrient than Atlantic salmon or Atlantic mackerel. The trout has 3 grams per 3.5-ounce serving as opposed to 1.84 for the salmon and 1.2 for the mackerel.

Other freshwater game fish with omega-3s include whitefish with 1.6 grams per 3.5 ounce serving, chub with 1.5, herring with 1.1, bass with 0.9, smelt with 0.5, walleye at 0.4, and northern pike with 0.1 ounces per serving.

Doctors at the Mayo Clinic say it's true that the content of most game fish isn't as high as that of ocean-going cold-water fish. But fish, as long as it's not fried or prepared with a lot of added fats, is still a better choice than meat. Meat is typically higher in undesirable saturated fats and cholesterol.



Do You Know...

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!

Thanks a Bunch!

A special thanks to all our customers who referred us!

Snowshoe to enjoy the beauty of winter

If you've always thought skiing looked fun, but couldn't afford the years of training it takes, here's a better choice for you and your friends.

With snowshoes, you can enjoy the winter scenery and have fun from the start. For beginners, a few lessons can help, but lessons are not necessarily needed. The experts say, "If you can walk, you can snowshoe."

It's the easiest way for people of all ages to enjoy a winter snowfall. It can be as easy or a rigorous as you like, and it's always gentle on the body's joints.

Snowshoeing has been around for more than 6,000 years and was one of the earliest forms of transportation in Scandinavian countries. Since the early times, however, snowshoes have evolved dramatically. Last year, some five million people went snowshoeing.

No wonder. It burns up to 420 calories an hour. You don't need a lift ticket and you can do it on a golf course.

There are a number of styles available, but snowshoeing experts says all modern snowshoes work. The most important consideration is size.

An eight-inch by 30-inch size is good for people weighing up to 170 pounds. A nine-inch by 30-inch size is for those up to about 220 pounds, and a 10-inch by 36-inch size is best for larger people.

Beginners might want to rent snowshoes or borrow a pair to determine whether it's a style they like.

Walking in the snow on snowshoes can be one of the most enjoyable things you've ever done. It gives the walker a chance to enjoy the beauty of nature, hiking through pristine snow.



Sweet corn custard pie: A surprising twist on a traditional food

Not much is known about the first Thanksgiving feast in 1621, when settlers and indigenous Americans from the Wampanoag tribe gathered to feast for three days after a successful harvest, according to Smithsonian Magazine. Historians believe that flint corn, as a staple crop, would have featured heavily during the celebration. Today, modern varieties of sweet corn show up on many Thanksgiving tables in casseroles, breads, stuffings and pies.

Sweet corn custard pie combines the sunny flavor of sweet corn with the silky texture of egg custard with no stove-top tempering required. Try fresh kernels if you can find them, but if not, frozen sweet corn, thawed and drained, will also work. Use your favorite pie crust recipe for the pie shell or save time and pre-bake a store-bought frozen pie shell. For a gluten-free option, prepare the filling as written with a gluten-free pie shell.

Sweet corn custard pie

1 pre-baked pie shell

Filling:

3 cups sweet corn kernels from 5 to 6 ears of corn (thaw and drain frozen if fresh is unavailable)

2 tablespoons neutral vegetable oil

1 cup heavy cream

1-1/4 cups whole milk

6 tablespoons unsalted butter, melted

1/2 cup granulated sugar

2 tablespoons stone-ground cornmeal

1/2 teaspoon kosher salt

1/2 cup light corn syrup

3 large eggs

1 yolk

1 tablespoon fresh lime juice

Preheat the oven to 425 degrees Fahrenheit and line a rimmed baking sheet with foil. Stir vegetable oil into fresh or thawed corn and spread onto the baking sheet in a single layer. Roast the corn until caramelized, about 12 to 15 minutes. Stir periodically and watch carefully to prevent burning. Combine hot caramelized corn with heavy cream and whole milk. Puree in a blender or with an immersion blender and allow the mixture to steep for at least 15 minutes. Meanwhile, reduce the oven temperature to 350 degrees Fahrenheit.

While the corn mixture steeps, combine the melted butter with the sugar, cornmeal, salt, and corn syrup. Stir in the eggs and yolk one at a time, mixing thoroughly after each addition. Add lime juice.

Strain corn mixture through a fine mesh sieve over a large bowl. Using a flexible spatula, press mixture against the sieve to remove as much liquid as possible. Stir and press until all liquid is removed. You will have around one cup of liquid and a few bits of corn. Add the strained liquid to the egg mixture and discard the leftover corn solids.

Pour the liquid into the pre-baked pie shell and set on the middle rack of the oven. Bake for 40 to 45 minutes. Check the pie at 30 to 35 minutes and rotate if the edges have started to set. The pie is done when the edges are slightly puffed and the center is wobbly, but not liquid. Be careful not to overbake as the pie will continue to cook and set after coming out of the oven. Cool the pie completely on a wire rack. Cut in eight to 12 small slices.



Trivia Teaser – A Little Quiz

1. Who provided the voice for an adopted mouse in the 1999 family film *Stuart Little*? a-Bob Newhart, b-Michael J. Fox, c-Jon Hamm, d-Danny DeVito.

2. Who was the leader of the Lakota tribe that battled George Armstrong Custer at the Battle of the Little Bighorn? a-Crazy Horse, b-Geronimo, c-Chief Joseph, d-Sitting Bull.

3. In the novel *Little Women*, Beth March contracts which disease that ultimately leads to her death? a-Mumps, b-Scarlet fever, c-Tuberculosis, d-Measles.

4. Maureen Connolly, nicknamed "Little Mo," was a champion athlete in which sport? a-Figure skating, b-Basketball, c-Tennis, d-Skiing.

5. The Little Caesars pizza chain was established in 1959 in, and is headquartered in, which state? a-Ohio, b-Tennessee, c-Florida, d-Michigan.

6. Which of these songs was not a hit for rock singer Little Richard? a-"Tutti Frutti," b-"Long Tall Sally," c-"The Girl Can't Help It," d-"Maybelline."

7. Little Joe was the youngest member of the family on which TV western series? a-"The Big Valley," b-"High Chapparral," c-"Bonanza," d-"Little House on the Prairie."

8. What "Good Little Witch" was the best friend of Casper the Friendly Ghost? a-Wendy, b-Audrey, c-Sabrina, d-Helen.

9. Michael K. Williams played stick-up man Omar Little on which TV crime drama series? a-"Homicide: Life on the Street," b-"New York Undercover," c-"The Shield," d-"The Wire."

10. In the card game casino, which card is nicknamed the "little casino"? a-Two of spades, b-Jack of hearts, c-Ten of clubs, d-Ace of diamonds.

1-b, Michael J. Fox
2-d, Sitting Bull
3-b, Scarlet fever
4-c, Tennis
5-d, Michigan
6-d, "Maybelline"
7-c, "Bonanza"
8-a, Wendy
9-d, "The Wire"
10-a, Two of spades

Answers to 'A Little Quiz'

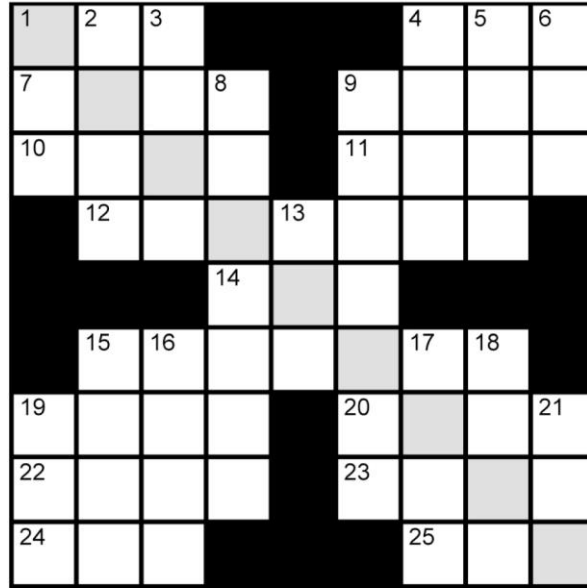
Holiday Goal

Across

1. Movie SFX
4. Short snooze
7. Neural network
9. Cheek
10. Scream
11. Eagle's nest
12. In a smooth manner
14. Wharton degree
15. Facial feature
19. Reach across
20. Peacock's pride
22. Bridge, in Bretagne
23. ___ Spumante
24. Inquire
25. Cafe alternative

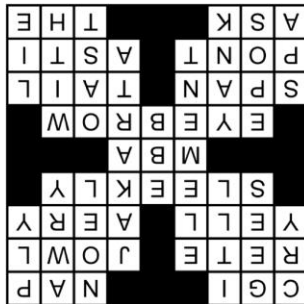
Down

1. Weep
2. The Bee ___
3. "___ have to do"
4. Christmas carol
5. Not straight
6. Thickness
8. Periodic table



listing

9. Capital of Indonesia
13. "Chicago" lyricist
15. Heroic poem
16. Tug sharply
17. Brewer's equipment
18. Accompanying
19. Hot springs
21. Fanciful story



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

Home inspection is not just for home buyers

In one way, home repair contractors are a little like doctors who are known to say, "If only you had come to me sooner..."

It's easy to put off checking with your doctor about little aches and pains that could lead to something serious. It's just as easy to put off maintenance that could help avoid a serious repair problem at your home. Even worse, a problem could be developing that you don't know about.

That's one reason home inspection companies recommend getting an inspection even when you aren't planning to sell your home. Security Home Inspections in Indianapolis explains why:

Each year, the average home handles 145,000 gallons of sewage, uses 22,000 kilowatt hours of electricity, sheds 45,000 gallons of rain off its roof and uses 65,000 cubic feet of gas.

The home holds 9,000 pounds of furniture on average. The furnace turns on 3,800 times per year and the water heater 3,600 times.

Whether your home is new or if you've lived in it for a long time, a structural and mechanical inspection should be considered. It's the same inspection a home buyer would get. Last year, Security Home Inspections found gas leaks in almost 500 homes.

You might consider a partial inspection if you want to track down a mystery in your house, such as a new crack in a wall, a leak, an odor, or a noise. Sometimes, just figuring out who to call for repairs is half the battle.

Because licensed inspectors offer an objective, independent view, the inspector's report improves decision-making.



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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.

Special Roth rules for 2020: Still time for withdrawals

Under special rules for 2020, holders of a Roth IRA may be able to take a distribution without a penalty.

The coronavirus stimulus bill (the CARES act) allows those affected by the pandemic to take a distribution of up to \$100,000 without the 10 percent early distribution penalty.

The CARES rule gives Roth owners three years to pay the tax owed on withdrawals instead of in the current year. Roth owners also have the option to repay the withdrawal without owing any tax, even if the amount exceeds the annual contribution limit.

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*Call it a clan, call it a network, call it a tribe, call it a family:
Whatever you call it, whoever you are, you need one.*
~Jane Howard

A little fat makes vegetables more nutritious, helps prevent cancer

Having corn on the cob with dinner? Adding a little butter will enhance your nutrient absorption. Having a salad for lunch? Adding full-fat salad dressing will have the same effect.

Many of the healthful compounds in vegetables are fat-soluble. That means your body can't easily absorb them unless fat is present at the same time.

Researchers at Ohio State University Comprehensive Cancer Center in Columbus checked for nutrients that were especially important for cancer prevention. Some of affected nutrients:

Lutein and zeaxanthin, found in spinach and kale, are important for eye and heart health.

Lycopene, the red carotenoid found in tomatoes and watermelon, is a potential cancer fighter.

Alpha and beta carotene, the orange pigment in carrots and cantaloupe, help to reduce cancer rates.

Vitamin E, found in mango, broccoli, and spinach, is a powerful antioxidant that neutralizes free radicals that cause tissue and cellular damage.

When some avocado was added to salads, blood tests showed the absorption of lutein was 18 times greater than without the fatty avocado. Absorption of lycopene increased by 4.4 times. Beta carotene absorption increased 2.6 times.

Fortunately, the amount of fat in the entire meal can aid nutrient absorption. Nutritionists say you should choose at least one food per meal with a high fat content. That means if you have a small steak or hamburger with dinner, you'll be fine.

FREE Cleaning!

Schedule 5 Weekly Cleanings of \$100 or more each and get your 6th Cleaning FREE!

Schedule by Dec. 31st

Mops & Buckets, LLC
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