



Better Home Living™

The Newsletter That's Both Informative and Fun!

Keep these invasive plants out of your garden

It's pretty, it would look great in your garden, and since your local garden center carries it, there's no way it's a destructive invasive species, right?

Not necessarily. According to Epic Gardening, while garden centers are mostly knowledgeable about the plants that they sell and most don't carry invasive species, destructive plants slip through the cracks all the time, and can wind up in your garden.

If you're thinking about adding one of these commonly available plants to your garden, ask a reputable garden center about a better native option. If you already have it in your landscaping, consider digging it up and replacing it with something that will support local flora and fauna.

* Chinese wisteria: Popular for its purple flowers but can kill trees and displace native species.

* English ivy: Can climb and kill trees or cover the ground and suffocate native plants. It's worth noting that the British naturalists, who work where buildings and trees are covered with ivy, defend it, saying it doesn't kill trees or harm buildings. But the ivy should be cut before it reaches a tree's canopy, they say.

* Japanese honeysuckle: This plant has almost no natural enemies and can kill shrubs and young trees by girding.

* Privets: This shrub can invade woodlands and forests.

* Burning bush: The leaves are beautiful, but this shrub invades prairies and woodlands.

* Callery/Bradford pear: This small tree invades prairies and woodlands.

* Common periwinkle: Periwinkle grows in dense patches and can smother native species.



I hope you enjoy this month's newsletter!

*Christopher Dunlap
Mops & Buckets, LLC*

Keep your cool in the dog days of summer

Dog days of July 3 through August 15 are the hottest days of the year in the Northern Hemisphere. Contrary to folklore, the sea won't boil and dogs won't go mad, but there are a few other things we should watch for, such as, heat exhaustion.

If you lose more water through sweat than you take in, you could develop heat exhaustion. On a hot day, especially if you are involved in physical activity, don't wait until you feel thirsty to drink. Have water available to drink throughout the day.

What you eat makes a difference. With each drop of sweat, your body loses potassium and magnesium, which are vital to the body's temperature regulating system. To replace these nutrients, eat fruit and drink fruit juices. Other sources are beans, potatoes, spinach, and tuna.

Doctors at Texas A&M University say there is no need to consume extra salt when you sweat. Salt tablets can be dangerous for some people, and most people get more than enough salt in their diets.

Symptoms of heat exhaustion include pale or red, clammy skin, dizziness, and disorientation. Rapid shallow breathing, fast heartbeat, headache, and vomiting may occur.

The victim should be taken to a cool location, placed on his back with feet raised about 12 inches, given water, and sponged to cool the body.

Slow down and pace yourself when biking, running, or working in hot weather. Wear loose, light-colored clothing and stay in the shade as much as possible.

Fat fights fitness, researchers say

Are you overweight, but still engage in regular exercise? Even though you're physically active, those extra pounds might still be detrimental to your heart health, according to a study published in the European Journal of Preventive Cardiology. The study analyzed data from more than half a million adults who were sorted into groups by body weight. Forty-two percent of participants were normal weight, while 41 percent were overweight and 18 percent were obese. Researchers found that for all groups, exercise reduced risk for diabetes, high cholesterol, and high blood pressure. In other words, no matter your weight, exercise is a good idea.

But those protective effects dwindled for overweight and obese individuals, regardless of how much exercise they engaged in.

The bottom line: Exercise is a great idea for anyone at any body size, but if you're carrying some extra weight, talk to your doctor about a weight loss plan. Your heart will thank you.



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!

Thanks a Bunch!

A special thanks to all our customers who referred us!

Don't kiss chickens

We're a world of animal lovers – according to Spots, about 67 percent of American households own at least one kind of pet.

Not only do we love animals, but we also love them more than we used to: In a 2016 survey, researchers found that Americans feel significantly more positive about all kinds of animals than they used to – even the less cuddly ones like bats and sharks.

It's no surprise that we love our chickens, too – so much that federal health officials have issued a stern warning: Stop hugging and kissing ducks and chickens, or risk illness.

According to the New York Times, the warning is due to a salmonella outbreak linked to backyard poultry, with 163 illnesses and 34 hospitalizations in 43 states.

Keeping poultry at home in a backyard coop is fine, according to the Centers for Disease Control and Prevention, but owners should wash hands for 20 seconds after contact with birds and related supplies and not allow small children to touch them.

While stories abound about people who have a chicken as a pet, those who have owned chickens as a hobby may not be inclined to kiss them anyway. "They can be jerks," said one coop owner.



"OK, you win the staring contest. Now, let's see how long we can talk without using a buzzword."

How to grill the perfect, tender pork chop

Grilling season is in full swing, and carnivores know that few things are quite as unpleasant as a dry, tough grilled pork chop. But it doesn't have to be that way! With a little preparation and caution, you can grill tender, juicy pork chops in just a few minutes. The best part? Grilled chops pair well with just about any sauce or side, and pork is more affordable than beef, which means you can grill out as often as you please.



First, choose a thicker pork chop, at least one inch. Thinner chops cook too quickly on the grill, and by the time you develop a nice crust, the inside will be tough. You can choose bone-in or boneless chops -- whichever you prefer.

Next, brine your chops in a mixture of four cups cold water and 1/4-cup kosher salt. Leave them in the mixture for about 30 minutes. After 30 minutes have elapsed, pull them out and dry them off with paper towels.

After your chops are dried, you can sprinkle on some black pepper or your favorite spice or rub, but make sure that your rub doesn't contain salt, or else your chops might end up over-seasoned.

To grill outside, crank up the heat to sear the chops for three minutes per side, which starts the cooking process and leaves impressive grill marks. After that, you'll want to turn the heat down (or move to a higher rack) for an additional four to seven minutes, depending on the thickness. This completes the cooking process while leaving a nice crust outside. Make sure your grill stays closed during cooking to ensure high, even heat.

When your chops register 145 degrees Fahrenheit in the thickest part, they're ready to come off the grill and rest for three to five minutes, which gives juices time to redistribute and lets muscle fibers relax. The result? A tender, flavorful chop with minimal effort and maximum reward.

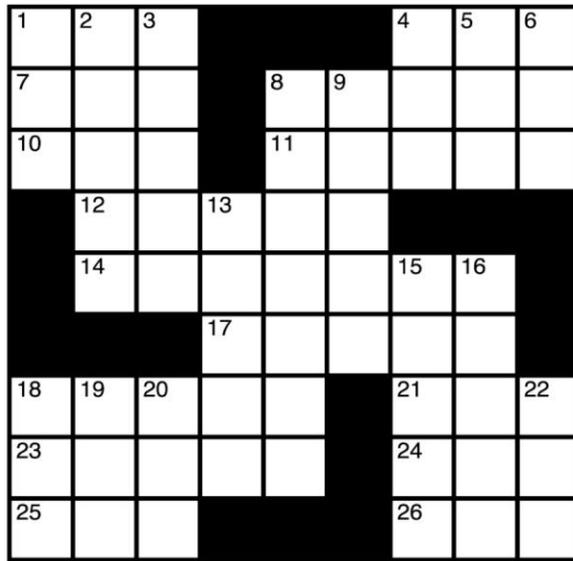
Scary stingers

Across

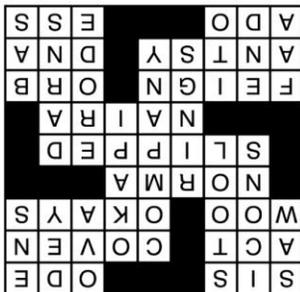
1. Bro's sib
4. Pindaric lines
7. Roleplay
8. An assembly of witches
10. Court
11. Approves
12. ___ Ray, film
14. Skidded
17. Nigerian monetary unit
18. Pretend
21. Globe
23. Impatient
24. Genetic material
25. Bustle
26. Double curve

Down

1. I came, I ___, I conquered
2. Images
3. Bar seat
4. Egg cell
5. Actress Susan ___
6. USNA grad



8. Business
9. Giraffe's cousin
13. Jewelry
15. Eat away
16. Mends socks
18. Flying gr.
19. Terminate
20. A Japanese prime minister
22. Undergraduate degs.



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

Trivia Teaser – Say Uncle

1. What patriotic song includes the lyrics "I'm a real live nephew of my Uncle Sam / Born on the Fourth of July"? a-"God Bless America," b-"Yankee Doodle Dandy," c-"God Bless the USA," d-"America the Beautiful."

2. Peter Parker is the alter ego of which comic book superhero, who was raised by his Uncle Ben and Aunt May? a-Human Torch, b-Beast Boy, c-Lightning Lad, d-Spider-Man.

3. What comic actor played the title role in the 1989 movie "Uncle Buck"? a-Steve Martin, b-John Candy, c-Eugene Levy, d-Jim Belushi.

4. "Uncle Vanya" is an 1898 play by what Russian playwright? a-Nikolai Gogol, b-Alexander Pushkin, c-Mikhail Bulgakov, d-Anton Chekhov.

5. On the sitcom "The Fresh Prince of Bel-Air," what was the name of Will Smith's uncle? a-Peter, b-Paul, c-Phil, d-Parker.

6. Created in 1910 by Howard R. Garis, what kind of animal was the literary character Uncle Wiggily? a-Elephant, b-Tiger, c-Rabbit, d-Fox.

7. Uncle Albert, played by Ed Wynn, hosted a tea party on the ceiling in what Disney movie? a-"Mary Poppins," b-"Matilda," c-Aladdin," d-"The Aristocats."

8. What top 10 hit song for Uncle Kracker featured vocals by Dobie Gray? a-"Good to Be Me," b-"Follow Me," c-"Drift Away," d-"Smile."

9. What musical instrument was the specialty of Grand Ole Opry performer Uncle Dave Macon? a-Banjo, b-Mandolin, c-Fiddle, d-Harmonica.

10. What is the name of the anthropomorphic pepperoni pizza slice on the animated TV series "Uncle Grandpa"? a-Elmo, b-Ringo, c-Steve, d-Chuckie.

Stay in the shade if you take these drugs

Some drugs magnify the harmful effects of the sun.

According to Harvard Health Letter, you should check with your doctor to make sure the medications you are taking are sun safe.

You'll want to get more shade and less sun if you are taking the following drugs:

1. Antibiotics. Ciprofloxacin (Cipro, ProQuin), doxycycline (Oracea, Vibramycin), sulfamethoxazole (Bactrim, Gantanol, Septra) or tetracycline (Achromycin).
2. Cancer drugs that increase sun sensitivity: They include 5-fluorouracil (Carac, Efudex, Fluoroplex), dacarbazine (DTIC-Dome) and vemurafenib (Zelboraf).
3. Decongestants and older antihistamines. Pseudoephedrine (Sudafed), phenylephrine (Sudafed PE) and diphenhydramine (Benadryl). Try fexofenadine (Allegra) or loratadine (Claritin).
4. Diabetes medications. Chlorpropamide (Diabinese) and glyburide (DiaBeta, Glynase, Micronase).
5. Diuretics. Furosemide (Lasix) and hydrochlorothiazide (Microzide)
6. Cardiovascular medications. Amiodarone (Cordarone), for serious heart rhythm disturbances, and the blood pressure drugs diltiazem (Cardizem, Dilacor, Tiazac) and nifedipine (Procardia).
7. Pain relievers. Ibuprofen (Motrin), naproxen (Aleve, Naprosyn), celecoxib (Celebrex) and piroxicam (Feldene) increase the chances of a serious sunburn. Acetaminophen (Tylenol) doesn't.
8. Psychiatric drugs. Chlorpromazine (Thorazine), desipramine (Norpramin), imipramine (Tofranil) and other anti-anxiety and antidepressant drugs can inhibit the body's ability to sweat.

- 1-b, "Yankee Doodle Dandy"
- 2-d, Spider-Man
- 3-b, John Candy
- 4-d, Anton Chekhov
- 5-c, Phil
- 6-c, Rabbit
- 7-a, "Mary Poppins"
- 8-c, "Drift Away"
- 9-a, Banjo
- 10-c, Steve

Answers to 'Say Uncle'



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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.

How to treat a sunburn

If you missed a spot with sunscreen or forgot it entirely, you may have to cope with a sunburn at the end of your pool or beach day.

Once you notice a burn, stay out of the sun.

Start cooling with water immediately. A cool water cloth could be handy in a pinch. At home, take slow-running cool showers throughout the day.

Take ibuprofen for pain and swelling.

Aloe vera is helpful for soothing skin.

Stay hydrated. Drink more water than usual.

Don't pop blisters.

Dress in loose clothing with a tight knit.

Stay out of the sun.

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

The Summer looks out from her brazen tower, Through the flashing bars of July.

~ Francis Thompson

Work-at-home opportunities on the rise

The work-from-home trend that accelerated during the COVID-19 pandemic may have opened some doors for many adults and for those with mobility issues who want or need to work.

One key to any remote work is making sure you have adequate computer skills. If you want a job at home, take a class or brush up! These skills are essential today, according to FlexJobs.

Among the jobs that may be available today:

Bookkeeper. Reconciling accounts or processing payroll, even part-time, can pay \$25 to \$30 an hour.

Customer Service Representative. Good phone etiquette and people skills are essential for this job. Reps can work from home, answering calls and sending email, and it pays \$10 to \$18 an hour.

Data Entry Specialist. If you know how to use a 10-key number pad on a keyboard, this could be the job for you.

Editor. Love grammar, punctuation, and clear writing? You can edit manuscripts or proofread newsletters.

Online English Teacher. You can teach people learning English as a second language. This may require an English teaching certificate, but not always. If you have experience in the field, check out sites like italki.com. Speak another language? Try teaching your language to English speakers.

Virtual Assistant. You need great organizational and communication skills for this job, as well as some tech savvy. These jobs pay from \$10 to \$19 per hour.

Transcriber. Requires strong attention skills and love of detail. Strong English and grammar skills. This job does not have to be demanding, sometimes requiring just two or three hours per day.

Information Technology Specialist. Here is one area where ageism tends to rule. But retirees with major tech skills might be

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