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Better Home Living™

The Newsletter That's Both Informative and Fun!

Container gardens add color, a touch of nature

Green-thumbed apartment and condo dwellers can get in touch with nature and add beauty to patios, balconies, and window boxes. Container gardens can be beautiful.

Places that get full sun can be used to grow almost any flower or vegetable. Others are good for shade or part-sun plants.

Almost any container with adequate drainage will do but be sure it is large enough for what you want to grow. Small pots should contain just one plant. Large pots can hold groups that favor the same growing conditions.

A soil base works best for plants that will remain in their pots for a year or more. Containers require frequent watering, but adding moist granules composed of polymer to the soil will help. In dry spells, the granules release their water.

Because frequent watering can leach nutrients from the soil, plan to fertilize regularly.

STING to stop procrastination

A recovering procrastinator herself, author Rita Emmett gives this advice in her *Procrastinator's Handbook* (Walker & Co.): Think STING!

S: Select just one thing to do. Even if it's one small thing. Do just that. In a multi-faceted project, select a single component. Once you get started, you may want to finish the whole task, and if you do, great. If not, you still did one part of it.

T: Time yourself. Set a timer. Give yourself a set amount of time to do the job. Even if you have a job that takes two hours, setting a timer for 30 minutes gives you the chance to quit if you want to quit. You will already be further ahead than if you hadn't started.

I: Ignore everything. Don't make a phone call, send an e-mail, or read anything.

N: No breaks. They make jobs last longer. They are another reason a job takes so long.

G: Give yourself a reward. Watch a movie. Spend time doing something you like.

Doing your most dreaded task first gets it out of the way. That cuts down on the dread time. The dread of doing something actually uses up more time and energy than the task itself.



I hope you enjoy this month's newsletter!

*Christopher Dunlap
Mops & Buckets, LLC*

Time to celebrate Dad!

Father's Day is coming soon -- on the third Sunday in June, Americans (as well as 84 other countries) celebrate dads and all that they do for kids and families.

And dads do a lot -- according to the University of Texas, kids with engaged fathers are dramatically more likely to do better in school, attend college and live healthier, more productive lives. Fatherhood is an emerging area of study for family researchers, but the results so far are amazing -- research consistently shows that good dads make a big difference. So on Father's Day -- Sunday, June 20 -- recognize the fathers and father figures in your life to let them know what they mean to you.

If you're looking for something to do on Father's Day weekend, try one of the ideas below:

Go fishing. Father's Day falls on one of the Old Farmer's Almanac's best fishing days for 2021, and fishing is a fun, family-friendly activity that can be modified to fit just about any budget. Make sure to check state and local licensing regulations before you go -- some states offer a single-day license for quick trips, or you can purchase annual licenses for year-round time with Dad.

Family barbecue. Get the gang together to celebrate all the dads in the family. Make Dad's favorite foods and engage in a little friendly competition with backyard games. A bocce ball set makes an excellent gift and provides years of family fun.

Plan a project together. Is your dad creative? A DIY-er? Find a project that you can accomplish together -- something that you can keep as a memento of Father's Day 2021.

Happy Father's Day!



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!

Croquet: Make your own court and rules!

If there is one backyard game that families can play in their own style, it's croquet.

The ancient sport, played since at least the 1500s, is simple enough: six to nine hoops (called wickets), mallets, and balls. Hit your ball through the wicket first to score.

Beyond that, the rules and the system of play can be yours to design.

In a big yard, players could set up a standard court of 100 feet by 50 feet. But hey, if your yard isn't that big, make the court smaller. Got a lot of bushes in the yard? Perfect obstacles for a family game.

Ideally the grass should be really short -- like golf green short. But lumpy terrain and longish grass make for natural challenges.

You could play the game the way the U.S. Croquet Association specifies, or you could play it like golf, counting the fewest hits through the wickets. You'll probably want to keep the rule that the guy with the mallet can hit other balls out of the way.

Read the basic rules at croquetamerica.com and tailor them to your needs. Croquet sets are priced from \$50 to \$600 and up. The lowest priced sets might have very short-handled mallets, primarily designed for kids.

The best part of croquet is that everyone from young kids to older folks can play and have fun.



"Siri, what time is it when the big hand is on the two and the little hand is on the ten?"

Perfect summer dessert: Sweet biscuits and strawberries

It's strawberry season, and that means classic shortcake -- the sweet, easy, cool, and creamy dessert that always hits the spot.

You can put a twist on your strawberries and cake this summer, using tender sweet biscuits that can be quickly assembled and baked ahead of time. Homemade whipped cream gives it the extra rich and creamy punch that makes this dessert a standout.

You can prepare 2 pounds of strawberries as you normally would. Sprinkle with sugar and wait 30 minutes until they release a sweet syrup.

Sweet biscuits

3 cups all-purpose flour plus extra for hands and work surface

1/4 cup granulated sugar

2 tablespoons (not teaspoons) baking powder

1 teaspoon salt

3/4 cup unsalted butter, cubed and refrigerator-cold

1 cup buttermilk

2 tablespoons heavy cream or buttermilk for brushing on top

coarse sugar (such as turbinado or demerara) for sprinkling

Preheat oven to 425 degrees Fahrenheit. Combine all dry ingredients in large food processor or bowl. Pulse or stir together to mix. Add cubed butter and pulse to process into small coarse meal texture or use fingers or pastry cutter to rub butter with dry ingredients until butter is in pieces no larger than the size of a small pea. Once butter is incorporated with dry ingredients, form a well in the center of the mixture and pour in the buttermilk. With a fork, carefully mix buttermilk in until a dry, shaggy dough forms. Be careful not to over mix, or biscuits might become tough. Once the dough forms, dump the mixture onto a lightly floured work surface and pat into a rectangle about the size of a standard sheet of paper. With a sharp knife or bench scraper, cut the rectangle into 12 squares -- three on the short side and four on the long side. Carefully transfer the cut biscuits onto a parchment-lined baking sheet and arrange so that all the biscuits are touching. Brush with buttermilk and sprinkle generously with coarse sugar before baking for 20-25 minutes.

Whipped cream

1 cup heavy cream

1 teaspoon vanilla extract

1/4 cup confectioner's sugar

1 tablespoon dry nonfat milk (optional)

Mix ingredients on high speed until stiff and peaks form. Dry milk will help it retain its shape and thickness longer.



Trivia Teaser – Gimme a Minute

1. Who claimed that "In the future, everyone will be world-famous for 15 minutes"? a-P.T. Barnum, b-Nostradamus, c-Andy Warhol, d-W.C. Fields.

2. Who was the composer of the "Waltz in D-flat major, Op. 64, No. 1," popularly known as the Minute Waltz? a-Wolfgang Amadeus Mozart, b-Frederic Chopin, c-Johannes Brahms, d-Robert Schumann.

3. What British doctor was the first man to run the mile in under four minutes? a-John Landy, b-Steve Coe, c-Christopher Brasher, d-Roger Bannister.

4. How many minutes does it take light from the sun to reach the earth? a-5, b-8, c-15, d-23.

5. Which Major League Baseball team plays its home games at Minute Maid Park? a-Texas Rangers, b-Atlanta Braves, c-Tampa Bay Rays, d-Houston Astros.

6. Who was the first female correspondent on the CBS newsmagazine "60 Minutes"? a-Diane Sawyer, b-Barbara Walters, c-Meredith Vieira, d-Lesley Stahl.

7. In what decade was the first Minuteman missile added to the American defense system? a-1950s, b-1960s, c-1970s, d-1980s.

8. What rock group recorded the 1979 hit song "Minute by Minute"? a-Climax Blues Band, b-Dr. Hook, c-Doobie Brothers, d-Michael Stanley Band.

9. What TV restaurateur was the host of the NBC game show "Minute to Win It" from 2010-2011? a-Emeril Lagasse, b-Gordon Ramsay, c-Guy Fieri, d-Bobby Flay.

10. Who played a pizza delivery boy forced to rob a bank in the 2011 movie "30 Minutes or Less"? a-Jesse Eisenberg, b-Jonah Hill, c-Andrew Garfield, d-Andy Samberg.

1-c, Andy Warhol
2-b, Frederic Chopin
3-d, Roger Bannister
4-b, 8
5-d, Houston Astros
6-a, Diane Sawyer
7-b, 1960s
8-c, Doobie Brothers
9-c, Guy Fieri
10-a, Jesse Eisenberg

Answers to 'Gimme a Minute'

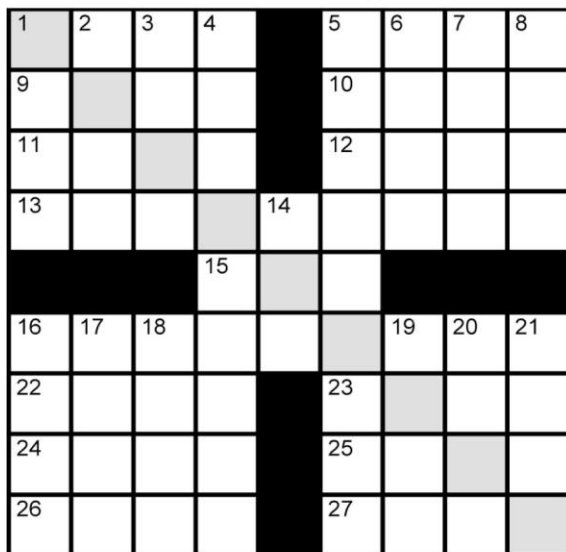
Dad's favorite cooking

Across

1. Salon supply
5. Amazes
9. Face-to-face exam
10. "Forget it!"
11. Three oceans touch it
12. Orchard unit
13. Renounced
15. Ancient
16. Did a hair salon job
22. Prepare to fly
23. Porous rock
24. Religious image: Var.
25. Piedmont wine center
26. Used a doorbell
27. Not as much

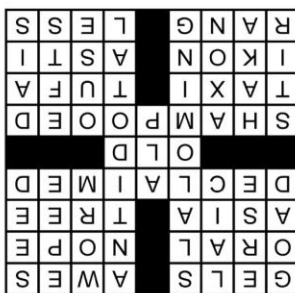
Down

1. Egg on
2. Gaelic language
3. Secular
4. Racing on skis
5. Counteracting the effects of a poison
6. Fishhook



attachment

7. Duel tool
8. Plant starter
14. Matterhorn, e.g.
16. Cookbook direction
17. Maori dance
18. Neural transmitter
19. Yorkshire river
20. New newts
21. Speaker's platform



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

Know the ABCs of CPR

If you've never taken a course in cardiopulmonary resuscitation (CPR), these simple instructions could help you save a life. If you have taken a CPR course, reading the American Heart Association's procedure will serve as a review of what you learned.

A: Airway. If the person is not responsive, first call 911. If there are no head or neck injuries, gently tilt the head back by lifting the chin with one hand and pushing down on the forehead with the other.

B: Breaths. If the person is not breathing normally, give two rescue breaths. Keeping the head tilted, pinch the nose closed and place your mouth around the mouth. Blow two slow, full breaths (about two seconds each), while watching to see that the chest rises with each breath.

After giving two breaths, check for signs of circulation such as breathing, coughing, movements, or responsiveness to gentle shaking. Place your ear near the mouth, listen for breathing.

C: Chest compressions. If no circulation is detected, begin chest compressions. Place the heel of one hand in the center of the chest (between the nipples), with the heel of the second hand on top. Position your body directly over your hands, elbows locked. Apply 15 compressions, pushing the breastbone down about two inches with each thrust and allowing the chest to return to normal between compressions. Use the full weight of your body.

Repeat the procedure three times.



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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.

Phlox blooms for generations

Phlox is called the heirloom queen by Denise Wiles Adams in her book Restoring American Gardens: An Encyclopedia of Heirloom Ornamental Plants, 1640-1940 (Timber PR). Her analysis of garden catalogs shows that, throughout the U.S., garden phlox was the most widely mentioned plant over the years.

If you plant phlox this year, chances are good that you will be able to pass the plants on to your children and grandchildren. It's very decorative and easy to grow.

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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>

Few things help an individual more than to place responsibility upon him and to let him know that you trust him.

~ Booker T. Washington

The amazing human links to history

Think for a moment about the long link of lives.

We think that the Civil War was a long time past, and it did end 156 years ago. So that seems like a long time, but in generational terms, it isn't.

Civil War widow. The last person to get a Civil War pension (\$73.13 a month) died in May 2020. Hard to believe, but Irene Triplett was the daughter of Moses Triplett, who fought on both sides during the Civil War. In 1924, at age 83, Moses married his second wife, Elida Hall, who was 33. Their daughter Irene was born in 1930, and her father died in 1938, so she was eligible for his Civil War pension, which she received until her death in 2020.

Former slave. Imagine the implications for families of enslaved people. Until the 1970s, there were still people alive who could say they were born into slavery. Peter Mills was such a person. Born into slavery in 1861, he lived until age 110 in September 1972. He lived through the invention of the radio, two world wars, the first television, nuclear weapons, and the moon landing.

American Revolution daughter. But what about the American Revolution? That ended in 1783.

In 1943, the last actual daughter of a soldier in the American Revolution died. Annie Knight Gregory's father, Richard Knight, was 11 years old when he fought at Valley Forge. Richard was 66 years old when he was married his third wife, and in 1843 Annie was born. Richard Knight died in 1850 when Annie was 6 years old. Annie lived to be 100, and when she died in 1943, the overlap between her father's life and her own life was a whopping 177 years, according to the Daughters of the American Revolution.

In fact, as late as 1931, there were still seven actual daughters of the American Revolution alive.

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(Up to 6 pieces of patio furniture,
\$150 minimum window cleaning service)

Offer expires July 31, 2021

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