



Better Home Living™

The Newsletter That's Both Informative and Fun!

8 tips to save on energy this summer

1. Seal it up. Insulate the attic; stop air leaks; install energy efficient windows when it's time to buy new ones.
2. Plant trees. Carefully positioned trees can save up to 25 percent of a household's energy consumption. Plant them so they shade the house.
3. Circulate air with a ceiling fan. They are especially effective in large rooms, common areas and upstairs bedrooms.
4. Use a digital thermostat. Set it so the house is not as cool during times of the day when no one is at home. It will work automatically and save time and money.
5. Cook with care. Cook outside on the grill to keep the heat outdoors. Don't use your oven on hot days. Cook with the microwave more often.
6. Unplug the second refrigerator. It could be costing you \$200 or \$300 a year, especially if it's an old one.
7. Fix hot-water drips. A single dripping hot water faucet can waste 212 gallons of water per month. Fixing the drip saves the cost of heating water.
8. Light for less. Use compact florescent light bulbs in your most-used lighting fixtures.



I hope you enjoy this month's newsletter!

*Christopher Dunlap
Mops & Buckets, LLC*

Memorial Day: Remembering the service of the fallen

On Memorial Day in the United States, we take time to honor the ultimate sacrifice made by those who fought for our country.

Many of those who died in the service of our country are known to us personally. They were our sons, our fathers, our uncles, aunts, or cousins, or they were our friends.

Heroes of long-ago wars are not forgotten. Veterans groups walk the old graveyards to place flags on the tombstones of those who died in battles long past, but still remembered. Their great sacrifices and honorable service helped our country become the nation it is today. We can never forget.

Many of their names are on tombstones in our own country and in cemeteries across the globe.

Some cannot be named specifically, and they are honored in a special way here: at the Tomb of the Unknowns at Arlington Cemetery in Washington DC.

It is guarded by faithful sentinels night and day.

The importance of this duty is expressed in the "Sentinel's Creed", which states in part:

"My dedication to this sacred duty is total and wholehearted. In the responsibility bestowed on me, never will I falter. And with dignity and perseverance my standard will remain perfection.

Through the years of diligence and praise and the discomfort of the elements, I will walk my tour in humble reverence to the best of my ability.

It is he who commands the respect I protect, his bravery that made us so proud."

Man makes honey thieves into taste testers

Ibrahim Sedef keeps bees in the best location in the world.

Trabzon province in Turkey, near the Black Sea, has a climate that is perfect for bees.

Sedef and his bees make flower honey, chestnut honey, cherry honey and the famed and rare Anzer honey. Anzer honey comes from the nectar of 90 flowers that grow in the mountains on the Anzer plateau. About 8 ounces sells for \$34.

Gourmet honey tasters consistently rate Anzer as the best in the world, but it's expensive, and part of that cost is in security. For while Anzer is perfect for bees, it's also great for bears.

And bears love honey.

Sedef has enclosed his hives with a steel bar cage, easy for bees to come and go, but more difficult for bears. Difficult -- but not impossible.

On YouTube, you can watch Sedef's video of bears gleefully destroying hives, climbing on Sedef's workshop and generally making a party out of honey theft. The video of Sedef cleaning up the mess is in Turkish, but you won't need a translator.

Recently, in the most brilliant taste test in all of marketing, Sedef decided to set up a bear picnic with samples of each honey, including Anzer. He set up a night vision camera to record the action.

The bears surely did come to the honey (without bee stings) picnic. They sniffed each bowl and they chose Anzer. In multiple tests, the bears always ate Anzer first. Bee-made, bear approved.



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!

You can tame heartburn with a healthy lifestyle, study suggests

Five factors appear to prevent about 40 percent of symptoms of Gastroesophageal reflux disease (GERD).

That conclusion comes from a research letter published in JAMA Internal Medicine.

Researchers found those who followed five healthy lifestyle choices had 40 percent less GERD symptoms every week:

- Healthy body weight with body mass index of between 18.5 and 24.9.
- Not smoking.
- Limit coffee, tea, soda limit to 2 cups per day.
- Healthy diet.
- 30 minutes of daily moderate to vigorous physical activity.

Carrying extra weight is a key factor since weight at the waist can push on the stomach, forcing stomach acid into the esophagus, according to Harvard Health.



"Soup of the day? Mumbo Jumbo Gumbo."

Raw zucchini salad: Fresh and easy for warm spring days

Zucchini is a low-calorie vegetable that packs a huge nutritional punch with vitamins, minerals and antioxidants, and its mild flavor makes it a versatile ingredient for a wide variety of dishes. This raw zucchini salad is quick to assemble and packs a ton of flavor -- a perfect side dish for your Memorial Day cookout. Bulk it up with toasted pine nuts or cashews or personalize it with your favorite fresh herbs. Make sure to use smaller zucchini -- larger squash tend to have a looser texture and more seeds.



You can also experiment with dressings -- add some extra Dijon mustard to your vinaigrette or try different types of vinegar instead of lemon juice, like champagne vinegar or mirin. Top with basil, parsley, cilantro -- whatever you like!

Lemon vinaigrette:

- 1/4 cup fresh lemon juice
- 1 grated garlic clove
- 1 teaspoon Dijon mustard
- 1/4 teaspoon sea salt or more to taste
- Fresh black pepper to taste
- 1/2 teaspoon honey or maple syrup (optional/to taste)
- 1/4 to 1/3 cup extra-virgin olive oil
- 1/2 teaspoon fresh or dried thyme (optional)

For the salad:

- 3 small zucchini
- 1 tablespoon chopped chives
- Handful of basil
- Grated parmesan or crumbled feta cheese (optional)
- Sea salt and black pepper to taste

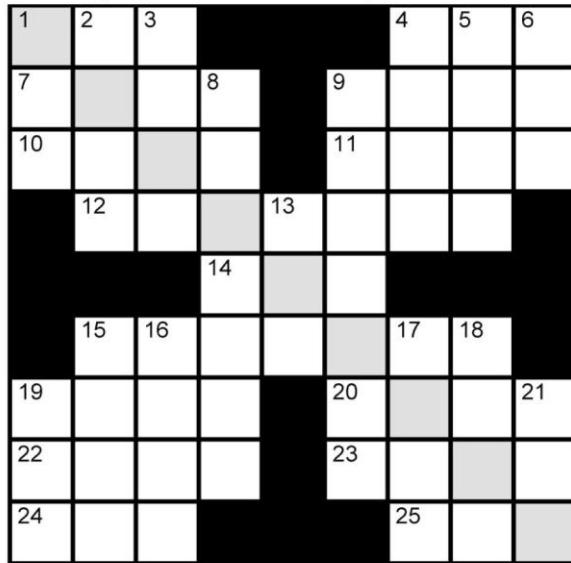
To make the vinaigrette, whisk together the lemon juice, garlic, Dijon mustard, salt, pepper and honey or maple syrup. Slowly drizzle in the oil while whisking quickly to emulsify the mixture. Add thyme if desired.

To prep the salad, use a vegetable peeler, sharp knife or mandoline slicer to slice zucchini in long, thin strips (or whatever shape you desire) and arrange on a plate. Drizzle with dressing, then top with chives, basil, other fresh herbs as desired, cheese as desired and salt and pepper to taste. Serve immediately.

Bear's Eye or Black Caps

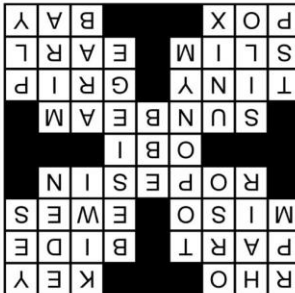
Across

1. Pi follower
4. Lock opener
7. Actor's goal
9. Wait
10. Soybean paste
11. Farm females
12. Entices
14. ___-Wan Kenobi
15. Ray of natural light
19. Very small
20. Film crew member
22. Thin
23. Viscount's superior
24. Chicken ___
25. Chesapeake, e.g.



Down

1. Engine speed, for short
2. "Aquarius" musical
3. Approximately
4. Tropical fruit
5. Genesis locale
6. Thumbs-up
8. Sandwich, Edam or Champagne
9. Surround, as a castle
13. Wane
15. Fodder holder
16. Popular computer operating system
17. Spirited horse
18. Oscar winner Sorvino
19. Recipe amt.
21. Layer



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

Are you insured for spring disasters?

Beautiful spring brings May flowers and sunny weather. But it can also bring tornados, hurricanes, earthquakes, and floods.

Insurance policies are pretty dry reading and many homeowners aren't at all familiar with what types of disaster coverage they really have. They may not realize that standard homeowners insurance doesn't cover flood damage. Or they don't realize that earthquakes aren't covered. Or they don't know whether their policy will cover mortgage payments if they suffer a disability. If you really hate to read policies, make a list of questions to ask your insurance agent.

Experts at the Alliance of American Insurers, a trade association in Downers Grove, Ill., say it's important to read your policy before a disaster strikes. A 1999 study by the Insurance Research Council shows that 60 percent of Americans believe that a major natural disaster is likely to hit them in the next 10 years. But just 6 percent had flood insurance and only 17 percent had earthquake insurance.

Standard homeowners insurance covers fire, vandalism (but it might not cover riots), explosions, lightning, wind, hail, falling objects, and water damage from plumbing. They also provide liability and theft protection. All policies are not the same. Homeowners should know what their policy covers.

Trivia Teaser – Give Me a Ring

1. What NFL player has the most Super Bowl rings after winning his seventh in 2021? a-Drew Brees, b-Aaron Rodgers, c-Philip Rivers, d-Tom Brady.

2. What fantasy writer created the One Ring to Rule Them All? a-J.R.R. Tolkien, b-J.K. Rowling, c-C.S. Lewis, d-George R.R. Martin.

3. What actress starred opposite Jack Nicholson in the 1981 erotic thriller "The Postman Always Rings Twice"? a-Theresa Russell, b-Maud Adams, c-Jessica Lange, d-Kathleen Turner.

4. Four rings, representing four different automakers that merged in 1932, are featured in the logo of what German car company? a-Audi, b-Opel, c-Porsche, d-Renault.

5. What female singer's "7 Rings" was the fifth best-selling song worldwide for 2019? a-Adele, b-Ariana Grande, c-Billie Eilish, d-Dua Lipa.

6. Great Tom, the hour bell at Christ Church College, rings 101 times every night, once for each original student at which university? a-Harvard, b-Oxford, c-Cambridge, d-Princeton.

7. The candy cane variety of what vegetable is colored with alternating rings of red and white? a-Radish, b-Sweet potato, c-Beet, d-Turnip.

8. Kyle Raynor, Guy Gardner and Hal Jordan have all wore power rings as the alter egos of what comic book hero? a-Blue Beetle, b-Crimson Avenger, c-Black Lightning, d-Green Lantern.

9. Which video game character collects power-up rings containing "Ring Energy"? a-Sonic the Hedgehog, b-Donkey Kong, c-Mario Mario, d-Paperboy.

10. What singer starred as Charlotte Adams on the first season of the Disney Channel short show "As the Bell Rings"? a-Miley Cyrus, b-Hilary Duff, c-Britney Spears, d-Demi Lovato.

- 1-d, Tom Brady
- 2-a, J.R.R. Tolkien
- 3-c, Jessica Lange
- 4-a, Audi
- 5-b, Ariana Grande
- 6-b, Oxford
- 7-c, Beet
- 8-d, Green Lantern
- 9-a, Sonic the Hedgehog
- 10-d, Demi Lovato

Answers to 'Give Me a Ring'



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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.

Sunglasses protect the eyes

Wear sunglasses in the summer -- that's the message from Prevent Blindness.

Exposure to UV rays can burn delicate eye tissue and raise the risk of developing cataracts and cancers of the eye. Protect your eyes from UV rays with sunglasses that block 99 percent to 100 percent of both types of ultraviolet rays: UV-A and UV-B. Sunglasses should also eliminate glare and relieve squinting. Be wary of labels that claim a product blocks harmful UV without specifying exactly what type and amount of UV rays they block.

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

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

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

Life is not always a matter of holding good cards, but sometimes, playing a poor hand well.

~Jack London

Fragrant choices for your herb garden

A walk in the garden or on a path is deliciously better with sweet smelling herbs. Some of the best, recommended by The Spruce:

- Anise hyssop. Bees love the spiky purple flowers which, along with the leaves, are edible. A gentle breeze easily picks up the sweet licorice scent.

- Nepeta (Catmint). A treat for -- who else? -- your cat. To humans, it's subtle. To cats, it's intoxicating.

- Mint. Its underground stems travel horizontally everywhere, making it an aggressive, but delightful plant. Its clean, tingling aroma is the definition of fresh.

- Rosemary. A splendid herb and a delight on the nose and tongue. Rosemary can actually be used to form a small hedge along a sunny walkway.

- Thyme. An ancient herb used for cooking and medicine for thousands of years, thyme is useful in cooking and has a sharp woody fragrance.

FREE Patio Furniture Cleaning with Indoor/Outdoor Window Cleaning

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

Offer expires June 30, 2021

Mops & Buckets, LLC
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