

Better Home Living™

The Newsletter That's Both Informative and Fun!

September

Your September landscaping to-do list

Summer comes to a close this month, and that means that it's time to get back to work in the garden. With a little time and planning each fall, you can enjoy better landscaping year after year.

- * Remove faded and droopy summer annuals and replace them with hardier flowers. Pansies can take a beating through a light frost and will provide a splash of color through the fall. Mums are also a great choice.

- * Plant any new evergreens during September and keep them well-watered until the ground freezes.

- * Plant any new deciduous trees and shrubs. Use root-stimulating fertilizer to encourage root growth.

- * Divide any overgrown spring blooming perennials and water them thoroughly after re-planting. After a hard frost, cut the perennials to the ground.

- * Plant spring-blooming bulbs. Make sure to consider color and height, placing smaller bulbs toward the front of your garden where you'll be able to see them in the spring.

- * If you have a vegetable garden, pull out the plants as soon as they finish producing and begin to wither.

- * If you have bare patches on your lawn, the cooler weather is a great time for re-seeding or patching with sod because of decreased weed competition.

- * Potted plants that go outdoors during the warmer months should come back inside. Use this time to remove damaged stems and leaves with yellowing, holes, or spots.

- * Plant the rosebush of your dreams. Fall is a good time to plant roses, just not hybrid tea-style roses, which will not establish sufficient roots before winter.

Millions help in coastal cleanup

More than six million people worldwide will help clean coastal areas in September.

The effort is part of the International Coastal Cleanup.

Since 1986, millions of people have helped collect millions of food wrappers, cigarette butts and plastic containers of all sorts including bottles, bags, take-out trays and other items.

In 2019, a million people hauled 20 million pounds of debris from 25 miles of coastal areas.

Debris of all kinds is not just a visual insult, though it is that -- it is also a danger to all types of marine life.

Anyone can join a cleanup or even start one. Go to oceanconservancy.org for more information.

Free Cleaning Tips at www.mopsnbuckets.com

I hope you enjoy this month's newsletter!

*Christopher Dunlap
Mops & Buckets, LLC*

Labor Day: Day of rest marks 139th birthday

Work was dirty, muscle-straining business in the 1880s. Vacations were rare and days of rest were few. Between the 4th of July and Thanksgiving, people worked six or seven days a week without a break.

The idea of a holiday during this period grew out of a celebration in honor of the working class by the Knights of Labor in 1882, 139 years ago. We really don't know if many people took the day off in that year, but two years later, they did. The Knights held a big Labor Day parade in New York City in 1884 and passed a resolution to hold future parades on the first Monday in September. That's how it all began.

The age of machinery and computers has made work less physically taxing. But we still need a Labor Day, maybe as much or more than ever before. There are a lot of jobs that require hard physical work, and those that don't still tax a person in other ways.

Today, in the 139th year since the Labor Day idea was born, we encourage all to have a pleasant, safe, and restful weekend. You deserve it. We all do.

Thank you for your good work since last year at this time.



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!

Reduce your cancer risk

Women have options to reduce risk of ovarian cancer through lifestyle and awareness.

According to the National Institutes of Health, epithelial ovarian cancer is the leading cause of death among gynecologic cancers and the fourth leading cause of cancer death among women in the United States. The American Cancer Society estimates that about 21,000 women will receive an ovarian cancer diagnosis in 2021, while almost 14,000 will die from the disease.

According to the National Ovarian Cancer Coalition, any woman is at risk, but certain factors may increase that risk, including obesity, childbirth later in life or never having a full-term pregnancy, hormone replacement therapy, family history, previous breast cancer, genetic mutations, prior fertility treatments and smoking.

Early detection is critical for successful treatment, but there is no standard screening or test to detect ovarian cancer, according to the National Ovarian Cancer Coalition.

Keep your family history in mind and be aware of possible symptoms, including unusual bloating, abdominal pain, difficulty eating or sudden fullness, frequent urination, digestive discomfort (including heartburn, upset stomach and constipation), back pain, fatigue, menstrual changes, or painful intercourse.

If these symptoms persist for two weeks even with normal interventions like exercise or dietary changes, contact your doctor immediately.



"On the plus side, by the time you read all the side effects, you'll be done with the medication."

Blueberry buckle: A quick and easy anytime cake

This sweet, tender cake comes together in minutes and can be eaten for dessert, as a breakfast coffee cake or even a sweet snack. Fresh blueberries are perfect, but you can also use frozen berries -- just bake for a few extra minutes to make sure the cake is done all the way through. The streusel topping adds some satisfying texture and contrast to the fluffy cake and soft blueberries.

For the cake:

1/4 cup butter, softened
3/4 cup white sugar
1 egg
1 teaspoon vanilla
2 teaspoons lemon zest, more if you prefer a stronger lemon flavor

1-1/2 cups flour

For the topping:

5 tablespoons salted butter
1/4 cup brown sugar
1/4 cup white sugar
1/3 cup flour
1/2 teaspoon cinnamon

Cream the butter, sugar, egg, vanilla, and lemon zest together until fluffy. In a separate bowl, combine the flour, baking powder and salt. Alternate between adding the dry ingredients and the whole milk to the butter mixture until just combined. In a separate bowl, toss the blueberries with the tablespoon of flour until evenly coated before gently stirring the berries into the batter. Spread the batter into a greased 8x8 pan.

To make the topping, combine all ingredients and mash with a fork (using a sharp knife can also help) until it has a crumbly texture. Sprinkle the crumble over the batter in the pan and bake for about 45 minutes at 350 degrees Fahrenheit, or until a toothpick or sharp knife comes out clean from the center of the cake.



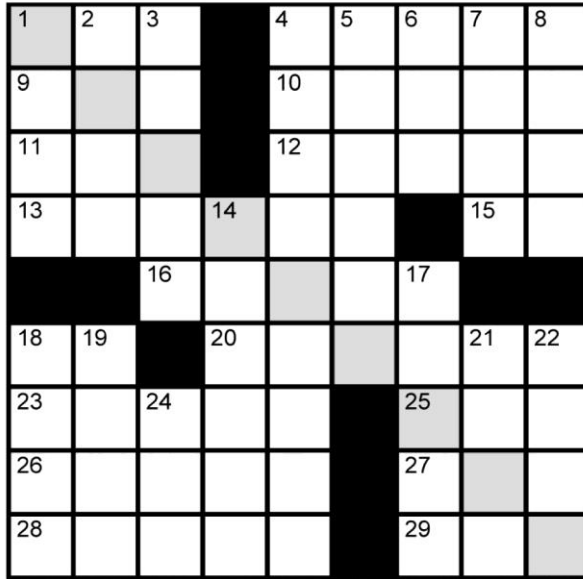
Elvis' talent

Across

1. "Far out!"
4. Prize money
9. Not me
10. Willow
11. Mandela's org.
12. Toothpaste containers
13. Explorer
15. Yours truly
16. Tendon
18. Perform
20. Down's opposite
23. Final stanza in a poem
25. "___ Baby Baby" (Linda Ronstadt hit)
26. Mall component
27. Vaccine target
28. Caffeine-rich nuts
29. Light source

Down

1. Scandinavian rugs
2. Top-notch
3. Leaders like Mussolini
4. Forces
5. Loan shark



6. Barbecue offering
7. Appear to be
8. Gaelic language
14. New Zealand welcome
17. Kennel sounds
18. Work station
19. Aware of
21. Alone
22. Synagogue
24. TV control: Abbr.

L	O	S		S	V	L	O	K
U	T	F		E	R	O	T	S
H	O	O		I	O	V	N	E
S	S	O	R	A	C	V		D
		W	E	N	I	S		
E	M		R	E	K	E	E	S
S	E	B	T		C	N	C	A
R	E	S	I		O	U		Y
S	E		P		A	D		R

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

Trivia Teaser – I'm Only Sleeping

1. Which composer wrote the music to three ballets -- "The Sleeping Beauty," "The Nutcracker," and "Swan Lake"?
a-Chopin, b-Rimsky-Korsakov, c-Tchaikovsky, d-Schubert.

2. Which tropical insect is responsible for transmitting "sleeping sickness"?
a-Tsetse fly, b-Aedes mosquito, c-Bedbug, d-Daddy longlegs.

3. Which actress fakes her death to escape an abusive relationship in the movie drama "Sleeping with the Enemy"?
a-Sandra Bullock, b-Julia Roberts, c-Amy Adams, d-Meg Ryan.

4. In the Harry Potter series of novels, the Hogwarts school motto in English is "Never Tickle a Sleeping" what? a-Beauty, b-Mandrake, c-Broom, d-Dragon.

5. Which is the name of the wicked fairy who caused Princess Aurora to fall asleep in Disney's "Sleeping Beauty"?
a-Narissa, b-Siobhan, c-Maleficent, d-Gothel.

6. "Sleeping Murder," published in 1976, was the last novel to feature which fictional amateur detective? a-Nancy Drew, b-Hildegard Withers, c-Miss Jane Marple, d-Jessica Fletcher.

7. Which French artist painted "The Hungry Lion" and "The Sleeping Gypsy"?
a-Marc Chagall, b-Henri Rousseau, c-Georges Braque, d-Georges Seurat.

8. On his first voyage, which fictional hero visited a gigantic island that turned out to be a sleeping whale? a-Sinbad, b-Don Quixote, c-Gulliver, d-Pinocchio.

9. In which U.S. state would you find Sleeping Bear Dunes National Lakeshore? a-Maine, b-Michigan, c-Massachusetts, d-Maryland.

10. At the end of the Marx Brothers movie "Animal Crackers," the entire cast is rendered unconscious by sleeping gas. Which is the last of the brothers to succumb?
a-Zeppo, b-Chico, c-Groucho, d-Harpo.

- | | |
|-----------------------|-----------------|
| 1-c, Tchaikovsky | 5-c, Maleficent |
| 2-a, Tsetse fly | 4-d, Dragon |
| 3-b, Julia Roberts | |
| 4-b, Siobhan | |
| 5-a, Amy Adams | |
| 6-c, Miss Jane Marple | |
| 7-b, Henri Rousseau | |
| 8-a, Sinbad | |
| 9-b, Michigan | |
| 10-d, Harpo | |

Answers to 'I'm Only Sleeping'

Some furniture does more than one thing

The kitchen table serves as both a workstation and Lego table. But that's not really multipurpose furniture.

Multipurpose or multifunctional furniture are pieces that can be used in multiple ways.

Whether you live in a small apartment or simply want to maximize your space to get more use out of it, multipurpose furniture could be the way to go.

What does it look like? Consider wall beds and fold-down desks, for starters. A rotating wall bed can pivot out from behind a bookshelf, allowing the items on the shelf to remain in place.

A drop-down table attached to a wall in the kitchen can provide shelf space when down and an eating area when extended out. The sections of a modular sofa can be placed about the room.

In the living room, multifunctional furniture can be a simple sleeper sofa or something more exotic, like a sofa that transforms into a bunk bed.

It might look like a coffee table that can transform into a dining table. Consider a home cinema unit that doubles as wall art when not in use. Or a console table that can become a desk.

It also includes clever storage ideas, like a storage bed -- not storage shoved underneath the bed, but actual space under the mattress, like a big, padded trunk. Or a mirror with hidden storage. Of course, storage benches and footstools are still popular as well.



(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.

Keeping beaches clean starts with you

- * Leave nothing on the beach.
- * Dispose of everything properly. Bring a trash bag to stow your trash, then properly dispose of the full bag.
- * Put drinks in reusable covered cups.
- * If you take a six-pack of cans to the beach, make sure to cut apart the plastic loops before disposing of the cans and plastic.
- * Pick up all pet debris.
- * Always tear apart plastic bags before disposing of them.
- * Never leave any kind of fishing lines or plastic on the beach.

Love our Service? Review us Now!

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>

I married for love but the obvious side benefit of having someone around to find my glasses cannot be ignored.

~Cameron Esposito

Super spy tool: invisible ink

Invisible ink has been around for centuries and even featured prominently in America's biggest battles -- George Washington's army used it to send secret messages during the Revolutionary War.

In fact, it is still used, and not just by super spies. Businesses use invisible markings on packages, contracts, personnel files and to mark branded products to fend off counterfeiting.

One of the most common household items for amateur sleuths is lemon juice.

Scientific American says that lemon juice (and most other fruits) contains carbon compounds that are colorless at room temperature. Heat can break down those compounds and release the carbon. If the carbon comes into contact with air, oxidation occurs and the substance turns light or dark brown.

Try it at home:

Mix equal parts baking soda and water and write a message on a piece of paper with a toothpick. Let it dry. To reveal the message, paint grape juice concentrate on the paper with a paint brush or sponge. The grape juice has acids that react with baking soda, says kidzworld.

You can also use lemon juice and either heat the paper or rub a crayon over it

Fall Cleaning Special!

**FREE Refrigerator Cleaning
with Whole House
Deep Cleaning**

\$150 Minimum Purchase

Schedule appointment by October 31st

**Mops & Buckets, LLC
786-350-1736**

www.mopsnbuckets.com

Follow us on!



Schedule Your Next Appointment!

Click [Here](#) Now!