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Better Home Living™

The Newsletter That's Both Informative and Fun!

De-stress holidays with tips from Tidy Tutor

Do holidays mean family, plenty of shopping, rushing home from work, with one-day to get it all together: Stress.

According to Kathy Roberts of TidyTutor.com, you can do four things that will significantly de-stress your holiday in the days leading up to the big events.

1. Do it now.

Maybe you can slack off later, but in the days leading up to December 24 and 25, try to do the little things immediately. Little pickups and put away tasks. Start to do it early.

2. Pay attention to laundry and dishes.

Dishes. Keep them done. Always in the dishwashers or dish drainer before bed. Use one cup and don't grab a new one for the second cup of tea.

Laundry. Load in the washer at night. Morning to the dryer. Night fold and put away. You must put away. If you don't the cat is going to sleep on them, and the family is going to rifle through them.

3. Clear out the house early in the month for cleaning, cooking and company.

Put everything out of your schedule for cleaning and pickup except the living room and bathroom.

Get boxes and put every knick-knack, end table thing, clutter from the entrance way, bottles and jars from the bathroom into boxes. Mark them so you know what is there. Hide the boxes until Christmas is over. When the guests have left, give yourself 15 minutes to toss or restore the stuff you removed.

You might try this at the time you put up your Christmas tree since you will end up with empty boxes. But in any case, you could use produce boxes from the grocery store for this.

4. Create a present wrapping station early. Gather all the things you need:

Scissors, paper, tags, bags, tape and ribbon. Start a list on paper of each present, who it goes to, what it costs and where you hid it. Have an envelope ready for receipts.

Then wrap as you go.



I hope you enjoy this month's newsletter!

*Susie Duncan
Two Ladies & A Bucket*



When you see our pal Taylor Lamke out and about the Venture Team, give her a big



Taylor's birthday is 12/10/16.

Susie's birthday is 12/14/16.

Your best bet to find Susie is in the office.



Good sleep habits encourage rest

If you do the same things every night before you sleep, you can expect to fall asleep faster and sleep deeper.

Called Sleep Hygiene, these considerations make sleeping better:

- Don't eat large meals before bed.

- Avoid caffeine, nicotine, and alcohol before bedtime. Chocolate milk is no good because it has caffeine.

- Establish a bedtime routine. Read in a chair for a time before bed, for example. Brush your teeth. Put on pajamas. Whatever you do, make it a regular part of your sleep routine.

- Don't read in bed, play with your phone or watch television in bed. The bed should be associated with sleep.

- Consider not reading the news or your favorite websites before bed. You want to retire with a calm mind.

During the day, you can exercise to help you feel tired at night. Be sure you are exposed to natural light, which maintains a healthy sleep and wake cycle.

Do You Know...

When a client refers a friend or family member to Two Ladies & A Bucket the client will receive a \$25.00 Amazon gift card as a thank you and their friend will receive a \$25.00 off their first cleaning.



Thanks a Bunch!

"Great job. Ladies are always friendly and personable and do a great job."
Barb D.



Guilty pleasure can rule buying choices

Guilt and pleasure are oddly intertwined, says Yale Professor Ravi Dhar.

In fact, in his experiments with researchers from Northwestern and Penn State Universities he found induced feelings of guilt can actually make things more pleasurable.

A prime example: The Las Vegas slogan "What happens here, stays here." Dhar says the slogan is crafted to attract tourists by emphasizing guilt associated with pleasure.

The naughty feeling of indulging in a chocolate bar, when you know you shouldn't, gives rise to pleasure, not pain.

Guilt can work the other way, too. In his experiments, Dhar found that giving people a choice of an indulgent coffee drink or a \$5 donation to charity, made them give to charity. On the other hand, fewer people gave to charity when presented with the choice of a \$5 laundry detergent versus the donation.



When what to my wondering eyes should appear, but...A miniature sleigh, and eight tiny . . . caribou

'Twas the night before Christmas when everyone knew, the sleigh of St. Nicholas was not pulled by caribou. That would be reindeer.

Truth be told, reindeer and caribou are the same species, Rangifer tarandus. But the two words are used in different parts of the world to describe the same animal: the arctic deer. In North America, wild arctic deer are called caribou and domesticated arctic deer are called reindeer.

Clement Moore wrote that eight tiny reindeer pulled Santa's sleigh in his 1823 Christmas poem "A Visit from Saint Nicholas" and he was probably right.

A brilliant professor of Asian and Greek literature and a biblical scholar, Moore knew caribou were wild, and there was no written record of them ever being tamed, not even by Santa. He also knew reindeer had been domesticated for over 2,000 years and were used to pull heavy loads, like a sleigh packed with toys.

According to Moore's famed Christmas poem, the reindeer went up on the rooftop 'click click click.' It sounds nicer than it is. Reindeer walk with a clicking sound so loud it resonates up to 150 feet away. (Imagine the sound of the 400,000-strong migration of the North American herd.) The sound is made by tendons snapping over foot bones.

Reindeer are amazingly adapted for living with Santa at the North Pole. Large four-toed, hairy hooves expand or contract with the weather to act like snowshoes or shovels or water paddles. Specialized noses densely covered with short hair (even the nostrils) to warm cold inhaled breath because they shove these muzzles into the snow all day long to root out food.

They can run up to 50 mph when chased. Caribou calves can follow their mothers an hour after birth and gallop up to 45 miles an hour.

Both males and females grow antlers every year and males lose theirs in early winter or early spring, but females shed theirs in the summer. Santa's reindeer are always pictured with antlers. That means they're probably she-deer or young bulls. They love raisins, so be sure to leave some out along with Santa's cookies!



Trivia Teaser – King of the Jung

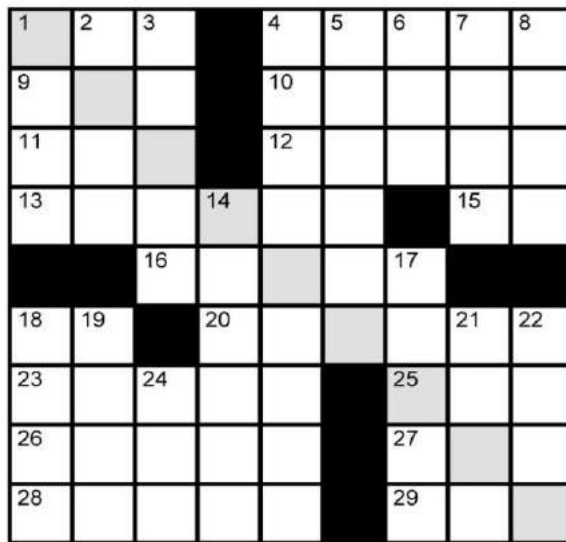
1. A roaring lion is the mascot of what film studio? a-RKO, b-Paramount, c-Lionsgate, d-MGM.
2. As a symbol of the Rastafari religion, a lion appears on the flag of which nation? a-Ethiopia, b-Mozambique, c-Bhutan, d-Cyprus.
3. What was the name of the female lion cub raised by George and Joy Adamson in the movie “Born Free”?
a-Elsa, b-Moana, c-Merida, d-Aurora.
4. What city is home to the Lions of the Canadian Football League? a-Calgary, b-Hamilton, c-Toronto, d-British Columbia.
5. What was the name of the regal lion in C. S. Lewis's Narnia book series? a-Eustace, b-Aslan, c-Pantalaimon, d-Azrael.
6. Which English monarch was portrayed by Peter O'Toole in the 1968 movie “The Lion in Winter”? a-George III, b-Richard I, c-Henry II, d-Edward I.
7. What receiver led the NFL with 12 touchdown receptions while playing for the winless Detroit Lions in 2008?
a-Larry Fitzgerald, b-Steve Smith, c-Greg Jennings, d-Calvin Johnson.
8. What mandrill served as a royal advisor to the lions in Disney's “The Lion King”? a-Sarabi, b-Rafiki, c-Zazu, d-Pumbaa.
9. What group had a number one hit with a doo-wop version of “The Lion Sleeps Tonight” in 1961? a-The Slades, b-The Coasters, c-The Tokens, d-The Capris.
10. According to the Bible, what was the name of the king who banished Daniel into the lion's den? a-Jehu, b-Darius, c-Herod, d-Ahab.

1-d, MGM
2-a, Ethiopia
3-a, Elsa
4-d, British Columbia
5-b, Aslan
6-c, Henry II
7-d, Calvin Johnson
8-b, Rafiki
9-c, The Tokens
10-b, Darius

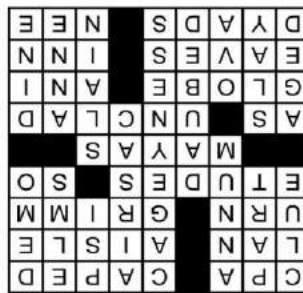
Answers to 'King of the Jungle'

Holiday Favorite

- Across
1. Tax prep. expert
 4. Like Batman and Superman
 9. PC linkup
 10. Bridal path
 11. Ashes holder
 12. Fairy tale brother
 13. Piano pieces
 15. Therefore
 16. Yucat-n natives
 18. “Stubborn ___ a mule”
 20. Naked
 23. Boston newspaper
 25. “Wheel of Fortune” purchase
 26. Overhangs
 27. Place to stay
 28. Twosomes
 29. Born as



6. Fraternity letter
7. “Desire Under the ___”
8. Showroom model
14. Smearred
17. Assassinated
18. Got mellowed
19. Do away with
21. Author Rice
22. Eat
24. Eggs



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

To give or not to give

Do you find yourself acting out the continuing role of everyone's favorite Christmas elf during the month of December? Cheerfully buying, wrapping and distributing gifts to everyone you've said 'hello' to during the year while asking yourself if you are going crazy?

Millions of others feel the same stress.

Some ideas about gifting

Giving isn't trading. Completely eschew the idea that you should gift someone who brings you an unexpected gift. Instead, receive the gift in joy and spend a moment with the giver.

Give holiday cards with a short personal note. Or a tip, if customary. Housekeepers, hairdressers and other service people you regularly visit need a tip on the holidays. Put it in a card. For neighbors, occasional friends, distant relatives, a card alone is perfect.

Give good deeds. Shovel an elderly neighbor's walkways. Make an extra casserole for the single mother of three who works.

Give treats. Hey, you don't even have to bake cookies. Just buy assorted goodies, some festive cellophane and wrap up on a paper plate.



Two Ladies & A Bucket

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January Cleaning Special for All Loyal Clients

Don't let the cold and flu catch you!!!

January: Protect your home from germs!!!

\$9.99 for Deep Disinfecting

It's the cold and flu season, after all. Claim this Offer Right NOW - before you forget, and we'll sanitize hard surfaces such as counters, telephones, laptop computers, door handles, etc. to help protect your family from yucky Cold and Flu Germs Just an added \$9.99 Offer Expires 1/31/17.

Holiday spending

According to a consumer survey by the National Retail Federation, planned holiday spending per person is about \$935.58. That includes food, decorations, gifts, and cards.

The president and CEO of the NRF, Matthew Shay, notes that advertising spots that would normally be full of holiday ads are now full of election ads. Consumers were expected to put off buying until the election is over.

More than half of people polled by the survey plan to spend an average of \$139.61 on themselves.

Staff Members Making the News

Please join me in welcoming our newest staff member

- Emily Pona

Emily, I know you will do an amazing job. I look forward to a long and successful future with you.

~~ Susie Duncan

Life is a menu, so remember, whoever and whatever you order for your life is what's gonna be delivered to your table.

~Tyrese Gibson

Far-flung Cubs fans

Who loves the Cubs as much as Chicagoans? The people of the Caribbean nation of Belize.

It seems that up until the 1980s, if Belizeans even had television sets, they were just used for video tapes. But then an enterprising couple began snagging the Chicago television station WGN and retransmitting it to their fellow citizens.

According to Atlas Obscura, the Belizeans, who already had a taste for baseball, became enthusiastic Cubs fans in the 1980s. Belizean fans became part of the accepted fan base, and even Harry Caray would give them a shout out! Belizeans living in Chicago went to the game with Hi Belize signs. It was a love affair.

The romance slightly soured during the Cubs' long dry streak. That, coupled with more television stations, gave Belizeans more choices.

Some observers predict that the Cubs in World Series will spark the old flame and Belize will once again be in the Cubs' corner.

Need Help Taking Down Christmas Decorations?

Call Susie today at (314) 229-1736 and schedule some additional time with your cleaning and we will help you take down and pack your holiday decorations.

Take the Trivia Challenge and Win a \$25 Gift Card to Applebee's!

The first 25 people who call our office with the correct answer will be entered into the drawing!

Reindeer walk with a clicking sound so loud it resonates up to how many feet away?

- a. 100 b. 150
- c. 200 d. 250

HINT: The answer is hidden somewhere in this newsletter.