



Better Home Living™

The Newsletter That's Both Informative and Fun!

Should You Stop Folding?

Folding laundry soaks up time. Should you stop doing it?

Blogger Dawn Madsen says yes.

Instead of folding everything from underwear to shirts, Madsen, a mother of three, sorts.

Kids clothing, she says, just doesn't need to be folded. She designated boxes in the kids' bedroom for pajamas, underwear, tops and bottoms. The kids can pull out the box they want, look for their favorite shirt, and return the box to the closet. The kids don't look rumpled, she says, since the fabrics are no iron.

She also completely eliminated sock matching by disposing of all unmatched socks. She bought identical socks for the kids. Now she just tosses the socks into a designated basket and, since every sock matches the others, kids simply reach in the basket and get two.

Her husband's clothing does need to be folded, she says. But some things don't, such as underwear and undershirts. These are tossed unfolded into a basket.

Read more at ithinkwecouldbefriends.com.



I hope you enjoy this month's newsletter!

*Susie Duncan
Two Ladies & A Bucket*

Longing for Liberty

In the years after the American Revolution, the words equality and liberty were on the lips of people everywhere as newly minted states wrote them large in their constitutions.

No one understood the words better than Mum Bett, a woman enslaved to a Massachusetts judge. She heard the judge and his friends discussing the new state constitution and she took note of their words: All men are born free and equal and have certain natural, essential, and unalienable rights. She took the words so seriously that in 1781 she walked out of her slaveholder's home, and she took those words to court.

In what was to be the first legal test of slavery in America, Mum Bett and her attorney found the courts "willing to consider that ...slaves might be free and thus entitled to the same legal rights as anyone else," according to the book "Written out of history: The forgotten founders who fought big government" by Mike Lee.

The jury of Massachusetts citizens agreed with Mum Bett.

Mum Bett won the case plus damages. She walked in the world as a free woman. She immediately changed her name to Elizabeth Freeman. She then accepted a paid position as a housekeeper and nanny for her lawyer, where she worked until she retired to her own home, bought and paid for with her own wages.

In 1829, Elizabeth Freeman died free in her own home and was buried in the Sedgwick family plot.



Tips for Staying with Exercise

About 21 percent of adults in the U.S. always make it to the gym or exercise studio.

Why them and not everyone?

Steady exercisers have some habits in common.

According to studies by Dr. Navin Kaushal of the Montreal Heart Institute, steady exercisers have a regular exercise schedule that never varies. They don't debate whether they have the time that day, because exercise is just part of the day.

However, the most active people aren't rigid about their routines. While they always exercise, they are flexible on time. If they are 20 minutes late to the gym and can't make an exercise class, they will get in the remaining minutes doing something else. It still counts.

In fact, regular exercisers count all sorts of activity as exercise. A family hike can count as exercise just as much as an hour of weight training, if the situation presents itself.

Finally, it helps to have visual cues for exercise, Kaushal found in a 2017 study. A runner might have his running clothes laid out and ready to go. A walker might have the walking stick ready at the door.

*"Better to die fighting for freedom than be a prisoner all the days of your life."
~~Bob Marley*

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 receive a special gift from me and our new client will receive a \$25.00 additional cleaning service for free!

If you think someone could use our services, then don't 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 gift!



Thanks in advance for your help!

Thanks a Bunch!

A special thanks to all these fine folks who referred us...

- Tammy S
- Diane L
- Diane B

**Awesome Gift
Just for You!**

Frog Songs Trill Through Summer

Summer is a great time for the family to listen to the sounds of the evening, and one of the most impressive sounds is the gray tree frog.

Gray tree frogs are tiny guys, seldom more than two inches in length and, as the name suggests, they generally live in trees, clutching and climbing with their flexible webbed and sticky toes. They have a mottled color, which can change from gray to green with black and yellow features, depending on the situation.

While they are rarely seen, their musical trills echo loudly through the night. Only the males call, usually to advertise their prowess to a female, but also to stake out territory.

On an average night in the East and Midwest, you can hear dozens of gray tree frogs trilling for hours. Since they live up to nine years, the frog you hear in your maple tree could be the same fellow you heard last year.

Your friendly neighborhood tree frogs likely live in your trees all year round, lowering their body temperature in the winter to survive temperatures of up to minus 8 degrees.

Listen to their calls on [youtube.com](https://www.youtube.com).



Shrimp and Asparagus: A Lovely Combo

It was the favorite vegetable of Julius Caesar, King Louis the XIV, and Thomas Jefferson. But the history of asparagus begins long before that.

The name comes from a Greek word meaning stalk or shoot. The Romans borrowed asparagus from the Greeks and cultivated it in every land they visited.

Asparagus is a member of the lily family and is related to onions, leeks, and garlic. It contains more cancer-fighting glutathione than any other food. It is packed with folic acid, which helps to prevent birth defects and heart disease, and it's a good source of potassium, fiber, vitamins A, D, B6, and thiamin. And it is rich in rutin, which



helps strengthen blood vessels. Asparagus contains no fat and no cholesterol, is low in sodium, and contains only 20 calories per serving.

The best asparagus has firm, fresh stalks with tightly closed tips. Because its folate is destroyed by exposure to air, heat, or light, it is best to store it in the back of the refrigerator or in a produce drawer.

Microwaving destroys fewer of its nutrients than boiling or steaming. Cook it upright in a tall container with a few inches of water in the pot. Simmer 5 to 7 minutes with the tips out of the water.

Orange-Soy Asparagus Sauce: Combine 1 tablespoon each of soy sauce and fresh orange juice with 1/2 teaspoon grated orange rind, grated ginger, and dark sesame oil. Stir in 2 shallots or 1 small onion, minced. Drizzle over cooked asparagus and toss to coat.

Shrimp and Asparagus: Prepare this lemon sauce for the dish and set aside.

Combine in small bowl:

*2/3 cup chicken stock *1 tablespoon cornstarch

*1 tablespoon soy sauce *1/4 cup lemon juice

Add a tablespoon of sugar, if you desire.

Stir fry shrimp in olive oil, 1 teaspoon minced garlic and 1 teaspoon ginger until shrimp is pink. Remove. Using the same pan, add asparagus, cooking until bright and tender-crisp.

Bring asparagus and shrimp together in same pan. Pour lemon sauce mixture over shrimp and asparagus. Simmer for a minute to thicken sauce. Serve.

If carbs are not an issue, add rice or noodles.

Trivia Teaser – Spin Cycle

Ending with drums, cymbals

	1	2	3		4	5	6	7	8
Across	9				10				
	11				12				
	13			14				15	
			16				17		
	18	19		20				21	22
	23		24				25		
	26						27		
	28						29		

Across

1. Letterman's network
4. Sausage
9. Skill
10. Kind of tube
11. Ed. 's request
12. Condoleezz Rice's department
13. Movie preview
15. That guy
16. ___ tenens (substitute)
18. Sooner St.
20. Come up with
23. Home to more than a billion
25. Affirmative action
26. Physics lab device, for short
27. Eccentric
28. Shadow
29. Aussie hopper, for short

Down

1. Actors
2. Scottish hillside
3. Baseball datum
4. Smart remark
5. Not factual
6. Genetic info carrier
7. Actor Green

of "Buffy"

8. Arborist's concern
14. Friendly
17. Country estate
18. Alternative to acrylics
19. Make a sweater
21. Type of list
22. Taro root
24. Modern court evidence



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

What Happens to Your Facebook Profile When You Die?

You've written your life large on Facebook: Your politics, religion, family, likes, dislikes, some of your best moments, and, one hopes, only a few of your worst. And your cat is there, of course.

What happens when you die? In fact, longtime users today might have more than one Facebook friend who has passed away while their page lives long after them. What if you don't want to be on Facebook for eternity? What if you do? Who decides?

You can. According to Facebook, there are two main ways to handle this unfortunate circumstance, but they require a so-called Legacy Contact to make the changes you want. Much like a will, you must designate this person before you die, which will give your contact limited access to certain features of your account.

To help preserve their memory, Facebook allows accounts to be placed into a memorial mode. In this mode, the word Remembering will be placed next to the person's name as a memorial. From that point, privacy settings can be changed to allow friends (or even deleted friends) to share memories on a personal timeline only visible to them. Any photos and posts from the past will stay visible exactly as they were before the person's death.

To achieve complete privacy, Facebook also gives the Legacy Contact the ability to permanently delete the deceased's account so that there will be no opportunity for anyone to see old pictures and posts.

Whichever method you choose, you have to designate a legacy contact to avoid having unnecessary complications when attempting to protect a loved one's account.

1. Where is the rotator cuff located in the human body? a-Shoulder, b-Neck, c-Ankle, d-Hip.

2. Who played Deputy Mayor Mike Flaherty on the sitcom "Spin City"? a-Matthew Perry, b-Jim Carrey, c-Howie Mandel, d-Michael J. Fox.

3. Which is the highest number on the Fujita scale used to measure the intensity of tornadoes? a-4, b-5, c-8, d-10.

4. Which rock group had a #2 hit in 1969 with the song "Spinning Wheel"? a-Three Dog Night, b-Blood, Sweat and Tears, c-Chicago, d-Earth, Wind and Fire.

5. The term "whirling dervish," a reference in the Sufi Muslim religion, comes from which country? a-India, b-Thailand, c-Turkey, d-Japan.

6. Which was the only top ten hit for the Spin Doctors? a-"Shut Up and Dance," b-"Two Princes," c-"Kryptonite," d-"Little Miss Can't Be Wrong."

7. What is the highest value on the Big Wheel spun in the Showcase Showdown on "The New Price is Right"? a-\$1, b-\$10, c-\$100, d-\$1000.

8. Who was the jockey aboard the Triple Crown-winning horse Whirlaway in 1941? a-Eddie Arcaro, b-Willie Shoemaker, c-Angel Cordero, d-Jimmy Stout.

9. In figure skating, a camel spin that turns into a sit spin is named after which figure skater who developed it? a-Sonja Henie, b-Dorothy Hamill, c-Kristi Yamaguchi, d-Tenley Albright.

10. An old man tells how he survived a shipwreck and a whirlpool in which author's short story "A Descent into the Maelstrom"? a-Mark Twain, b-Edgar Allan Poe, c-O. Henry, d-Stephen Crane.

Answers to 'Spin Cycle'

1-a, Shoulder
2-d, Michael J. Fox
3-b, 5
4-b, Blood, Sweat and Tears
5-c, Turkey
6-b, "Two Princes"
7-a, \$1
8-a, Eddie Arcaro
9-b, Dorothy Hamill
10-b, Edgar Allan Poe



Two Ladies & A Bucket

5139 Lemay Ferry Road
St. Louis, MO 63129
(314) 229-1736

www.twoandabucket.com

Email me at clean@twoandabucket.com

Electronic Meditation: How Apps Help You to Disconnect

According to Fast Company, there are over 18 million Americans that have joined the meditation movement. With clear benefits such as lowering blood pressure and boosting immune systems under its bonnet, cognitive behavioral therapy treatments like meditation are seemingly more important now than ever.

Because of this massive following, many developers have dived into the app space to attempt to provide an app-powered meditative experience. Lifehacker looked at meditation apps and pointed out that although apps are by no means a requirement for reaching a meditative state, they do help people:

- * Build a habit - Most people have heard that it can take 21 days to build a habit and this makes things difficult for someone looking to start something new. With an app, there is a built-in reminder to take the time for meditation. They can even track stats like a longest streak and hand out rewards for checking in.

- * Set a time for meditation - Clocks or timers are often recommended for meditation to help keep things on track. With a dedicated app, there will be a timer built in as well as serving as a place to store your progress and observations.

- * Meditate more deeply - When starting out with meditation, it is common for most people to be a bit lost. Guided sessions can help a person stay on track or focus on specific goals like relaxation or creativity.

The best part of these apps might be the access to guided sessions because they allow novices to get started without having to wonder what it is they should be doing. They also enable people to see how meditation could work for them without the time or financial commitment that signing up for an actual class might entail.

Ironically, it could be apps that help the always-connected society find success in disconnecting.

HEAT PET SAFETY!

- SHADE & WATER**
Protect your pets from the sun's rays and keep them hydrated.
- NO CARS**
Never leave a pet in the car, not even with the window cracked.
- NO ASPHALT**
If it's too hot for bare feet, it's too hot for bare paws.
- LIMIT EXERCISE**
Don't let playful pets over exert themselves in the heat.
- HEAT STROKE**
Excessive panting, discolored gums, and mobility problems are signs. Seek veterinary attention immediately!

Lack of Sunlight Affects Brain Power, Study Says

It has long been known that sunlight can affect mood. A new study shows that sunlight, or lack of it, can affect thinking power.

Short-term recall in particular can be affected by lack of natural light, according to a University of Alabama study by a team led by Shia Kent.

The effects were most striking in study participants with depression coupled with lack of sunlight.

Thoughts on Fireworks

While we may think that the fireworks are awesome, our four legged family members may not. Our pets have hearing that is hundreds of times more sensitive than ours. Our pets should be warm, safe, and sheltered during these festivities. Please think twice about these things before loading up the family pet for the celebrations.

"Patriotism is supporting your country all the time and your government when it deserves it."

~~ Mark Twain

July 2017 Clean Pantry Offer

Operation Open Pantry

We all have had experiences where we have donated our over-abundance of blessings to those needing a few more blessings.

Food pantries tend to experience extreme shortages of food during the summer months.

During the month of **July** I am offering a free pantry cleaning for all clients that donate six non-perishable food items (preferably not in glass containers).

Simply empty items from the pantry prior to your **July** cleaning, set aside the items you would like to donate, the ladies will vacuum and wipe out your pantry, you can reorganize your food items in your sparkling clean pantry after the ladies have left.

Call today to schedule your **July** pantry cleaning.

Fruits & Vegetables	Ready To Make Meals	Proteins
Canned Fruit	Pasta	Peanut Butter
Canned Veggies	Pasta Sauce	Canned Tuna
Fruit Juice	Boxed Meals	Beans
Jelly / Jam	Soup	
Grains	Paper	Snacks
Rice	Toilet Paper	Applesauce / Fruit Cups
Cereal	Paper Towels	Fruit Snacks
Oatmeal	Paper Plates	Crackers / Goldfish
Cream of Wheat	Paper Cups	Granola & Cereal bars