



August 2017

Volume 2, Issue 8

# Better Home Living™

*The Newsletter That's Both Informative and Fun!*

## Don't Let Clutter Rule Your Life

Boxes of papers. Shelves full of dusty salt and pepper shakers. Mountains of clothing. Bathtubs full of unspent gifts. Guest rooms where no bed can be found under tons of "stuff."

Turn on cable television and you're bound to run across one of the new anti-clutter programs wherein a team of cleaning experts confronts exceptionally cluttered families.

The shows, hugely successful on cable, let the viewer gawk at the excesses of everyday people whose interests (and disinterests) have led to household chaos. In each version of the anti-clutter programing, householders learn they must let go of their junk and, in return, the clean teams come in, clean up, and redecorate.

All this has spawned a new philosophy of neat. The commandments:

- Just because it was a gift, does not mean you must keep it.
- Don't keep things because you think you might use them someday.
- Don't let your home be a dumping ground for someone else's junk.
- Let go of mementoes of the past so you have room for the future.
- Don't keep things that don't work, don't fit, or are no longer relevant.

## Roomba for the Garden

For anyone who faces the constant aggravation of having to weed the garden all summer long, there might be some relief coming in the form of a little weeding robot called Tertill. According to Engadget, the makers of the popular automatic vacuum cleaner Roomba have been working on the product and started a Kickstarter campaign in June to fund their efforts.

The machine is solar-powered, waterproof, and uses sensors to identify weeds and chop them down with a little cutter. The kit comes with little collars that alert the Tertill to stay away from and protect actual plants and vegetables. Although most people would typically pull a weed up by its roots, this device plans to chop down the weeds repeatedly until they wither and die. It has some limitations and special requirements to work most effectively, but tending a garden might one day become as easy as watching the plants grow.



*I hope you enjoy this month's newsletter!*

*Susie Duncan  
Two Ladies & A Bucket*

## Totality: The Great American Eclipse Cometh

From Oregon to South Carolina, Americans will see the sight that has left mankind trembling and astonished for as long as humans have walked the earth.

The Great American Total Eclipse will be one for the record books as totality junkies from across the globe hurry to the best viewing destinations.

On August 21, 2017, for the first time in 99 years, the earth, moon, and stars will line up perfectly in a total eclipse that can be viewed in 14 states. Best viewing is predicted to be in Oregon where sunshine is predicted, especially near Madras. Local time will be 10:21 a.m. PDT and totality will last for about 2 minutes and 7 to 8 seconds, depending on where the viewer stands.

On the East Coast, the eclipse will start a little after 1 p.m. and reach totality just before 3 p.m.

Further inland, viewers in Illinois and Kentucky will experience 40 seconds more totality.

"A solar eclipse can only take place at the phase of new moon, when the moon passes directly between the sun and Earth and its shadow falls upon Earth's surface," according to space.com.

The eclipse will be actively pursued by a sub-culture of totality followers who travel to various parts of the world to experience the out-of-this-world phenomena many times during the year. Scientists will also be watching the display and the shadow allows them to see solar flares.



*No one is rich enough to buy back his past  
~Oscar Wilde*

# Eclipse Across America

## August 21, 2017



### No, you can't look at the sun and watch the eclipse. No.

If you have ever held a small magnifying glass over dry grass, you know what happens. The sun's rays become so focused that the grass catches fire.

That is what will happen to your eyes if you attempt to watch the eclipse. Your retina will burn up. You won't know it until you can't see any more.

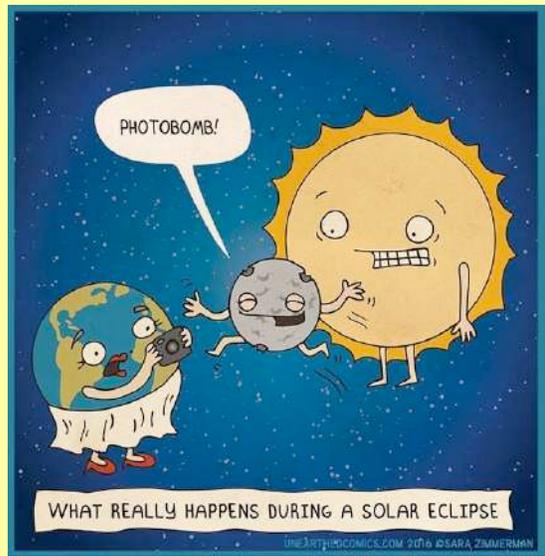
**DO NOT LOOK AT THE SUN WITH THE NAKED EYE.**

Do not look at the eclipse through binoculars or a telescope or a camera lens. The same thing happens: Your retina burns up.

Do NOT use sunglasses, polaroid filters, smoked glass, exposed color film, x-ray film, or photographic neutral-density filters.

What you can do is make a pinhole projector. There are many instructions online for this.

For ideas on how to view, go to [www.exploratorium.edu/eclipse/how-to-view-eclipse](http://www.exploratorium.edu/eclipse/how-to-view-eclipse).



### Low-carb Stuffed Peppers Spice Up the Season

Bell peppers have it all: They're nutritious, fun to grow, pest resistant and beautiful.

Unlike most, bell peppers (named for their distinctive shape) don't have the spicy ingredient capsaicin and are, instead, tangy with a satisfying crisp.

Like all peppers, bells love the warmth and gardeners must take care that the soil is at a minimum of 67 degrees before planting. Once in the ground, these peppers do a good job of resisting garden pests.

Nutritionally, they do some heavy lifting. A medium pepper provides 159 percent of the daily vitamin C



requirement with no cholesterol and virtually no fat. The red bells are actually older versions of the green bells and have even more vitamin C.

They are delicious on a low carb diet for snacks, dipping or, as in this recipe, as part of a main course. The traditional stuffed pepper recipe usually includes rice, which soaks up juices and holds the dish together. In this recipe, the filling has no rice and is therefore looser, but also is very low in carbs.

A medium bell has about six carbs overall or four net carbs when accounting for fiber. All the carbs in this recipe are in the marinara sauce, which has about nine net carbs per half cup. You can estimate one stuffed bell pepper at about 13 carbs.

Peppers stuffed with Italian sausage and beef

- \*1/2-pound ground beef
- \*1/2-pound ground Italian sausage
- \*1/2 sweet onion, chopped
- \*2 large red, yellow, or green bell peppers.
- \*2 cloves garlic, minced
- \*1 (15.5-oz) jar marinara sauce
- \*1/2 teaspoon dried oregano

Preheat oven to 350 degrees F. Cook beef and sausage in a large nonstick skillet over medium-high heat 5 minutes or until browned and crumbly.

Drain well as the filling with be juicy, and no extra juices are needed.

Sauté onion and garlic in pan 5 minutes or until tender. Stir in beef mixture, marinara, and oregano. Cook 2 to 3 minutes or until thoroughly heated.

For a cute cap look, cut bell peppers in half vertically; discard seeds and membranes.

Spoon beef mixture into peppers. Place in a baking dish. Bake 20 minutes or until peppers are tender. For toppings, try arugula and basil or your favorite cheese.

## Trivia Teaser – Going Under

1. Who teamed up with the rock group Queen to record the 1981 song Under Pressure? a-Mick Jagger, b-Stevie Nicks, c-Phil Collins, d-David Bowie.

2. Who played a vampire named Selene in the Underworld film series? a-Leelee Sobieski, b-Kate Beckinsale, c-Milla Jovovich, d-Jordana Brewster.

3. Who is the author of the National Book Award-winning novel The Underground Railroad? a-Thomas Pynchon, b-Timothy Egan, c-Colson Whitehead, d-Sherman Alexie.

4. President Frank Underwood hails from which US state on the Netflix series House of Cards? a-South Carolina, b-Vermont, c-Arizona, d-Alabama.

5. Which singer-guitarist is a former member of The Velvet Underground? a-Lou Reed, b-Jimi Hendrix, c-Buddy Guy, d-Johnny Winter.

6. Who was the sweetheart of cartoon superhero Underdog? a-Pearl Pureheart, b-Sweet Polly Purebred, c-Tess Trueheart, d-Angel the Ape.

7. Which dance is usually associated with the music of the Infernal Gallop from Jacques Offenbach's opera Orpheus in the Underworld? a-Tango, b-Waltz, c-Jitterbug, d-Can-Can.

8. Who was Carrie Underwood's duet partner on the number one ballad Remind Me? a-Luke Bryan, b-Keith Urban, c-Brad Paisley, d-Eminem.

9. Which mystery writer began his Underworld USA trilogy with the 1995 novel American Tabloid? a-Edward Bunker, b-James Ellroy, c-Elmore Leonard, d-Jim Thompson.

10. Which writer lived in an English house called Undershaw? a-G.K. Chesterton, b-Jules Verne, c-Arthur Conan Doyle, d-H.G. Wells.

1-d, David Bowie  
2-b, Kate Beckinsale  
3-c, Colson Whitehead  
4-a, South Carolina  
5-a, Lou Reed  
6-b, Sweet Polly Purebred  
7-d, Can-Can  
8-c, Brad Paisley  
9-b, James Ellroy  
10-c, Arthur Conan Doyle

Answers to 'Going Under'

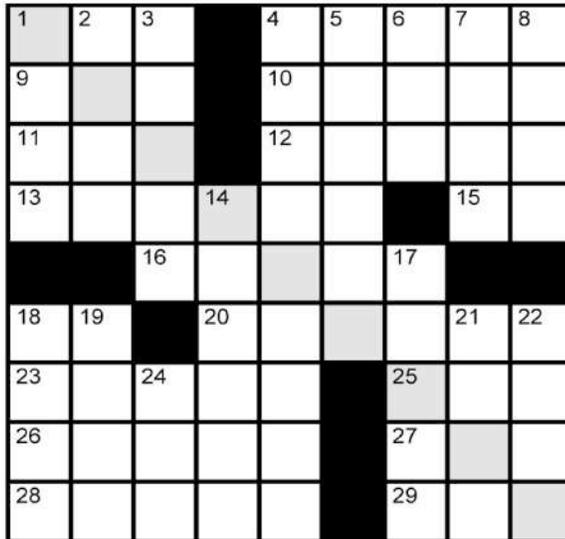
## Document protection

### Across

1. Like a bairn
4. Blue-pencils
9. anray
10. Explosion maker
11. "C'\_\_\_ la viel!"
12. Ming things
13. Moon of Neptune
15. Rocky's greeting
16. Times of old
18. \_\_\_ way of
20. Non \_\_\_ mentis
23. Consumed
25. Back then
26. Strong string
27. French vineyard
28. Put in a stake
29. Comics shriek

### Down

1. Small songbird
2. Comfort
3. Contest effort
4. Surrounded
5. Tiara
6. Possessive pronoun
7. Four's inferior
8. Comme ci, comme ca
14. Dawn-of-



- mammals epoch
17. "The final frontier"
18. Kind of blocker
19. Sign of boredom
21. Fairy tale villain
22. Hebrew open air market
24. Small songbird

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

## Buy Happiness: New Experiences Count

You won't find happiness at the mall in the form of a huge new TV or in the department store in the form of new clothes or a fancy coffee pot. They will not increase your overall happiness.

Spending money on experiences maximizes happiness, says Michael Norton, an associate professor at Harvard Business School and co-author of Happy Money: The Science of Smarter Spending.

\* According to research published in Health magazine, people who spent money on concert tickets or simply a planned dinner out were happier than those who spent money on tangible goods. One reason: they get more pleasure from social bonding.

The pleasure begins as you anticipate the event, which can be as valuable as the event itself. Afterward, recalling it will continue to give you pleasure in the following weeks or months. Even if the event doesn't turn out to be as nice as you thought it would, it still counts. People tend to remember things as better than they were.

\* Don't worry about self-improvement. Take pleasure in what's already good about yourself. At the University of Zurich, they say identifying your strong suits is better. Think about your top five strengths in your relationships at the office and in your home, and you will experience more happiness.

\* Enjoy the pleasure of giving. Giving to charities will make you feel good about yourself, but Dr. Norton's research finds that doing things for people you know makes you happiest. You'll love the joy rush from the positive feedback.



# Two Ladies & A Bucket

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## Movie Night Under The Stars



Date: Friday, August 11, 2017  
Time: 6:30 pm to 10:00 pm  
Place: 4323 Meadowgreen Trails Drive  
Saint Louis, MO 63129

Come join us for some nostalgia as we watch a full length movie outdoors beneath the stars just like we did back in the olden days. Bring your lawn chair, blanket, cooler with your favorite drink (please limit alcoholic beverages to no more than two per person), and bag of treats. Popcorn, snow cones, and some surprise treats will be provided.

## Rhyme Crime Spree

Bad poetry thrives and it's not just your sentimental Aunt that commits rhyme crimes; Performing artists do too.

The Turtles weren't the first or the last to commit rhyme crime with their 1967 hit "Happy Together" and its non-sequitur phrase: So happy together; And how is the weather?

In 2006, you had to feel for Madonna whose "I Love New York" forced this rhyme: I don't like cities, but I like New York; Other places make me feel like a dork.

With this in mind, Aug. 18 brings you Bad Poetry Day when even you can write lines like this. When finished, send them to your high school English teacher!

## Staff Members Making the News

Oh Gosh....has two years gone by already? Please join me and all the ladies as I congratulate my office administrator, Michelle on her two year anniversary. It's hard to believe that that she has been with me this long. Sometimes I wonder how I got along without her!

Yay....Michelle.

*Never give in except to convictions of honor and good sense.*

*~~ Winston Churchill*

## Avoid a Medical Emergency - Heat and Humidity Add Up to Danger

Emergency rooms see an increase in cases of heat stroke and dehydration in July and August.

The American College of Emergency Physicians gives this advice on how to stay safe in hot weather:

\*Check the heat index before going out to work, play or practice and plan accordingly.

\*Avoid direct sunlight in the middle of the day. Schedule activities for the early morning or early evening hours.

\*Wear loose, light-colored clothes and hats. Dark colors absorb more heat.

\*Drink lots of water or sports drinks; about 8 ounces an hour when in the sun to avoid dehydration.

\*Take frequent breaks in the shade or in air-conditioning to cool off.

Calculate the "apparent temperature" before taking part in activities. According to the National Oceanic and Atmospheric Administration:

\* At 90 degrees and 50 percent humidity, it feels like 96. At 70 percent humidity, it feels like 106 degrees. Heat exhaustion is likely, so take it easy.

Heat exhaustion can include cramps, heavy sweating, nausea, heart-rate changes and dizziness. Get the victim out of the sun, remove excess clothing and place cool towels on extremities. Fan and give small sips of water.

\* At 95 degrees and 50 percent humidity, it feels like 107 degrees. At 70 percent humidity, it feels like 124 degrees. At that temperature and at any higher temperature or humidity, it is extremely dangerous to be outside and heatstroke could occur.

\* At 100 degrees, humidity ranging from 35 percent to 55 percent can cause heat exhaustion. At 100 degrees, humidity of 60 percent or higher puts a person into heat stroke territory.

Heatstroke is a medical emergency. Symptoms include confusion, an altered mental state, unconsciousness and hot, dry skin. Call 911. Do not give fluids, which can cause seizures.



Fill a back pack full of school supplies to help kids in need. We will do a detailed cleaning of your kids rooms AND give you our free kids' room cleaning checklist. You can leave donations for your cleaning ladies to bring back to the office or drop them by the office yourself. All donations should be received by 8/15/2017.

Spiral Notebook	Pink Erasers	Calculators
Scissors (safe tip)	Ruler (12 in)	24 Pack Cayon
Art Box	8 Count Markers	Glue Stick
Ink Pens	#2 Pencils	Colored Pencils
Pocket Folders	Notebook Paper	Pencil Sharpener
Mechanical Pencil	Highlighters	Elmer's Glue
Index Cards	Binder/Divider	Hand Sanitizer
Facial Tissues		Alarm Clocks