



Dial A Maid Usa

The Newsletter That's Both Informative and Fun!

The miracle cleaner that gets rid of superbugs

Many hospitals are turning to the one disinfectant that reliably fights antibiotic-resistant superbugs.

You might have heard of the miracle cleaner: bleach. Plain old bleach. Bleach is one of just a few chemicals that kill spores of *Clostridium difficile*, a virulent bug that causes severe diarrhea and nausea.

According to the Centers for Disease Control, about 75,000 patients died in the U.S. due to infections caught in hospitals. In the home, bleach has had a place for years since it is relatively inexpensive, reliable, and effective.

According to the World Health Organization, a bleach/water solution can kill bacterial like strep, staph, salmonella, and the super bacteria MRSA.

Bleach can kill cold and flu viruses, and others like rubella, herpes simplex type 2, and hepatitis A. While cleaning removes debris from surfaces, disinfecting with bleach removes bacteria and viruses from surfaces.

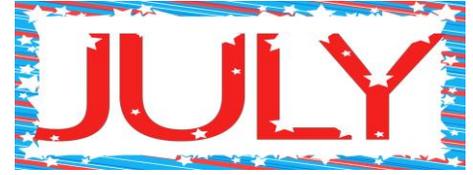
For non-food surfaces, you can mix up your solution of regular bleach and water for disinfecting. Uses a half cup of bleach to every gallon of water. First, wash and dry the surface with detergent and then apply the bleach solution. Let it stand for about 5 minutes for thorough disinfecting.

For food surfaces and utensils, wash and dry first, then soak in a solution of 2 teaspoons bleach to a gallon of water. Soak for 2 minutes then drain, rinse and air dry.

According to WebMD, you might not be able to prevent family members from getting sick with the flu, just by bleach disinfectant.

This is mainly because the flu virus doesn't survive long on surfaces. The flu virus tends to move from person to person through the air and on hands.

If there is a flu patient in your house, the best strategy: Wash your hands for 30 seconds; Cover your mouth with a handkerchief or tissue when you sneeze or cough; and get a flu vaccine.



I hope you enjoy this month's newsletter!

The Staff of Dial-a-Maid

Happy 240th Birthday and God Bless America

As we consider the dramatic words of the Declaration of Independence, we wonder whether the writers knew the long-range impact of their words. Did they see a great nation emerge from a vision of independence? We think they did. How many times have you personally marveled at the wisdom of these national founders? They had a rare vision of what our country would turn out to be, and that vision rings true to this very day. Their writings were an achievement of significant proportions.

Since the first July 4th, historians give us some interesting notes about that calendar day. First, they say the Declaration of Independence was signed on August 2, 1776, about a month after being adopted.

President Calvin Coolidge was born on July 4, and three of our nation's first five presidents died on that day: John Adams and Thomas Jefferson in 1826, and James Monroe, our fifth president in 1831.

Congress didn't actually declare it as legal federal holiday until 1941.

The 4th of July is also a holiday for American business, says Robbie Briggs, a real estate company CEO. He reminds us that it's a day that celebrates America's devotion to entrepreneurship and the opportunity to build businesses of our own.

Briggs says it serves as a tribute to each citizen and all they may elect to pursue in business or any other endeavor.

As we commemorate our independence, we remember that America's freedom and democracy occurred because of the determination of our forefathers to establish this place as a free country.

Robot grass cutters make lawn mowing easier

If you like your robotic vacuum cleaner, you're a prime prospect for a robotic lawn mower.

They resemble a Roomba vacuum cleaner, but they target grass instead of dust.

Traveling around your yard, the battery-operated mowers are quiet enough to work at night or on Sunday morning.

Because they run on a schedule you set, you can start them any time you want. In fact, a robotic mower is most effective when used more than once a week, trimming a small amount each time. The clippings are fine enough to sift back into the ground.

Robotic mowers do require some set-up time. You have to tack down the included low-voltage wire around the perimeter of the lawn, creating an invisible fence. After that they run by themselves.

Though the technology is rather new, anyone who hates mowing can consider one of these three models.

Robomow RS630 has triangular blades, weighs 44 pounds, cuts a 22-inch swath (\$2,100 at robomow.com).

Husqvarna Automower 220 AC weighs 19.8 pounds and has three blades. It cuts an 8.7-inch-wide path, making it ideal for half-acre or smaller lawns (\$2,400 at husqvarna.com).

Worx Landroid M weighs 20 pounds and cuts a 7-inch path. After laying perimeter wire, it worked right out of the box. A sensor sends it to its base if it starts raining. (\$1,000 at worx.com).



Do You Know...

Dial-A-Maid

Proudly Presents Our New, Exclusive

Dust Mite Cleaning System

Our safe, chemical free, allergen controlling process could be the answer to your asthma, bronchitis, fatigue, headache, itchy red eyes.

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Thanks a Bunch!



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

Moneywise: Cell phone Insurance Facts

If you make a claim on your cell phone insurance, you might be shocked that the deductible is about the same as what you paid for the phone in the first place, according to NerdWallet.com.

This is because carriers heavily subsidize cellphone prices when you sign a contract. You can get a \$400 cellphone for just \$200. If you break the phone, some insurance plans require a \$200 deductible. You will still be getting a new phone for half price, but it sure won't feel like it.

Meanwhile, if you do make a claim, the replacement phone the insurer provides you doesn't have to be the same phone as you had before. The insurer tries hard to provide the same phone, but this might require that you get a refurbished phone of the same type.

Consider shopping around for insurance plans. You might get a better deal.



"I can work days, evenings, nights...I'm very flexible."

Celebrating the Perfect Hot Dog: July is National Hot Dog Month

Hot dogs are probably the best picnic and family gathering food ever because everyone from the grade schoolers to grandpa loves them.

If you love hot dogs, and you want the very best, tastiest hot dog for your summer fun, experts



agree that temperature is the most important consideration. Hot dogs must be hot enough but not too hot.

According to Nick Kindelsperger, writing for epicurious.com, the optimum temperature for a hot dog is between 150 and 160 degrees. The temperature is key because hot dogs cooked at under 140 degrees will be spongy and dull tasting. Cooked over 165 degrees, they get bloated and quickly start to dry out.

Kindelsperger advises a two-step process: poach and grill. Heat up water in a saucepan to 155 degrees. That is under the boiling point, which is 212 degrees. Then, drop the heat to low. Put in the franks and wait 10 minutes and you get the perfectly heated hot dog. But it's not grilled. So, quickly put them on a hot grill. In a few seconds, they will have a nice color. Perfection achieved. Remove instantly.

Oscar Mayer recommends dropping the 10 hot dogs into boiling water; return to boil and cover. Remove from heat. Let stand 7 minutes or until the hot dogs are heated through.

Get creative with condiments, if you wish: Yellow, Dijon or brown spicy mustard, ketchup, mayo, chutney, BBQ, Creole or chili sauce. Sauerkraut, sweet pickle relish, cornichons, dill slices, jalapenos, sliced or diced peppers. Grated cheddar, feta, blue, goat or nacho cheese, sour cream.

According to Nielsen data, Americans bought 1 billion pounds of hot dogs in retail stores last year. The National Hot Dog and Sausage Council (NHDSC) estimates we'll consume 150 million hot dogs during the 3-day July 4th weekend, 7 billion between Memorial Day and Labor Day, and more than 19.4 million at ballpark concession stands during the 2016 Major League baseball season.

Trivia Teaser – Swing Set

1. What band hit the top 10 with the 1977 hit "Swingtown"? a-Sister Sledge, b-The Steve Miller Band, c-The Babys, d-Small Faces.

2. In what movie does Katharine Hepburn assume the guise of a gangster moll called Swingin' Door Susie? a-"Sylvia Scarlett," b-"The Philadelphia Story," c-"Bringing Up Baby," d-"Holiday."

3. "Singin' and Swingin' and Gettin' Merry Like Christmas" is the third book of what author's 7-volume autobiography series? a-Joyce Carol Oates, b-Maya Angelou, c-Louisa May Alcott, d-Katharine Graham.

4. What movie follows employees of the fictional software company Initech, where Milton Waddams haxs an unhealthy attachment to his red Swingline stapler? a-"Grosse Pointe Blank," b-"Office Space," c-"Clerks," d-"Horrible Bosses."

5. What Academy Award-winning song from the movie "Swing Time" was sung by Frank Sinatra in commercials for Michelob beer? a-"The Way You Look Tonight," b-"Pick Yourself Up," c-"Let's Call the Whole Thing Off," d-"A Fine Romance."

6. What Chicago Cubs player collected his 500th home run and 600th career RBI on the same swing on May 12, 1970? a-Sammy Sosa, b-Ernie Banks, c-Ron Santo, d-Jermaine Dye.

7. What actor played a loser who holds the deciding vote in a presidential race in the 2008 movie "Swing Vote"? a-Ashton Kutcher, b-Michael Douglas, c-Anton Yelchin, d-Kevin Costner.

8. What was the name of the swinging bachelor dentist played by Peter Bonerz on "The Bob Newhart Show"? a-Chris Zell, b-Rudy Floyd, c-Bert Pincus, d-Jerry Robinson.

9. What big bandleader was nicknamed "The Sentimental Gentleman of Swing"? a-Glenn Miller, b-Benny Goodman, c-Tommy Dorsey, d-Paul Whiteman.

10. What actress was nicknamed "The Windmill" because of her swinging walk and long arms and legs? a-Cyd Charisse, b-Claudette Colbert, c-Romy Schneider, d-Lauren Bacall.

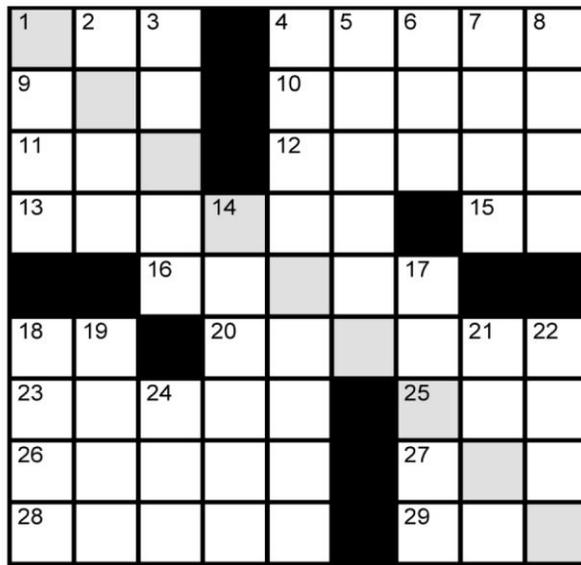
1-b, The Steve Miller Band
2-c, "Bringing up Baby"
3-b, Maya Angelou
4-b, "Office Space"
5-a, "The Way You Look Tonight"
6-b, Ernie Banks
7-d, Kevin Costner
8-d, Jerry Robinson
9-c, Tommy Dorsey
10-d, Lauren Bacall

Answers to 'Swing Set Trivia'

July Dazzler

Across

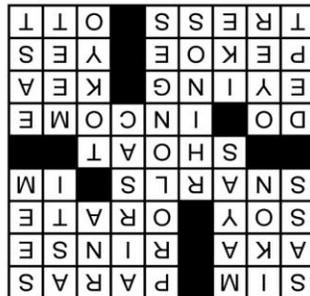
1. Actor Alastair
4. Turkish coins
9. Alias preceder
10. Dentist's direction
11. ___ sauce
12. Emulate Cicero
13. Tangles
15. "___ a little teapot..."
16. Young hog
18. Perform
20. Earnings
23. Checking out
25. Mauna ___ (Hawaiian volcano)
26. Black tea
27. "Indeed"
28. Lock of hair
29. Baseball's Mel



Down

1. Fresh talk
2. Religious image
3. Yucatan natives
4. Ropes used for towing a gun carriage
5. Lung compartment
6. Genetic initials

7. Italian wine area
8. Come across as
14. Safari sightings
17. Honshu city
18. Part of U.S.D.A.: Abbr.
19. ___ and terminer
21. Convene
22. Bridge position
24. Mamie's man



New findings on coping with lactose intolerance

People who suffer from lactose intolerance often needlessly avoid dairy products, according to the National Institutes of Health.

About 30 million Americans are deficient in the enzyme lactase, causing a condition called lactose intolerance. It can cause bloating, cramps, flatulence, diarrhea, stomach ache, even nausea.

Previously, it was thought that avoiding dairy products was the only way to avoid the symptoms. That meant the people didn't get such nutrients as calcium, protein, magnesium, potassium, zinc, and phosphorous, more of which are found in dairy products than others.

A National Institutes of Health study shows that 8 ounces of milk, small helpings of yogurt, and hard cheese, particularly if eaten with other foods throughout the day, may effectively manage symptoms.

NIH recommends starting with small amounts of dairy -- one-fourth cup to one-half cup of milk with meals. Chocolate milk is also an alternative to unflavored white milk. Some say that it is easier to digest.

Many find that Low-lactose cheeses are acceptable small servings. Try Swiss, Colby, Monterey Jack, and mozzarella.

Finally, don't avoid dairy because of a self-diagnosis of lactose intolerance. See your doctor.

DialAMaidUsa

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About Our Company

Dial-A-Maid is a full service residential and Commercial cleaning company that operates in the Chicagoland and it's Suburban Areas.

Services include: general cleaning, appliance cleaning, carpet cleaning, move-in and move-out cleaning, all types of hard floor care, and window washing.

We feel it's extremely important to provide cleaning services that place the utmost importance on the health and safety of our clients and employees. For that reason, we are active participants in the Evanston Chamber of Commerce and various philanthropic and charitable organizations.

National Cheer Up the Lonely Day Have you ever been lonely or blue?

Life hands every single person a sense of loneliness at some point, but other people can do a lot to help out.

In the United States, a 2014 survey by the National Science Foundation revealed that 1 in 4 of 1,500 people interviewed have no one with whom to talk about personal troubles or triumphs or to share confidences.

People become lonely or blue for many reasons. Some are introverts and find social engagement difficult or feel they don't fit in. Some are depressed after the death of a loved one, a divorce, loss of a parent or job or when children leave the nest. Some suffer from a disease or physical limitation that doesn't allow leaving home; others may be abused by a spouse and fear outside relationships.

Remember when people are lonely, they often long to share the things they love: That perfect rose bush, a fabulous soup, or a favorite book. So helping to relieve someone's loneliness is often just being willing to share in their experiences.

What can we do to add cheer to the world or even just a stranger who needs a lift?

- * Tell people when you value their work.
- * Ask someone new to lunch.
- * Visit a recently widowed neighbor.
- * Smile at store clerks, your restaurant waiter, and a seemingly unfriendly neighbor.
- * Pocket your phone and never use it in public except for emergencies.
- * Call someone, or visit. Go to dinner. Take time to admire the important things.
- * Spend time talking and laughing or playing a board or card game.
- * Ask what they need (a ride to the dentist or church, a grocery trip, or repair of a dripping faucet).
- * Make cheering up one person an important part of your life. If you want something, give it sincerely to someone else.

The world's coldest July day

One memorable day July 21, 1983, the handful of scientists who stayed for the Antarctic winter at the Vostok Station woke to a brisk temperature of -126.6 F.

Vostok Station, located 800 miles east of the South Pole at an altitude of 11,444 feet, normally endures a lovely -88 F temperature in July.

This cold record is the only reliable low-temperature measurement ever taken and it was presumably taken digitally since Mercury freezes at -40 F.

Lower Cost Home Gardening

Use empty soup cans with tops and bottoms removed to protect seedlings-bury the cans partway in planting holes so that the aboveground portion protects plants. Keep coffee grounds for garden compost. Make fertilizer tea using old panty hose by filling the legs with garden compost and dunking them up and down in a bucket of water. This budget drink is great for plants.

Examiner.com

"My experiences have taught me that if you deeply believe in what you are doing, success can come at any age."

-- Abe Vigoda, actor, 1921-2016

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Natural Weed Killer

Mix one gallon of vinegar, two cups of Epsom salts and one quarter cup of dish soap. Pour into a sprayer, and spray on weeds.

How many hot dogs are consumed between Memorial Day and Labor Day?

A. 2 million B. 4 million C. 7 million D. 14 million