

Flora & Fauna

These Gardens Delight Kids of All Ages

It's a great idea to give kids an early appreciation for gardening, but Black-eyed Susans, daisies and hastas might not be the kind of inspiration that generates much excitement in your home. Environmentalists know that if gardens – and the hobby – are to stay popular in the U.S., they need a little help. That's why some organizations have generated grant money to plant gardens just for children.

You might wonder: What differentiates a kid's garden from an adult one? Plenty. Plants are installed at different heights, arrangements are fun and whimsical, facts, figures and bits of botanical history await young minds and visitors can expect to find fun statuary to delight and surprise little ones. Additionally, creative menus of year-round activities, classes and events are held at these venues, so there's no shortage of hands-on fun for curious kids.

Time and room don't allow for a complete listing, but we've found some awesome gardens for kids in different spots. If one is near, we promise you'll be glad you took the time to visit with your children this year!

California:	Roadrunner Garden (Alamo); Gardens at Heather's Farm (Danville); Turtle Rock Farms (Mime)
Colorado:	Botanic Gardens (Denver)
D.C.:	U.S. Botanic Youth Garden; National Arboretum Children's Garden
Delaware:	Eleanor Walls Children's Garden (Dover); Winterthur, The Enchanted Woods (Wilmington)
Florida:	Marie Selby Botanical Gardens (Sarasota)
Georgia:	Botanical Garden's Children's Healthcare Garden (Atlanta); Dauset Trails Nature Center (Jackson); Discovery Center/ Butterfly House at Callaway Gardens (Pine Mountain)
Idaho:	Children's Garden (Sandy Ford)
Illinois:	Botanic Children's Garden (Chicago); Young Gardeners Garden Club (Olney)
Iowa:	Reiman Children's Garden (Ames); Cedar Valley Arboretum (Waterloo)
Kansas	Botanica-Wichita Gardens (Wichita)
Maine	Fields Pond Nature Center (Holden)
Maryland	Children's Garden (Brookside)
Massachusetts:	The Coodnow Library (Sudbury); Historical Society's Children's Garden (Somerset)
Michigan	4-H Children's Garden (Lansing); Dow Gardens Children's Garden (Midland)
Missouri	Botanic Children's Garden (St. Louis)
Nebraska	Botanic Children's Garden (Omaha)
New Hampshire:	Robert Frost Homestead Children's Garden (Derry)
New Jersey:	Children's Garden (Camden); Garden Street Discovery Museum (Cherry Hill)
New Mexico:	Rotary Club Children's Fantasy Garden at Rio Grande Garden (Albuquerque); New Mexico Farm and Ranch Museum (Las Cruces)
New York:	Botanic Children's Garden (Brooklyn); Everett Children's Adventure Garden (Bronx); Queens Botanical Garden (Flushing); Howell Family Garden (Bronx)
North Carolina:	Daniel Stowe Botanical Garden (Belmont)
Ohio:	Hershey's Children's Garden (Cleveland); Wegerzyn Discovery Garden (Dayton)
Oregon:	Legacy Emanuel Children's Hospital Garden (Portland); Children's Garden-Oregon Garden (Silverton)
Pennsylvania:	Daniel Boone Children's Garden (Birdsboro); Anson Nixon Park Butterfly Garden (Kennett Square); Eye of the Eagle Sensory Trail (Leesport); Newlonsburg Children's Garden (Murrysville); Phipps Discovery Garden (Pittsburgh); Children's Garden (Hershey)

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851 West Fulton Street
Grand Rapids, MI 49504
Phone: 616-451-0787
www.guaranteesystem.com

Household Tips: Easy Home Fixers

- Brush on brewed tea if you want to try your hand at using a natural substance to stain unfinished furniture.
- Applying a coat of spray wax can silence squeaky bedsprings.
- Mattresses resting on bed slats rather than box springs can shift due to slats moving or falling out. Place large rubber bands over the ends of the slats; they won't move out of place.
- Lubricate the slides of wooden drawers with bar soap, a candlestick or rag sprinkled with cornstarch and drawers won't stick.
- Got wobbly wicker furniture? Wash it outdoors with hot, soapy water. Rinse and let air dry. The wood and cane will shrink and tighten.
- For wicker furniture with saggy seats, try washing the seats with hot water to tighten them up. Add some vinegar to the water for a freshening effect.
- Effortlessly remove stickers and decals from painted furniture by dabbing labels with vinegar and peeling them off without harming the piece.
- Wood floors squeaky? Blanket noisy areas with baby powder, sweep away and enjoy a good night's sleep!

July

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| 1777 | Vermont became the first U.S. Colony to abolish slavery |
| 1843 | During a Charleston, S.C. thunderstorm, winds were so strong, an alligator fell from the sky after being lifted from an area marsh |
| 1867 | The first elevated rail system was opened to transport New York City commuters |
| 1926 | Congress created the U.S. Army Air Corps and authorized the issuance of the Distinguished Service Cross to honor future heroes |
| 1943 | During WWII, Lt. Charles Hall became the first African-American pilot to shoot down a Nazi plane during combat |
| 1966 | Tennis legend Billie Jean King won the first of her six Wimbledon singles titles |
| 1983 | Calvin Smith (U.S.) was named the fastest man alive after running 100 meters in 9.93 seconds |
| 1997 | The first photo of Mars was transmitted by a robot left on the planet by the unmanned spacecraft Pathfinder |

Cool Health Tips for a Hot, Hot July

New remedies for summer-related maladies appear on drugstore shelves like dandelions during the summer. No sooner is one product touted as “the best way to treat sunburn,” than a new, improved one comes onto the market. As a result, your medicine cabinet and closet may be clogged with products of a variety of expiration dates – each a pricey reminder of last year’s ailments. For this practical reason (and others), many of us are turning back the clock and adopting Grandma’s favorite home remedies for seasonal bites, injuries and rashes. These are cheap, easy to mix and most don’t require a trip to the drugstore with a scratching child in tow.

Onion on Duty: Getting a bug bite takes only a second, but the itch can last for days. Head for the produce bin in your fridge and slice up an onion. The sulfur in the veggie neutralizes the chemical reaction in the skin and in most cases, the itch will vanish immediately. Refrigerate the onion in a sealed container. If needed again, slice off the end and apply to the new itch.

July Joints: If your social schedule includes a long list of picnics (each with a heavy schedule of races and other activities), itches and sunburn might not be the only complaint you experience. Joint pain is no fun any time of the year, but in summer, when life is all about a good time, you want relief and you want it fast. Chop and mix fiery cayenne peppers with a petroleum-based ointment to create a pain-interrupting salve. Rub the mix on your joints every few hours. Expect to feel a mild burning sensation when you first apply it and don’t forget to wash your hands thoroughly after you handle it.

Muscle Beach: Let’s say your joints are just fine, thank you very much, but your muscles are sore and achy from swimming, rowing or other summer activities. Soaking in a bath is the last thing you want to do in the summer. Not to worry. Good old Epsom salts works equally as well in cool water as it does in hot water, so dump in a good measure of the stuff and soak away sore or strained muscles.

The Nose Knows: Nosebleeds come with the territory when rough and tumble summertime play has kids on every type of playground equipment for hours on end. If a nosebleed results, try this hard-to-believe remedy: tear a section from a brown paper bag. Place it between the top lip and gum. Leave it there ‘til the nosebleed stops. A nurse who has successfully used this strange remedy on mild nosebleeds for 30 years has no idea why it works!

The Nose Knows II: Sure, it’s summer, but that doesn’t stop creepy cold and flu germs from visiting and ruining our limited number of days in the sun. Get relief fast by checking the door of your refrigerator for a jar of horseradish. Mix a teaspoon of this hot condiment with a little bit of honey or apple cider vinegar and spread it on a slice of bread or crackers. Inhale deeply as you chow down and mediate a variety of pesky congestion issues.

Where There’s Smoke, There’s Parents

We don’t have to tell you that the issue of kids and smoking is a hot one (pun intended). Trying to head kids off at the pass *before* they begin tobacco experimentation has moved from a pre-adolescent discussion to a topic parents and teachers are beginning to probe in elementary school. Given the fact that kids experience an allegiance shift from parents to peers as they enter puberty, it’s never too early to start making noise about the dangers of lighting up.

Academic researchers studying the dynamic of why and when children are first tempted to experiment with tobacco reveal a list of expected findings: A parent who smokes. Siblings who take up the habit. In particular, friends who think, “it’s cool” are high on the ladder of factors that may push a child toward picking up that first cigarette.

In some cases, the most benign trigger can be the catalyst. Indiana Prevention Research Center at Indiana University in Bloomington found one that likely has escaped notice. Their research, conducted to study the influence of gum and candy shaped like cigarette products, proves that kids given these types of treats are less likely to look upon smoking as harmful. As a matter of fact, researchers found that these innocent treats can literally undermine our national effort to curb and eliminate smoking in kids!

Researcher Desiree Goetz was so shocked by the results of her study, she concluded that parents need to add candy tobacco products to the list of things they should discourage their kids from trying. “Despite all the efforts of prevention professionals and concerned parents to dissuade children from using tobacco products, candy stores in malls and neighborhoods continue to stock these mirror-image candy cigarettes, snuff, chewing tobacco, pipes and cigars. Kids as young as four ... are getting the message that tobacco is cool and fun. Legislation to ban candy tobacco has been proposed on numerous occasions, but manufacturers continue to produce these goods that desensitize children to an addictive carcinogen.” If Goetz’s concerns are yours, too, you’ll want to talk up this problem and do what you can to put a stop to it at the neighborhood level. Members of the research team have come up with five suggestions to help you stick to your guns:

- 1) Be aware of the large variety of such products (including chocolate cigars and licorice pipes)
- 2) If you see a retail candy store has stocked this type of product on the lowest shelves in the store (at a child’s eye level) ask store personnel to relocate it to a less kid-friendly height
- 3) Better yet, express your concern to the owner, ask them to remove the product and explain why they should
- 4) If you find your child in possession of candy tobacco look-alikes, use it as an opportunity to talk about the negative effects of smoking
- 5) Let’s say your child buys a tobacco-shaped treat. Help you child realize that if he or she wants candy or gum, there are plenty of other options that don’t promote this deadly habit.

Ingredients:

1-1/2 cups salted Spanish redskin peanuts
1/2 cup pecan halves
1/2 tsp. cayenne pepper
2 tsp. Emeril's Original Essence™
1 Tbsp. Worcestershire sauce
1 Tbsp. fresh lemon juice
2 Tbsp. melted butter
1/4 cup unsalted butter
9 cups of popped corn
1/2 cup sugar
1/4 cup cane syrup
1/4 cup baking soda

- 1) Preheat oven to 375 degrees and line a cookie sheet with baking paper
- 2) In a large bowl, combine the first 7 ingredients; toss and coat well
- 3) Spread mixture evenly over the baking sheet; bake for 10 to 12 minutes
- 4) Remove nut mixture from baking sheet and cool on paper towels; lower oven temperature to 250 degrees
- 5) In a large bowl, combine the cooled, spiced nut mix with popcorn
- 6) Divide evenly between two lightly greased baking sheets (stay 1/2" away from edges)
- 7) In a saucepan, mix together butter, sugar and cane syrup; bring to a boil and continue to stir
- 8) Stir in baking soda before pouring an equal amount of sweet syrup over popcorn and nuts
- 9) Use a spatula to coat both pans of popcorn and nuts with the syrup
- 10) Bake for an hour at 250 degrees, stirring occasionally
- 11) Remove from baking sheets and cool mixture on wax paper.

When you taste this snack you'll agree it was worth the time it took to whip up a batch of this delicious, light treat. Serve portions in paper cups, muffin cups or, if the spirit moves you, use refrigerated sugar cookie dough to shape and bake little bowls, then fill with cracker jacks when cool. In case there are leftovers, store the mixture in an airtight container for up to a week.



On a Clear Day, You Can See Forever...

... but, only if your windows are as sparkling as you can make them. It's especially important to keep your glass windows and doors as clean as possible during the summer so you can enjoy the fruits of your gardening and lawn labor in your front and back yards.

Are you a person who grabs a wad of paper towels and a spray bottle of glass cleaner and hits the deck running, then wonders why the job never looks as perfect as you'd like? Do you mix up a batch of water and soap but the finished windows don't make you happy? Maybe you're using the wrong product or "technique" – a product or technique that could not just leave windows looking cloudy but take up more time than you care to spend doing this chore, too. To tackle your windows the way professionals do, check out their advice:

- Never wash windows when the sun is shining because they dry too fast and leave streaks
- Use up/down strokes on one side and side-to-side strokes on the other to see which needs additional polishing
- Grandma's method - using newspaper - works, but when damp, it may trigger allergic reactions
- Vinegar works just as well as commercial glass cleaner and costs less, too
- For extra grungy glass, 1/4 to 1/2 cup of ammonia diluted in warm water pushes the job along
- When replacing windows and doors, don't forget to ask about new, self-cleaning glass types that stay wonderfully translucent without spending any time or energy cleaning them.

Carpet Talk: *Cosmetic Rx*

Cosmetic makeup makes us look great, but it's not so terrific when our foundations, lipsticks, blush and eyeliners spill onto our carpet as we're rushing to go out. If you're great about keeping your regular carpet hygiene on schedule and don't have a favorite stain remover on hand, what do you do when your lipstick drops? Experts recommend using a little dry cleaning fluid on the spill, but if you live in an area that prohibits the sale of dry cleaning fluid, charcoal lighter, which has the same components, can be a viable substitute.

Your carpet care specialist would be the first person to urge you to exercise the same cautions he does, so follow this practical advice and use very small amounts of each recommended liquid in the following order. If it's not irreversible, your cosmetic spill could be history in minutes.

- 1) Always test the liquid on an inconspicuous spot (the closet floor, for instance) before starting.
- 2) Start the job with a dry white cloth so you don't transfer fabric stain and compound the mess.
- 3) Pour a bit of solution over the stain and blot, don't rub. Turn the cloth often to expose clean areas.
- 4) Apply a small amount of liquid detergent to the area and blot again with a cloth.
- 5) Pour a small amount of ammonia on the area and blot again with clean areas of the cloth.
- 6) Repeat step four to reapply liquid detergent and blot again.
- 7) Flood the area with water and blot up one more time.
- 8) If you use a brush to clean the area, brush from the outer edges inward to prevent stain spread.

Ask your carpet care professional about a protective Scotchgard® or Teflon® treatment when you book your next service call. This quick-to-apply extra will extend your carpet for years, help mediate future spills and more than pay for itself fast!

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Grand Rapids, MI 49504

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GUARANT@@ SYSTEM@M.

Phone: 616-451-0787

Fax: 616-451-8303

www.guaranteesystem.com

Inside this issue you'll find:

- National Gardens for Kids of All Ages
- Household Tips: Easy Home Fixes
- Cool Health Tips for a Hot July
- Where There's Smoke, There's Parents
- Emeril's Cracker Jacks
- On a Clear Day, You Can See Forever
- Upholstery Talk: Cosmetic Rx
- July Money-Saving Special

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