

Flora & Fauna

Your License to Practice Therapeutic Horticulture

You'll want to get out your hoe and bulb planter the moment you read this news: according to England's *Positive Health* magazine, gardening isn't just a pleasurable experience – it even helps you live longer – and they have history to prove it.

As early as the 19th century, asylums built to accommodate people with mental and physical disabilities began to incorporate gardens on their grounds after witnessing the amazing behavioral changes experienced by patients the moment they started working in the soil. Experts agree that gardens are peaceful escapes from problems and stress and aid in patient recovery from a variety of health problems.

What could an hour spent in the garden do for you? Plenty. Gardeners nearly always experience an increase in physical strength. Mobility in the elderly is enhanced. One's heart rate climbs to a healthy tempo and a feeling of well being that may actually reach euphoria is often experienced. Here's how powerful gardening can be: when patients in a surgical ward saw a blooming garden from their hospital windows, they recovered *faster*.

Once a patient leaves the hospital, his or her health can be markedly improved by continuing to seek “garden therapy.” Benefits are enhanced if the gardening is accomplished in a group setting, because social inclusion – sharing, laughing and chatting – always helps us mend fast.

Here in the U.S., many of our national park systems have taken the power of therapeutic gardening to new heights. They're planting “sensory gardens” designed exclusively for people with disabilities. Wheelchair ramps, tall planters and pre-determined patterns of flowers and foliage are carefully orchestrated to provide the ultimate sensory experience to people unable to walk, see or hear. Doves of special education classes and individuals visit these gardens daily and come away feeling joyful and happy.

There you have it. The remedy to life's stressors is as close as your yard. Is it any wonder something as simple as a bunch of seeds and a few tools can create a world of beauty and harmony that can elevate the most ordinary of our days to paradise?

GUARANTEE SYSTEM.

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

Cleaning Corner

Keeping Copper Clean and Shiny

- ❖ If you have a small piece of copper that needs to be cleaned, try this: bring a quart of water to boil, adding a cup of vinegar and a teaspoon of salt. Boil the item for just a minute or two and you will find that your copper item is clean and shiny.
- ❖ Lemon juice and baking soda paste make an excellent cleaner for copper items or ornaments in your home. You can even use the mixture on the exterior of copper pots for a great clean.
- ❖ Clean copper pots and pans by making a paste of vinegar, salt and flour. Use the paste as you would any metal cleaner. Rinse with clean water and buff to a shine with a soft cloth.

March

- 1791 IRS establishes first Internal Revenue Act, taxing carriages and distilled spirits
- 1812 Congress passes its first foreign aid bill to assist Venezuelan earthquake victims
- 1843 The US Government OKs \$30,000 for study on whether electro-magnetic telegraphs are practical
- 1855 Congress allocates \$30,000 to determine if camels should be used in the military
- 1863 President Lincoln approves a charter establishing the National Academy of Science
- 1887 Anne Sullivan is hired by the Keller family to teach 6-year-old daughter Helen
- 1921 Insulin discovered by two Canadian doctors
- 1934 John Dillinger breaks out of jail armed with a pistol made out of wood
- 1980 J.R. Ewing shot during “Dallas” season finale; media dubs it best TV cliffhanger

Health Tips: Poison Prevention in the Home

More than 2 million poisonings are reported each year to the 61 Poison Control Centers (PCCs) across the country. More than 90 percent of these poisonings occur in the home. The majority of non-fatal poisonings occur in children younger than six years old. And, poisonings are one of the leading causes of death among adults.

The U.S. Congress established National Poison Prevention Week on September 16, 1961. Shortly thereafter, the Poison Prevention Week Council was organized to coordinate this annual event and promote poison prevention.

National Poison Prevention Week, the third week in March each year, is a week nationally designated to highlight the dangers of poisonings and how to prevent them. The basic theme is "Children Act Fast...So Do Poisons!" This means that parents must always be watchful when household chemicals or drugs are being used. Many incidents happen when adults are using a product but are distracted (for example, by the telephone or the doorbell) for a few moments. Children act fast, and adults must make sure that household chemicals and medicines are stored away from children at all times.

If you suspect a poisoning emergency, immediately contact Poison Control at 1-800-222-1222. Post this number by your telephone. This national toll-free number works from anyplace in the U.S. 24 hours a day, 7 days a week. It will connect you to one of 61 poison control centers across the country that maintain information on recommended treatment for the ingestion of household products and medicines. They are familiar with the toxicity (how poisonous it is) of most substances found in the home or know how to find this information.

By following these guidelines, you will be able to help prevent poisoning:

- Keep all chemicals and medicines locked up and out of sight
- Use child-resistant packaging properly by closing the container securely after each use or choosing child-resistant blister cards, which do not need to be re-secured
- Call 1-800-222-1222 immediately in case of poisoning. Keep on hand a bottle of ipecac syrup but use it only if the poison center instructs you to induce vomiting
- When products are in use, never let young children out of your sight, even if you must take them along when answering the phone or doorbell
- Keep items in original containers
- Leave the original labels on all products, and read the label before using
- Do not put decorative lamps and candles that contain lamp oil where children can reach them. Lamp oil can be very toxic if ingested by young children
- Always leave the light on when giving or taking medicine. Check the dosage every time
- Avoid taking medicine in front of children. Refer to medicine as "medicine," not "candy"
- Clean out the medicine cabinet periodically and safely dispose of unneeded and outdated medicines

The American Red Cross advocates that at least one person in every household be trained in lifesaving first aid, CPR and AED. This can help people prevent, prepare for and respond to poisoning and other emergencies.

Teaching Kids How to Manage Money

If you ask some children where money comes from, the reply may be "Mommy" or "Daddy." Teaching kids how to manage money is one of the biggest challenges facing any parent. If you can teach your child the difference between needs and wants, how to budget and how to save, your child will know more than many adults. But if you get it wrong, your child is likely to join the millions of Americans who rack up huge credit card debt and get stung each month by stiff interest payments.

"As a parent, the best way to teach a child about finances is to be a role model," says Edward Powell, chief consumer officer at LendingTree.com in Charlotte, N.C. "You should show restraint with money. Your child should see you budget, comparison-shop and make regular contributions to a savings account. It's not enough to talk the talk, you've got to walk the walk."

The key to success in teaching your child about money is establishing spending limits and sticking to them. Limits are an important lesson for all kids to learn--and many adults never get it. If prior spending on the passion of the day means missing the latest "must-see" flick with friends at the mall, your child will learn a valuable lesson. If you spent your money unwisely and don't have enough to do what you want later in the week, you're out of luck.

An allowance is a good first step in teaching your child how to manage money. Consider starting with a small amount as soon as your child is old enough to understand the connection between money and purchases. Break the allowance into bills and coins that will allow a small child to actually place the money in boxes, piggy banks or envelopes labeled, for example, "school," "clothes," "entertainment" and "savings."

Next, have your child keep a financial journal. It doesn't have to be elaborate and can become more detailed as the child matures. Start out simply by listing the weekly allowance on one side of the page, with expenditures on the opposite side. Review the entries with your child each week. Somewhere along the line, give your child a ledger and a dozen No. 2 pencils for a birthday present to encourage more detailed record keeping.

Be sure to establish a savings plan. A recent online survey by Northwestern Mutual revealed that all children between the ages of 5 and 7 had piggy banks, and even 60 percent of high school kids had one. By age 8, almost 50 percent of kids have an account and the number increases to 71 percent for those in high school. Have your child contribute a set amount to savings each week. Encourage your child to set short- and long-term goals. Kicking in a portion of the price of a new bicycle is a good place to start, and it's never too early to start saving for college. Retain monthly bank statements to teach your child about the wonders of compound interest.

Childhood is a good time to learn about philanthropy. Consider a donation to a church program, a privately run homeless shelter or a literacy program for disadvantaged children. This will teach your child the importance of giving.

When your child is in high school, encourage part-time work. This will teach the importance of showing up on time, discipline and the agony of taxes. But more than that, it will teach your child how to manage time by balancing school with work and fun with friends. It also creates a sense of accomplishment. There's nothing quite like that first paycheck.

You'll know you've done a good job in teaching the basics when your child expresses bafflement and dismay at the way some classmates handle their money.

Ingredients:

- 2 tbsp. butter
- 1 medium onion, chopped
- 4 medium carrots, sliced into 1/4-inch rounds
- 2 medium potatoes, peeled and diced
- 1 clove garlic, minced
- 4 cups (1 L) chicken broth (or vegetable broth)
- 1 cup milk
- 1/2 tsp. salt, or to taste

Preparation:

1. In a large pot, melt the butter over medium heat. Add the chopped onion and cook, stirring, until softened - about 5 minutes.
2. Add the sliced carrots, potatoes and garlic and continue cooking for 2 to 3 minutes, stirring once or twice.
3. Now add the broth, stir to mix, then cover and bring to a boil. Lower the heat to low and let simmer for 20 to 30 minutes, or until the potatoes and carrots are tender. Remove from heat and, with a slotted spoon, fish out about 1/2 cup of the carrot slices. Reserve.
4. Working in two or three batches, transfer the soup to a blender or food processor and blend until completely smooth. Return the blended soup to the pot, stir in the milk and cook just until heated through -- don't let it boil.
5. Taste and adjust the seasoning with salt and pepper, if necessary (if the broth is highly seasoned, you may not need to add anything at all).
6. To serve, ladle soup into bowls and add a few of the reserved carrot "coins" to each serving.

Serves 4-6

Who is St. Patrick?

According to the World Book, St. Patrick lived about 389-461A.D., and is the patron saint of Ireland. Patrick was chiefly responsible for converting the Irish people to Christianity. He became known as the Apostle to the Irish. His Latin name is Patricius.

When disaster hits, do's and don'ts

Grand Rapidians are a "can do" type of people. When disaster hits, we want to jump in and begin to rectify the situation. With fire and smoke damage, sometimes more damage can be caused by a homeowner than problems solved.

A few do's and don'ts in case of fire:

DO...

- Clean and protect chrome fixtures by washing with detergent, then coating with Vaseline.
- Vacuum loose smoke particles from carpet, upholstery, and drapes.
- Empty refrigerators and freezers if power has been shut off.
- Poor antifreeze in toilet bowls, tanks, sink and tub drains.
- Pets and people should be moved if fire residues are heavy.
- Specialty dry cleaning shops should be used to clean your garments. They can optimize the clothing that is saved.
- All open areas should be boarded up immediately by a certified contractor such as Guarantee System.

DON'T...

- Wipe fire residues from walls or ceilings – you'll only smear them. Your certified specialists from Guarantee System have the proper equipment and solutions to remove the residue.
- Use furnishings impacted by heavy residue.
- Use and food exposed to heat. Turn on electronics until they have been cleaned and checked. Your certified specialists from Guarantee System will be able to restore most of your electronic items.

Guarantee System provides high-quality cleaning and restoration services for homes or businesses at an affordable price. When disaster strikes, we can restore damage from fire, flood, mold, vandalism, pest eradication, wild or domesticated animals, or trauma scene to get your life back to normal as quickly as possible. Learn more about what we can do for you! Call (616) 451-0787 or visit GuaranteeSystem.com.

Unusual Uses for Bounce

Mosquito Repellent. Tie a sheet of Bounce through a belt loop when outdoors during mosquito season.

Static Reducer. Wipe your TV screen with a used Bounce sheet. It will eliminate static electricity. Also great for removing static electricity on panty hose. Rub a damp, used sheet of Bounce over the hose.

Dust Reducer. Wipe down surfaces and blinds in your home with a used sheet of Bounce to keep dust from resettling.

Soap Scum Dissolver. Clean shower doors with a used sheet of Bounce to dissolve soap scum.

Air Freshener. Place an individual sheet of Bounce in a drawer or hang one in the closet. You can also use a clothespin to clip a sheet to a fan. Also works great in cars – just place a sheet under the front seat.

Sewing Aid. Run a threaded needle through a sheet of Bounce to eliminate the static cling on the thread before sewing. Prevents thread from tangling.

Prevents Musty Suitcases. Place an individual sheet of Bounce inside empty luggage before storing.

Dishwashing Aid. Cleans baked-on food from a cooking pan. Put a sheet in the pan, fill with water, let sit overnight and sponge clean. The anti-static agents weaken the bond between the food and the pan while the fabric softening agents soften the baked-on food.

Freshens Wastebaskets. Place a sheet of Bounce at the bottom of the wastebasket to eliminate yucky trash odors.

Collects Cat Hair. Rubbing the area with a sheet of Bounce will magnetically attract all the loose hairs.

Helps in the Garage. Bounce wipes up sawdust from drilling or sandpapering. A used sheet of Bounce will collect sawdust like a tack cloth.

Other Laundry Applications. It eliminates odors in dirty laundry. Place a sheet of Bounce at the bottom of a laundry bag or hamper.

Deodorizes Shoes or Sneakers. Place a sheet of Bounce in your shoes or sneakers overnight so they'll smell great in the morning.

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851 West Fulton Street
Grand Rapids, MI 49504

This issue of Neighborhood News brought to you by:

GUARANT@@ SYSTEM@.

Phone: 616-451-0787

Fax: 616-451-8303

www.guaranteesystem.com

Inside this issue you'll find:

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Money Saving Coupon

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furniture are being
cleaned at the same time

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