

HEALTHY, WEALTHY & WISE

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Spring CLEANING MISTAKES

Every March, people around the world push up their sleeves and give their home a major once-over—it's the annual rite of passage we like to call **spring cleaning**. Where did this ritual come from? Many years ago, people had to clean their homes after winter because they were covered in soot from the heating ways they used during winter, including opening the windows, shaking out the dust and letting the fresh air spread into every corner of the house. To many, "Spring Cleaning Time" signifies new beginnings!

To make your annual deep clean more successful, avoid the following spring-cleaning mistakes that experts say most of us are making.

Neglecting Dust Mites – Dust mites cause sneezing, itching, and rashes. Unfortunately, these mites come from us; they're regularly found in dead skin cells that we shed all over our homes—particularly on upholstery. Removing them is crucial. Steam cleaning your uphol-

stered furniture and mattresses at least once a year will help keep the dust-mite population from building up and worsening spring allergies.

Having upholstery and mattresses professionally cleaned at least once a year is one of the most helpful ways to get control of dust mites and give you peace of mind that you are keeping your family safe and healthy.

See "Spring Cleaning MISTAKES" on next page



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1. Break each large task into a list of smaller ones.

For instance, divide "clean the garage" into "organize garage shelves", "sweep garage floor", "sort tools", etc. Write them on a pad, and cross each off as you complete it. Writing them down and crossing them off gives you visual reinforcement and a feeling of accomplishment.

2. Pick a small reward for yourself when you complete a project.

This can be something as simple as taking a little break to call a friend, read a chapter out of a book, or even some kind of sweet treat. Don't underestimate the value of a short nap and don't overdo the chocolate.

3. Listen to your favorite music.

Up-tempo music is great while you are doing mundane activities like sorting through a "junk drawer" or cleaning out the closet. It's okay to dance and sing while you work. In

fact, you'll enjoy working more if you move around! Remember the vacuuming scene from the movie Mrs. Doubtfire? Classic!

4. If you feel overwhelmed by a big project, don't commit yourself to finishing it.

Simply commit to work on it for 30 or even just 15 minutes. Then if you feel like it, keep going. Most often the momentum will be enough to keep you going. If not, quit and resolve to give it a go on another day.

5. Read your to-do list and prepare the necessary tools and supplies the night before.

Your subconscious mind will work on the project while you sleep. Often you will wake up with ideas on how to do the job more efficiently. If you get the prep work out of the way, you will have a lot more momentum when you get started on your projects. Your attitude will be much better and you will be fired up and ready to

go if much of the prep work is done beforehand.

6. Be ruthless with clutter! If you are cleaning out a closet or storage area, keep a large trash container nearby.

Undecided as to whether you should keep something? Ask yourself, "When was the last time I used this? What's the worst thing that could happen if I get rid of this and how hard would it be to replace?" Donate useful items to a charity. You'll have less to store and you will feel really good about it!

7. Big projects like carpet, flooring, and upholstery cleaning require expert help.

Call **Chet's Cleaning** for these. Your home will look, feel and smell fresh. An added benefit? Just knowing that we are coming to clean will give you the incentive to start on other spring cleaning projects that you may be putting off.

The Good Life



Good Clean Funnies

What goes tick-tock and woof-woof? A watchdog.

Why do shoemakers go to heaven? Because they have good soles.

Why did the banana go to the doctor? It wasn't peeling well!

What did the mama cow say to the calf? It's pasture bedtime!



BEER Cheese Pretzel Dip

Directions

In a bowl, mash the cream cheese with the ranch dressing mix until thoroughly combined, then stir in the Cheddar cheese. Mix in beer, 1 tablespoon at a time, until you reach the desired consistency (add more for a thinner dip). Stir in the seasoned salt and cayenne pepper. Refrigerate until thoroughly chilled, at least 1 hour.

Ingredients

- 2 (8 ounce) packages cream cheese, softened
- 1 (1 ounce) package dry ranch salad dressing mix
- 2 cups shredded Cheddar cheese
- 1/2 cup beer, or as needed
- season salt to taste
- cayenne pepper to taste

Prep Time: 10 mins

Cook Time: 1 hr

Total Time: 1 hr 10 mins



Recipe courtesy allrecipes.com



How to Recognize ANAPHYLAXIS in Infants and Toddlers

Spotting the early warning signs of anaphylaxis and acting fast can help keep a child safe and save his or her life.

The challenge is babies can't tell you what's wrong. It's up to you to recognize that something serious may be happening. That's why it's important to learn the unique symptoms of anaphylaxis in very young children - and know how to respond quickly.

What is anaphylaxis? Anaphylaxis occurs when the body's immune system reacts to a substance - like food, medication, insect stings or latex - as if it were dangerous. This triggers the release of histamine and other chemicals, leading to a chain reaction of severe symptoms.

It can affect the skin, breathing, digestion, nervous system, and heart. Because babies can't tell you how they feel, the signs are more subtle - and easy to miss.

Without prompt treatment, anaphylaxis can cause swelling of the airways, breathing difficulties, or even shock. Epinephrine is the first line of treatment for anaphylaxis.

What causes anaphylaxis in young children? Food allergies are the most common cause, including cow's milk, infant formula, eggs or peanut products. Infants may also develop symptoms when a mother consumes a food allergen and it passes into her breast milk.

Medications like penicillin-based antibiotics, insect venom and latex are potential triggers.

Experts now recommended introducing common food allergens to babies at 4-6 months of age. Research shows that when babies eat these foods early and often, their immune systems can learn to accept them instead of reacting to them. This can reduce the risk of food allergies later in life.

Anaphylaxis is a severe, life-threatening allergic reaction that can happen at any age. In infants and toddlers, symptoms can escalate quickly.

Today's PEOPLE SKILLS Advance Opportunity

Following are tips for displaying these essential interpersonal skills and etiquette in today's workplace.

Start and maintain good relationships with colleagues and newcomers. You'll help maintain a pleasant workplace and make new friends too. Even with a difficult manager or coworker, stay professional and polite.

If you need to confront someone, do so thoughtfully and professionally. Your attempts to understand and relate to the feelings of others is called empathy—the laudable sense of understanding them and how they feel. When a coworker shares something personal with you, try to put yourself in their shoes. Think carefully about how you would react in the same situation. What would you want to hear someone say or have them do for you?

When approached by a person who wants

to talk to you in private, set aside your phone, computer, or task. Share eye contact, listen carefully, and ask for clarification on issues that can help you better understand the situation. Avoid unnecessary interruptions.

Cooperating with others—especially working on a team—is vital in the workplace. Even though each person may have his or her own individual tasks and goals, all must share the primary goal: helping the company succeed. Without cooperation, the atmosphere of your workplace suffers and threatens the company issuing your paychecks.

Finally, when you're talking to a manager or co-worker, stand at arm's length so that person will not feel like you're invading his or her personal space. It's wise to refrain from touching any person in the workplace, especially after the Pandemic.



According to experts, research shows that inferior interpersonal skills are the No. 1 reason employees don't get along, fail to get promoted, and-worst of all-lose their jobs.



Why is St. Patrick's Day Celebrated on MARCH 17?

St. Patrick's Day is celebrated on March 17 because, according to legend, it marks the death of St. Patrick, the patron saint of Ireland. St. Patrick, originally from Roman Britain, was kidnapped, enslaved, and brought to Ireland at the age of 16. After escaping and making his way back to Britain, he returned to Ireland around 432 ce to spread Christianity. His efforts led to the establishment of numerous monasteries, churches, and schools across Ireland. While the exact date of his death isn't known, by the time he died, perhaps in 461, he had significantly influenced the religious landscape of the country. Many legends grew up around him—for example, that he drove the snakes out of Ireland and used the shamrock to explain the Trinity. Ireland came to celebrate his day with religious services and feasts.

It was immigrants to the United States who transformed St. Patrick's Day into a largely

secular holiday of revelry and celebration of all things Irish. Cities with large numbers of Irish immigrants, who often wielded political power, staged the most extensive celebrations, which included elaborate parades. Boston held its first St. Patrick's Day parade in 1737, followed by New York City in 1762. Since 1962 Chicago has colored its river green to mark the holiday. (Although blue was the color traditionally associated with St. Patrick, green is now commonly connected with the day.) Irish and non-Irish alike commonly participate in the "wearing of the green"—sporting an item of green clothing or a shamrock, the Irish national plant, in the lapel. Corned beef and cabbage are associated with the holiday, and even beer is sometimes dyed green to celebrate the day. Although some of these practices eventually were adopted by the Irish themselves, they did so largely for the benefit of tourists.

What began as a day of observance of St. Patrick, the patron saint of Ireland has evolved into a celebration of Irish culture, green beer, and anything with a shamrock on it.



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