



Household Tips!

To clean wooden spoons and wood cutting boards, try using lemon and kosher salt. Rub the salt into the item with a half a cut lemon to remove debris. Avoid regular dish soap as this can dry them out leading to cracking and warping, or leaving them vulnerable to harboring bacteria.

Use a rubber band to straighten wobbly taper candles. Just wrap a rubber band around the base of the candle. This should fill the gap between your taper and the holder, while adding some extra nonslip grip. If there is still a tilt, add another rubber band until the taper stands straight.

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Feng Shui is an ancient Chinese practice that focuses on arranging your living or working spaces in harmony with the natural world to promote balance, health, and good fortune.

Feng Shui (pronounced "fung shway") means "wind and water" and is all about creating a space that feels good and supports your well-being. It involves arranging furniture, decor, and other elements in a way that allows positive energy, or "chi," to flow smoothly through your home or office. By paying attention to things like colors, shapes, and the placement of objects, you can create an environment that helps you feel happier, healthier, and more prosperous.

Some easy ways to get good feng shui are by clearing out spaces to welcome a flow of energy, adding bright lighting, bringing new plants, and thoroughly cleaning windows.

In feng shui, *your entry represents how energy enters your home and your life.* The front door is the "mouth of qi." The entrance is the first place to start when you want to create good feng shui in your home.

Start with decluttering and removing any debris. A lot of objects tend to accumulate at the front door. It doesn't need to be empty but relatively uncluttered. Make it work for you.

Next, sweep and clean up the area. The front entry (interior and exterior) is often overlooked. Wipe down the door and shake out the door mat. Take a good look around.



Can you make this space more inviting and spacious by removing or adding anything? Clearing out a space creates a place for the energy that enters your home to collect and gather. Blocking energy is one of the essential things you should not do in feng shui.

Make sure this space is well-lit and bright. Add lighting or change the bulbs.

In feng shui, plants embody life energy! What does that mean? Living greenhouse plants connect to nature, bringing vibrancy into your home. Green plants are like a fresh-pressed organic green juice for your home—they introduce freshness and vitality. Green, vibrant plants are one of the key feng shui items for the home.

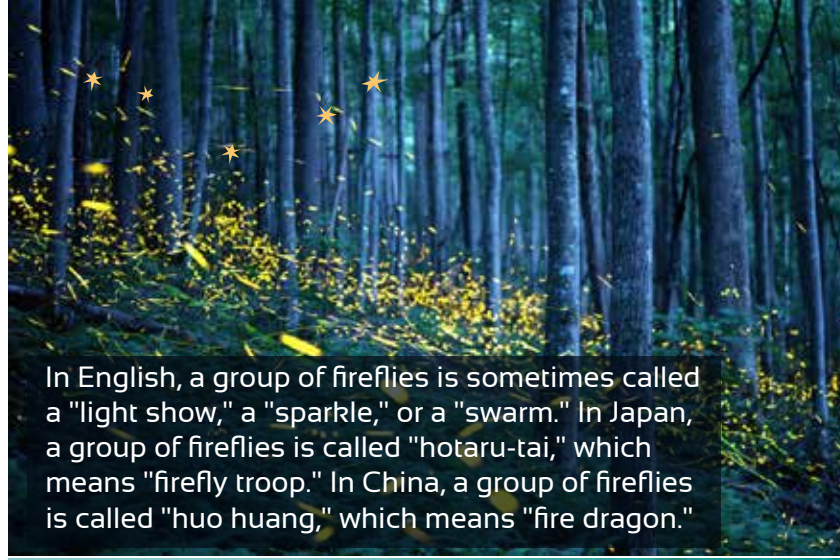
The most important thing to remember is to find plants that you can care for and that are appropriate for the space. For example, consider your lighting conditions. If you're new to plants, try some easy ones, like the golden pothos – hard to kill!

Fireflies

Did you know that Atlanta is home to 29 species of fireflies? Did you know that even their eggs glow?! The firefly season goes from late May through July, and the best time to see these magical insects is 30 minutes before sunset and 30 minutes after.

You may have noticed that you have not seen as many fireflies as in years past, and you are correct, as there is now a serious and troubling decline in our insect populations. However, you can do a number of things to help them increase their numbers:

1. If you can, leave grass (or part of your grass) unmowed thru July as baby fireflies in the pupa stage emerge and need longer grass to live in, as do the female adults.
2. Avoid chemical spraying for insects, especially mosquito spraying. Unfortunately, when we try to kill the bad, we also kill the good. Eliminating any standing water is a good defense. Also, there is a device called Thermacell which you can use on your deck or outside area and is very helpful without being destructive to other life forms, keeping mosquitoes away in about a 20-foot zone. These devices work like diffusers, using heat to vaporize a small amount of insecticide into the air to create a bug free zone.
3. Use natural rather than chemical fertilizers.
4. Leaf litter in a portion of your yard through the fall, winter and spring supports firefly larvae habitat.
5. Consider changing your outdoor lighting to be friendly for fireflies and other nocturnal creatures who rely on darkness for navigation, mating, and survival.



In English, a group of fireflies is sometimes called a "light show," a "sparkle," or a "swarm." In Japan, a group of fireflies is called "hotaru-tai," which means "firefly troop." In China, a group of fireflies is called "huo huang," which means "fire dragon."



Gratitude List

Laura Foley

*Praise be this morning for sleeping late,
the sandy sheets, the ocean air,
the midnight storm that blew its waters in.
Praise be the morning swim, mid-tide,
the clear sands underneath our feet,
the dogs who leap into the waves,
their fur, sticky with salt,
the ball we throw again and again.
Praise be the green tea with honey,
the bread we dip in finest olive oil,
the eggs we fry. Praise be the reeds,
gold and pink in the summer light,
the sand between our toes,
our swimsuits, flapping in the breeze.*



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