



**SPARKLE, INC.®**

We Deliver Dazzle!

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*"What good is the warmth of summer, without the cold of winter to give it sweetness"*

*John Steinbeck in "Travels with Charley"*

**KITCHEN CLEANUP CONCUNDRUMS**

*Grease splatters on walls & backsplashes: try an all-purpose cleaner with the word "degreaser" on bottle. Spray on the spot & wipe. This is effective on walls with gloss & semigloss paint.*

*Olde Lang Syne*



*As I sit here, on New Year's Eve of 2021 my thoughts for this newsletter are with our late Operations Manager, Cindy Walker Whitfield. Today would have been her 66th birthday and her 38th year guiding and guarding us at Sponge & Sparkle.*

*As most of you know by now, she passed on at the end of October, much to our shock. We miss her terribly. She was so very devoted to our company and to our sparklers. Her exuberance and joy and laughter were ever present, every day. You most probably got some sense of that yourself anytime you called our office!*

*Cindy was a unique and integral part of our growth and progress. Because of her extreme reliability and devotion to great customer service, we thrived in a steady and stable way, while we saw so many other cleaning companies disappear through the years. I am personally grateful every day for her partnership and her friendship.*

*So, on this NYE night I raise a toast to Cindy in deep appreciation, and vow to keep her legacy shining and sparkling; we will make her proud going forward in 2022.*

**Email Survey**

**A favor, please:** Do respond to the ONE CLICK email survey that we send you after cleaning!!! It is so important to know how we are doing and if we are meeting your expectations. It is your voice! Please send us your feedback when you receive it, the day after your cleaning. Our goal is always to provide you with the BEST service. Do not be afraid to tell us the good, the bad and the ugly. We promise to use the information to get even better, and to champion the great people we have working for us.

**Which Foods to Buy Organic?**

Methamidophos, acephate, and endosulfans are just three of the thirty-nine pesticides sprayed on sweet bell peppers! The Environmental Working Group publishes a full list of which vegetables and fruits are most and least (avocados, onions) contaminated. You can download the entire list at [foodnews.org](http://foodnews.org).

Fran Leibowitz, the New York satirist, once said, "To me, the outdoors is what you must pass through to get from your apartment into a taxicab." If that was similar to you pre-pandemic, you have probably changed your ways! I think many of us have enjoyed dining alfresco, frequenting farmers markets, walking, and hiking. According to many studies, it is a very good idea to be outside more. The benefits include reduced stress and lower blood pressure, decreased anxiety and depression, better focus and even quicker healing. One study reported that patients who spent time outdoors upon discharge after surgery, used fewer painkillers, had fewer complications and experienced shorter hospital stays!

Much like eating greens provide essential nutrients, so does seeing and being around green! Surprisingly as little as five minutes a day of walking in a city park, cycling, gardening, fishing, boating or other outdoor activity can boost your mood and sense of well-being, according to a study from the University of Essex, England.

(Atlanta Journal December 30, 2021)

## Ina Garten's Filet of Beef

- 1 whole filet of beef (4 to 5 lbs.), trimmed & tied
- 2 Tab unsalted butter at room temperature
- 1 Tab kosher salt
- 1 Tab coarsely ground black pepper



Preheat the oven to 500 degrees. Place the beef on a baking sheet and pat dry with paper towel. Spread the butter on with your hands. Sprinkle evenly with the salt and pepper. Roast for exactly 22 minutes for rare and 25 minutes for medium rare. Remove the beef from the oven and allow it to rest at room temperature for 20 minutes. Remove the strings and slice the filet thickly.

*"Snow was falling so much like stars filling the dark trees, that one could easily imagine its reason for being was nothing more than prettiness".*

*(Mary Oliver)*

**Remember that if you refer a friend who uses our service that you get \$50 off your next visit!**

**And if you post a review to Google, we will happily give you \$15 off your next cleaning.**

**<https://g.page/spongeandsparkle?share>**



Essential Oils

### KITCHEN CLEANUP CONCUNDRUMS

*Stains on plastic storage containers: Tomato sauce & other acidic foods leave stains on plastic, that even the dishwasher won't remove. Set the plastic dishes out in the sun to naturally bleach the stains away. You can rub lemon juice on especially stubborn spots first. Another idea is baking soda to bleach out plastic, and it also helps get rid of strong odors.*

You probably know we use and love essential oil with our cleaning. Here are some benefits of some of our favorites:

#### Rosemary

Rosemary can improve memory & focus! In a 2012 University study, subjects who inhaled rosemary essential oil had higher blood levels of cineole, a compound in rosemary that interacts with brain chemistry to enhance memory. You can add 5/6 drops of this essential oil to a cotton ball & place it in a small glass bottle. Inhale up to 4x an hour, while tackling a tricky project.

1

#### Peppermint

The aroma of this fresh mint improves alertness. Try massaging your neck with a rejuvenating rub made from 10 drops of peppermint oil mixed with 1 ounce of a carrier oil such as canola or almond oil. Eucalyptus oil also has similar benefits.

2

#### Lavender

The fragrant flower of this plant is high in esters, a family of molecules that produce a relaxing effect. In a 2008 study, subjects at University of Miami took a bath infused with lavender oil, their heart rates slowed their levels of cortisol and the stress hormone, were lower than those in a control group.

3

**Thank You, Thank You, Thank You, for Supporting this Small Business !!!!!**



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