



Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

Magic Mist Cleaning Services, 374 W. Patriot St., Somerset, Pa. 15501

December

When the song of angels is stilled,
When the star in the sky is gone,
When the kings and princes
are departed,
When the shepherds are back
with their flocks,
The work of Christmas begins:
To find the lost
To heal the broken
To feed the hungry
To rebuild peace among brothers
To make music for all to hear.
Howard Thurman

Store Gift Cards: A Wise Choice: Whether it's a last-minute gift or one for someone who is hard to please, a retail store gift card is a good choice. The most common gift cards are in the \$20 to \$50 range.

Gift cards are available from credit card companies and can be used anywhere, but they usually have more fees and restrictions such as expiration dates and service charges.

A Third of Adolescents Lack D: Teens with low levels of vitamin D have lower lung function than those with recommended amounts according to the American Thoracic Society. Vitamin D is found in sunlight, eggs, fish, liver, fortified milk, and some calcium supplements.

Vitamin D is important for bone health because the body needs it to absorb calcium.

Holiday Lighting Safety

Decorating the Christmas tree and mantle doesn't seem like a very dangerous thing to do. However, depending on the condition of your light strings, it could be.

Because you were in a hurry to get decorations put away last year, you may have twisted, bent, or folded your light strings in a way that causes damage to the wires. In storage, lights can be damaged as well. It's important to inspect strands and make sure they are mechanically and electrically sound.

An even better choice is to replace older light strings with new ones. They are inexpensive and most have fuses in the base for safety. They are much safer.

Firefighters say outdoor lights should be on a timer so they don't burn all night. All indoor decorations should be turned off before you go to bed.

The firefighters have seen the pain and anguish of those who have lost their homes, belongings, and Christmas gifts because of a December fire. It has touched some firemen so much that they stock Christmas toys for the children. Some develop a Christmas fund so they can significantly help one or two families who were burned out.

Celebrated in Canada, England, Australia Boxing Day Has Colorful, Centuries-Old History

When you think of British castles in the days of old, you may visualize the lord of the manor and his family in their elaborate clothes. It took a lot of people to make the castle run smoothly, most of whom were servants inside and the serfs who worked the land.

On Christmas Day, family celebrations were held including gifts that were exchanged among those of equal status, such as family members and friends.

On December 26, each family that served the manor received a box of gifts. Usually included were cloth, leather goods, food supplies, tools, and whatever else was available. It wasn't just charity but was thought to be a part of their wages. Still, it was a happy day. It was Boxing Day.

Merchants gave boxes of food to tradespeople, and churches gave boxes to the poor.

In more modern times, the holiday has evolved into a celebration of family. On Christmas in England, people celebrated at home. On Boxing Day, they visited their grandparents.

Since World War II, the holiday has become a day to do many other things such as attending sports events.

Boxing Day is also St. Stephen's Day. Since St. Stephen is the saint of horses, the day became associated with horse racing. Soccer and rugby games are often played on St. Stephen's Day.

It's a nation-wide holiday. People don't work, and stores are closed.

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Outstanding Client of the Month!

Richard Foust
in
Davidsville, Pa.

Every month I choose a very special Client of the Month. It's my way of acknowledging good friends and saying "thanks" to those who support me and my business with referrals, word of mouth and repeat business... YOU might be my next Client of the Month! Watch for your name here in an upcoming issue!

Every decision you make is not a decision about what to do. It's a decision about Who You Are.
Neale Donald Walsh

If the only prayer you said in your whole life was, "thank you," that would suffice.
Meister Eckhart

The price of inaction is far greater than the cost of making a mistake.
Meister Eckhart

Each day comes bearing its own gifts. Untie the ribbons.
W.J. Cameron

Never worry about the size of your Christmas tree. In the eyes of children, they are all 30 feet tall.
Larry Wilde

Exercise Reduces Type 2 Diabetics' A1C Levels

The A1C test is an estimate of a person's blood sugar over a three-month period. It gives a more accurate picture than daily testing.

The good news for people with diabetes is that both aerobic and strength training exercise can lower A1C readings. At the American Diabetes Association, they say this is spectacular news. It shows that exercise can lower blood sugar almost as much as any single pill.

Findings in the Annals of Internal Medicine show that people who did 45 minutes of exercise such as walking three times a week decreased their levels of A1C by 0.51 percent. During the 22-week study period, strength training for 45 minutes three times a week reduced it by 0.38 percent. Participants who did both kinds of exercise reduced A1C by a remarkable 0.97 percent.

Doctors suggest starting with easy exercise and working up to 30 to 60 exercise minutes per day.

Bible Breaks Into The iPod

New audio Bibles with Hollywood voices, sound effects, and music are bringing God to the MP3. Though the MP3 versions have their critics, in today's world, listening to the Bible during a commute could be a person's only way to be exposed to it. It can't hurt.

"The Bible Experience" is a complete Bible recording featuring black celebrities: Forest Whitaker as Moses, Cuba Gooding Jr. as Judas, Blair Underwood as Jesus, and Samuel L. Jackson as God himself. The Bible Experience sold 400,000 copies in its first eight months on the market.

The "Word of Promise" has a cast that includes Jim Caviezel as Jesus and Terence Stamp as God. It has a quieter, more floral sound with more flutes.

O Holy Night

"O Holy Night" ("Cantique de Noël") is a well-known Christmas carol composed by Adolphe Adam in 1847 from the French poem "Minuit, chrétiens" by Placide Cappeau (1808-1877), an accomplished amateur. Cappeau was asked to write a Christmas poem by a parish priest. It has become a standard modern carol for solo performance with an operatic finish.

Origins: In the carol, the singer recalls the birth of Jesus. It was translated into English by the Unitarian minister John Sullivan Dwight, editor of Dwight's Journal of Music in 1855. The lyrics also exist in other languages.

On 24 December 1906, Reginald Fessenden, a Canadian inventor, broadcast the first AM radio program, which included him playing "O Holy Night" on the violin. The carol therefore appears to have been the first piece of music to be broadcast on radio. – Wikipedia

Protect Your Pets in Winter Weather

Your dog or cat may have a thick, furry coat, but it will be no match for winter weather. Even outdoor dogs should be inside when winds blow or temperatures drop to 20 degrees.

Outdoor dogs should have a dry, draft-free house large enough for them to sit or lie down comfortably but small enough to hold body heat. The floor should be raised and covered with straw and blankets. Consider buying a heated pet mat that could save your dog's life.

Pets that are outdoors need more food and water in winter because keeping them warm burns energy. Use plastic bowls. Your pet's tongue can stick and freeze to metal.

See Insert This Issue:

A Very Special
Present Can
Be Yours Just
For Calling Me
In December!



Exercise Helps You Think Better and Faster

If your job requires good judgment and quick thinking, you'll do it better if you exercise regularly. Some people think regular exercise is for self-centered people who want to improve their appearance, but studies show that exercise increases brain function. As a "side effect," exercise reduces anxiety and depression and helps to ward off the mental effects of aging.

A report published in the Journal of Exercise Physiology looked at fitness scores of 884,000 students. They compared them to state-mandated test scores and found the fittest students scored much better than others.

A study of the cognitive consequences of exercise published in the journal Acta Psychologica shows that exercise facilitates thinking, especially information processing.

Other research shows that exercise can make the brains of older people act younger. Magnetic resonance imaging scans before and after six months of aerobic exercise show that the brain activity of older people was similar to that of 20-year-olds, according to the University of Illinois.

Christmas Candles Reflect Belief

Long ago a wonderful story was told on Christmas Eve. On that night, those who believed told of the Christ Child wandering throughout the world. He was searching for places where He would be welcomed with warmth and shelter.

Those who loved Him, hoping that He might find their homes, placed lighted candles in their windows.



This story is now seldom told, but the world still burns candles on Christmas and Christmas Eve. We burn large glowing candles, tall red tapers, and candles in the center of our holiday tables. Twinkling electric candles are seen in windows and on the branches of Christmas trees. Many still believe that candles are silent witnesses to the glorious light of Bethlehem.

Candles in the windows of our homes welcome our neighbors and friends. And perhaps, just perhaps, even He will see the lights in our windows, and His spirit will be with us on Christmas Eve.

Good Uses for Wood Ashes

Fireplace ash melts ice and adds traction, according to This Old House, and doesn't hurt concrete or plants. They're useful to use if a car is stuck on an icy driveway and can not get traction.

A damp sponge dipped in ashes will scrub away sooty residue on glass fireplace doors, and a paste made with ash makes a silver or metal polish.

A handful rubbed into a dog's coat takes skunk odor away.

If you have chickens, toss cold ashes in the pen for dust baths and pest control.

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients and friends who graciously referred me to their friends and neighbors last month!

My business runs on the positive comments and referrals from people just like you! I couldn't do it without you!

This Month In History

25 Years Ago (12/1/82): Michael Jackson releases Thriller

65 Years Ago (12/2/42): 1st controlled nuclear chain reaction (Enrico Fermi-Univ. of Chicago)

85 Years Ago (12/2/27): 1st Model A Fords sold, for \$385

100 Years Ago (12/10/07): Rudyard Kipling receives Nobel Prize for literature

115 Years Ago (12/18/1892): Peter Ilyich Tchaikovsky's ballet Nutcracker Suite premieres

120 Years Ago (12/1/1887): Sherlock Holmes 1st appears in print: A Study in Scarlet

130 Years Ago (12/6/1877): 1st sound recording made (Thomas Edison)

135 Years Ago (12/11/1872): 1st black US Governor took office, Pinckney Benton Stewart Pinchback (Louisiana)

165 Years Ago (12/7/1842): New York Philharmonic's 1st concert

310 Years Ago (12/2/1697): St Paul's Cathedral opens in London

Earnestness is enthusiasm
tempered by reason.
Blaise Pascal

Thanks For All The Kind Words!

I had a complaint because my kitchen did not clean up as well as I hoped. I spoked to Jim and he came out himself to make sure that I was not just satisfied, but delited with Magic Mist.

MM of Salisbury

If you have any problem please call me sometime we can not see if we missed something. We try again at no charge. Jim Coleman



Magic Mist Cleaning Services
James Coleman, owner
374 West Patriot Street
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Phone: 814-443-2173
800-452-3306

Your New Issue Has Arrived!

Look Inside For Some
Amazing Money-Saving
Tips and More!

Get Calcium From Both Diet And Supplements

People who want to keep their bones strong, or make them stronger, will benefit from including both dairy products and calcium supplements in their diet. A study by the University of Washington compared bone density in people. Some got all their calcium from milk and fortified orange juice. Others mainly took supplements. A third group of people included both dairy and supplements in their diet. They found that the dairy and supplement group had the strongest bone density. Keeping bones strong is a lifetime effort for men and women of all ages.



Who Wants To Win Movie Tickets?

Take my Trivia Challenge and you could win too!

This is one of my favorite parts of the newsletter! Each month I'll give you a new trivia question. The first 3 people who call my office beginning December 1st, with the correct answer wins two FREE movie tickets. Enjoy a night out on me with someone special in your life! Take your best guess, and then call me at 800-452-3306! Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

Who composed the carol "O Holy Night" in 1847?

- A) Adolphe Adam B) Placide Cappeau
C) John Sullivan Dwight D) Reginald Fessenden