

# Healthy Home News

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

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## Veterans Day, November 11<sup>th</sup>

Veterans Day is an American holiday honoring military veterans. Both a federal holiday and a state holiday in all states, it is celebrated on the same day as Armistice Day or Remembrance Day in other parts of the world, falling on November 11, the anniversary of the signing of the Armistice that ended World War I. (Major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918 with the German signing of the Armistice.)

Veterans Day is largely intended to thank living veterans for their service, to acknowledge that their contributions to United States national security are appreciated, and to underscore the fact that all those who served - not only those who died - have sacrificed and done their duty.

Armistice Day was first commemorated in the United States by President Woodrow Wilson in 1919, and 30 states made it a legal holiday. Congress passed a resolution in 1926 inviting all Americans to observe the day, and made it a legal holiday nationwide in 1938. It has been observed annually on November 11 since then. - wikipedia



USMC - Battle of Peleliu, Sep 1944

## National American Indian Month

During this month of Thanksgiving, we are more aware of how American Indians helped the Pilgrims survive their first years in America. That was the beginning of their contributions to the development of this country. Today, the list of Native Americans who hold public office, head corporations, and add to our culture could fill volumes.

Among the earliest proponents of an American Indian Day was Dr. Arthur C. Parker, of the Seneca nation, who was the director of the Museum of Arts and Science in Rochester N.Y. In 1915, he persuaded the Boy Scouts of America to have a day for the first Americans.

The year before, Red Fox James, a Blackfoot Indian, rode horseback from state to state seeking approval for such a day. He presented endorsements of 24 state governments at the White House. No action was taken, but individual states, including New York and Illinois celebrated the day beginning in 1919.

In 1990, President George H.W. Bush approved a joint resolution of Congress designating November 1990 as the first National American Indian Heritage Month. Similar proclamations have been issued each year.



November comes  
And November goes  
With the last red berries  
And the first white snows

The fires burn  
And the kettles sing  
And earth sinks to rest  
Until next Spring.

Clyde Watson

Flag Etiquette: Here are some tips to make sure your tribute is a respectful one:

- Display the flag only between sunrise and sunset on buildings and stationary flagstaffs.
- The flag may be displayed for twenty-four hours if illuminated in darkness.
- Do not display the flag in inclement weather.
- Whether displaying the flag vertically or horizontally, make sure the canton of stars is visible on the upper left-hand side.
- Do not let the flag touch the ground.
- An unusable flag that is damaged and worn and can no longer be displayed should be destroyed in a dignified way by burning.



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## Outstanding Client of the Month!

Meet [insert name]

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!

### Quotes by Billy Graham:

Comfort and prosperity have never enriched the world as much as adversity has.

A real Christian is a person who can give his pet parrot to the town gossip.

Courage is contagious. When a brave man takes a stand, the spines of others are often stiffened.

I've read the last page of the Bible. It's all going to turn out all right.

We are not cisterns made for hoarding, we are channels made for sharing.

### See Insert This Issue:



Three Reasons To Be "Thankful" For Having Clean Carpet This Holiday Season!

## A Little Fat Helps!

Having corn on the cob with dinner? Adding a little butter will increase the level of nutrients your body will absorb. Having a salad for lunch? Adding full-fat salad dressing will have the same effect.

Many of the healthful compounds in vegetables are fat-soluble. That means your body can't absorb them very well unless fat is present at the same time.

Researchers at Ohio State University Comprehensive Cancer Center in Columbus checked for nutrients that were especially important for cancer prevention. Some of the affected nutrients:

Lutein and zeaxanthin found in spinach and kale are important for eye and heart health. Lycopene, the red carotenoid found in tomatoes and watermelon, is a potential cancer fighter. Alpha and beta carotene, the orange pigment in carrots and cantaloupe, help to reduce cancer rates. Vitamin E found in mango, broccoli, and spinach is a powerful antioxidant that neutralizes free radicals in the body that cause tissue and cellular damage.

When some avocado was added to salads, blood tests showed the absorption of lutein was 18 times greater than without the fatty avocado. Absorption of lycopene increased by 4.4 times, and the increase in beta carotene absorption was 2.6 times.

Fortunately, the amount of fat in the entire meal can aid nutrient absorption. Nutritionists say you should choose at least one food per meal with a high fat content. That means if you have a small steak or hamburger with dinner, you'll be fine.

## Black Friday Is Coming!

### Plan Your Shopping Strategy

When the turkey is eaten, the dishes are put away, and guests have gone home, how will you wind down?

Gleeful bargain hunters know the answer! They will be scanning the thick stack of advertisements for the best of the day-after-Thanksgiving sales.

According to the National Retail Association, more than 130 million shoppers will be out for the bargains. They will spend about 10 percent of their allotted Christmas money. Here are some tips on how to get the most.

- Get up early, as in very early. If you want the best deals, you have to be there before the store opens.
- Have plenty of gas in the car so you won't have to spend time filling up.
- Have your significant other help you. If you get the things you want, you'll need help carrying them.
- Dress in layers. Be ready for the cold outdoors and the warm stores.
- Don't stop to chat. If you see someone you know, look the other way or just say "Hi" and move on.
- Keep your energy high with snacks from your purse or your car. If you're thirsty, buy a bottle of water.
- Be flexible. If the item you want is sold out, see if another brand will be sold for the same price.
- When you have filled your list and your helper has taken the stuff to the car, look around a little more. You never can tell what treasure awaits you.



## Macy's Thanksgiving Day Parade



In the 1920s many of Macy's department store employees were second-generation immigrants. Proud of their new American heritage, they wanted to celebrate the American holiday of Thanksgiving with the type of festival their parents had loved in Europe.

In 1924, the annual Thanksgiving parade started by Louis Bamberger in Newark, New Jersey at the Bamberger's store was transferred to New York by Macy's. In New York, the employees marched to Macy's flagship store on 34th Street dressed in vibrant costumes. There were floats, professional bands and live animals borrowed from the Central Park Zoo.

At the end of that first parade, as has been the case with every parade since, Santa Claus was welcomed into Herald Square. With an audience of over a quarter of a million people, the parade was such a success that Macy's declared it would become an annual event.

Large animal-shaped balloons replaced the live animals in 1927 when the Felix the Cat balloon debuted. Felix was filled with air, but by the next year, helium was used to fill the expanding cast of balloons. Through the 1930s, the Parade grew and grew until crowds of over 1 million lined the parade route in 1933.

The parade was suspended from 1942-1944 because of World War II. The rubber and helium were needed for the war effort. The parade resumed in 1945 using the route that it still runs today.

At the conclusion of some of the early parades, the balloons were released and floated away, often taking several days to come down. A reward of a \$100 Macy's gift certificate was offered for anyone who found and returned any of the lost balloons. - Wikipedia

## Fight Insomnia With Yoga

If you have trouble sleeping, you may want to try practicing yoga. According to research by Sat Bir Khalsa, a Harvard Medical School instructor, yoga can lower overall stress levels that keep you tossing and turning at night. Study participants practiced yoga exercises for 45 minutes every evening for eight weeks and reported that they fell asleep faster, by an average of 30 percent, and woke less often, by an average of 35 percent. If you'd like to try it, yoga classes are available in most communities, and there are videos that teach posture.



## 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!

A special thanks to all these fine folks who referred me...

[client names]

## This Month in History

25 Years Ago (11/13/82): Vietnam War Memorial dedicated in Washington DC

50 Years Ago (11/3/57): USSR launches Sputnik 2 with a dog (Laika), 1st animal in orbit

60 Years Ago (11/2/47): Howard Hughes' "Spruce Goose" flies 1<sup>st</sup> (& last) time

65 Years Ago (11/2/42): Montgomery defeats Rommel in battle of Alamein (Go Monty!)

85 Years Ago (11/4/22): Howard Carter discovers tomb of Tutankhamen in Egypt

90 Years Ago (11/2/17): 1st US soldiers killed in combat in WW I

100 Years Ago (11/16/1907): Oklahoma becomes 46th state

130 Years Ago (11/21/1877): Tom Edison announces his "phonograph" invention

135 Years Ago (11/5/1872): Susan B Anthony fined \$100 for trying to vote

230 Years Ago (11/15/1777): Articles of Confederation adopted by Continental Congress

495 Years Ago (11/1/1512): Michelangelo's paintings on ceiling of Sistine Chapel, 1st exhibited

700 Years Ago (11/18/1307): William Tell shoots apple off his son's head

Thanks For  
All The Kind Words!

Client testimonial goes here

nnn  
ccc  
aaa  
zzz

# Your New Issue Has Arrived!

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

## November Birthday Hall of Famer: Billy Graham



Billy Graham was born on a dairy farm near Charlotte, North Carolina, on November 7, 1918. He has been a spiritual adviser to multiple U.S. presidents and was number seven on Gallup's list of Most Admired People of the 20th Century.

Graham has preached in person to more people around the world than anyone who has ever lived. As of 2002, his lifetime audience, including radio and TV broadcasts, topped two billion.

Billy Graham was saved in 1934 during a series of revival meetings in Charlotte which were led by evangelist Mordecai Ham. However, he was turned down for membership in a local youth group because he was "too worldly."

Graham graduated from Wheaton College in Illinois with a degree in anthropology, in 1943. It was during his time at Wheaton that Graham decided to take the Bible as the infallible word of God.

Billy Graham has conducted over 41 evangelistic crusades since 1948. He began this form of ministry in 1947 and continued until recently.

## 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 ## people who call my office 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 ppp! Remember, your chances of winning are better than you think!

### This month's Mega Trivia Question:

What animal-shaped balloon debuted in the Macy's Thanksgiving Parade in 1927?

- A) Mickey Mouse B) Bugs Bunny  
C) Snoopy D) Felix the Cat

HINT: The answer is somewhere in this newsletter

Every closed eye is not sleeping,  
and every open eye is not seeing.  
Bill Cosby