

# Healthy Home News

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



## May

Hope is the thing with feathers--  
That perches in the soul--  
And sings the tune without the words--  
And never stops--at all--  
**Emily Dickinson**

**Cinco de Mayo:** Cinco de Mayo celebrates the legendary Battle of Puebla, Mexico on May 5, 1862 in which a Mexican force of 4,500 men faced 6,000 men of the well trained forces of Napoleon III's French Army. The battle, which lasted all of four hours ended in a moral and military victory for the Mexican Army led by the 33 year old General Ignacio Zaragoza. It is a common misconception that Cinco de Mayo is Mexico's Independence Day, which is celebrated on September 16th, but actually it is a celebration of the battle. – *wikipedia*

**Front Seat Danger For Kids:** Front seats of cars are not safe for children under age 14. Previously it was thought that children over 12 could sit safely in the front seat. But, younger children are up to six times more likely to be injured than older kids when air bags deploy.

**Reason:** Bones and lean muscles protect the body, and age – not height or weight – determines their development.  
– *Craig D. Newgard, MD*

## Mother's Day Tidbits

Different countries celebrate Mother's Day on various days of the year because the day has a number of different origins. Some claim the day emerged from a custom of mother worship in ancient Greece, who held a festival to Cybele, a great mother of gods, and the wife of Cronus. The Romans also had another holiday called *Matronalia*, which was dedicated to Juno, and mothers were usually given gifts on this day.

In the United States, Mother's Day was inspired by the English version, by social activist Julia Ward Howe, after the American Civil War, with a call to unite women against war. She wrote the famous Mother's Day Proclamation.

According to the National Restaurant Association, Mother's Day is now the most popular day of the year to dine out at a restaurant in the United States. In the UK, the day now simply celebrates motherhood and thanks mothers.

In most countries, Mother's Day is a new concept copied from western civilization. In many African countries, the idea of one Mother's Day has its origins in copying the British concept, although there are many festivals and events celebrating mothers within the many diverse cultures on the African continent that have been there centuries. In most of East Asia, Mother's Day is a heavily marketed and commercialized concept copied straight from Mother's Day in the USA.

## May Day! May Day!

**May Day** is May 1, and refers to any of several holidays celebrated on this day. Internationally, it is also called International Workers' Day (or Labour Day), and commemorates the historic struggle of working people throughout the world. The holiday began in the 1880s in the USA, linked to the battle for the eight-hour day, and the Chicago anarchists.

May Day is commonly celebrated as a commemoration of the Haymarket Riot of 1886 in Chicago, Illinois, which occurred on May 4, and was the culmination of labor unrest which began on May 1. The date consequently became established as an anarchist and socialist holiday during the 20th century. In this form, May Day has become an international celebration of the social and economic achievements of the working class and labor movement.

The earliest May Day celebrations appeared in pre-Christian Europe, as in the Celtic celebration of *Beltane*, and the Walpurgis Night of the Germanic countries. It was a festive holy day celebrating the first spring planting. Although the pagan-oriented celebrations faded as Europe became Christianized, a more secular version of the holiday continued to be observed in the schools and churches of Europe well into the 20th century. In this form, May Day may be best known for its tradition of dancing the Maypole and crowning of the Queen of the May.



# Outstanding Client of the Month!

Meet

## Pattie Millen

Pattie is a very motivated person. She is also a straight shooter who tells it like it is, which I love about her. She is also a wonderful realtor who works very hard for her clients! Thanks for all those referrals, Pattie!

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! \_\_\_\_\_

*Always vote for principle,  
though you may vote alone,  
and you may cherish the sweetest  
reflection that your vote is never lost.*

**John Quincy Adams**

*I find television very educating.  
Every time somebody  
turns on the set, I go into  
the other room and read a book.*

**Groucho Marx**

*The English language is nobody's  
special property. It is the property of  
the imagination: it is the property of  
the language itself.*

**Derek Walcott**

*I liked things better  
when I didn't understand them.*

**Bill Watterson**

## See Special This Issue:

### 4 Reasons To Shed Some Winter "Weight" In The Month Of May



## Lowering Alzheimer's Risk

You may have wondered if eating a healthy diet would reduce your risk of Alzheimer's disease even if you already have such conditions as heart disease, stroke, or diabetes.

According to research reported in the Archives of Neurology, adopting a Mediterranean diet is associated with a lower risk for several diseases including cancer.

Researchers at Columbia University gave test subjects ratings of one through nine, depending on how closely they followed the Mediterranean diet. Those in the top third of the rating had 68 percent lower odds of getting the disease. Those in the middle had 53 percent lower odds.

Eat fruits, vegetables, cereals, potatoes, beans, nuts, and seeds. Use olive oil for cooking, sauteing, baking, and in salads. Eat small amounts of red meat and butter and limited fish and poultry.

## The Story of Taps: 24 Notes That Stir Hearts

The traditional military day is studded with 25 bugle calls that regulate the lives of soldiers from rising to sleep, but few bugle calls are as famous as the last one of the day, and none as storied.

The stirring, mournful 24-notes of Taps say goodnight to the troops in life and wish them farewell in death.

One of the most enduring myths about Taps is that the tune was found in the pocket of a fallen Confederate soldier. But, according to bugle historian Jari A. Villanueva, this tale, repeated in newspaper columns for decades, is not true.

Villanueva's research shows that Taps was an inspired edit of an older bugle call, the Scott Tattoo, used in the 1830s to call the men to quarters at night. The editor was Union Civil War General Daniel Butterfield. In 1862, Butterfield, who did not like the 'Lights Out' bugle call and wanted something soothing, called his bugler Oliver Willcox Norton to his tent and had him play a new tune. This tune, soon to be called Taps, was then picked up quickly by other buglers.

Taps was officially adopted for use in military funerals in 1891. In 2000, Congress said all veterans could have military honors, including Taps, played at their funerals, if their families wished.

### The unofficial lyrics:

*Day is done, gone the sun,  
From the hills, from the lake,  
From the sky.  
All is well, safely rest,  
God is nigh.*



## Cured Meat, COPD Linked

Researchers at Columbia University say a study of 7,500 surveys suggest that people who eat cured meats at least 14 times a month are 71 percent more likely to have symptoms of chronic obstructive pulmonary disease (COPD). Cured meats include bacon, salami, and deli meats. They speculated that cured meats contain nitrites, which produce nitrogen that causes emphysema-type changes in the lungs. The connection was based on two lung function scores but they stressed they could not say that cured meats actually caused COPD. However, this could be one step in explaining why some nonsmokers develop COPD.



## New Antennas Pick Up High-Definition TV for Free

High-definition television channels can be picked out of the air by antennas just like regular broadcast signals. No cable or satellite dish is needed. There's no need to wait for the cable guy.

Antennas costing between \$18 and \$150 (SolidSignal.com and others) may offer a better picture than cable or dish services. The downside is that they can only pick up broadcast networks, not cable channels like ESPN or HBO.

Antenna makers like Terrestrial Digital of St. Louis and Winegard of Burlington, Iowa are seeing sales soar. Consumers are convinced that antennas provide the best high-def pictures.

Because high-definition signals are far more plump than standard television signals, they hog the capacity of their pipelines. Cable- and satellite-TV operators "compress" the signals. There is a wide belief that the compression degrades the picture quality.

The other downside to receiving high-definition television with an antenna is caused by nature. If you live in a hilly area, the straight-line signal may not reach you.

## 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. Anyone who calls in with the correct answer will be put into the drawing to win **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, then call me at **482-3660**. Remember, your chances of winning are better than you think!

This month's MegaTrivia Question:

**What was the first city to reach a population of one million?**

A) Rome B) London C) New York D) Beijing E) Paris

**HINT:** *The answer is somewhere in this newsletter*

## Lightning Is Deadly: Seek Shelter Quickly

Lightning is the second-largest storm-related killer, surpassed in the U.S. only by floods. It can strike as much as 10 miles away from rainfall.

If you hear thunder, immediately get away from metal objects or things made of graphite including golf clubs, umbrellas, tools, and bicycles.

Then take shelter in a building or a metal-topped vehicle. Once inside, stay away from windows and doors.

Don't lean on a car. If you are outside, stay away from other people. Don't share a bench or huddle in a group.

Get out of the water and out of puddles. Get out of a small boat or canoe, or crouch down in the center. On land, keep twice as far from a tree as it is tall. Crouch in an open space.

- Each second there are 50 to 100 cloud-to-ground lightning strikes to the Earth world-wide.
- Most lightning strikes average 2 to 3 miles long and carry a current of 10000 Amps at 100 million Volts.
- Thunder can only be heard about 12 miles away under good quiet outdoor conditions.
- The temperature of a typical lightning bolt is hotter than the surface of the Sun!

## This Month in History

**57 Years Ago (5/6/57):** Pulitzer Prize awarded to John F Kennedy (Profiles in Courage)

**62 Years Ago (5/8/52):** Mad Magazine debuts

**77 Years Ago (5/6/37):** The Hindenburg explodes in flames at Lakehurst NJ

**82 Years Ago (5/2/32):** Jack Benny's 1st radio show premieres

**87 Years Ago (5/4/27):** Academy of Motion Picture Arts & Sciences forms

**112 Years Ago (5/8/1902):** Mount Pelée erupts, wipes out St Pierre, killing 30,000

**137 Years Ago (5/8/1877):** 1st Westminster Dog Show

**212 Years Ago (5/3/1802):** Washington DC incorporates as a city

**217 Years Ago (5/10/1797):** 1st US Navy ship, the "United States" is launched

**262 Years Ago (5/10/1752):** Benjamin Franklins 1st tests the lightning rod

**Many Years Ago**  
By the end of the 1<sup>st</sup> Century B.C., Rome had a population of 1 Million.



# Swept Away Carpet Cleaning

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Certified Master Cleaner  
with the IICRC*

**Congratulations to Brent Miller,  
this month's movie trivia winner!.....  
call in with your answer today and you could be a winner, too!**

Never compromise your health. Choose the most conscious and educated company. **Choose Swept Away**

## 4 Reasons To Shed Some Winter "Weight" In The Month Of May...

*Hello my dear friends and clients!* Isn't this an exciting time of the year? When we shed the "weight" of winter and make way for those long, summer days..... The winter "weight" I'm referring to is inside your home. More specifically, I read somewhere once that *there can actually be up to 4 pounds of dirt and grime that gets pulled out of your carpets when they are professionally cleaned.* Yeah! And if that isn't enough of a reason to call then here are 4 more.....

**Reason #1: Your carpet warranty requires it.** Your "warranty" holds the manufacturer responsible for the quality of your carpet. It can actually become "void" if you don't hold up your end of the bargain with proper maintenance. The majority of carpet warranties state very simply: **"Have your carpets professionally cleaned every 12 months"**.

**Reason #2: Your carpet requires it.** Your carpet will wear and begin to look bad if it is not properly cleaned at least once per year. Even if you vacuum your carpets daily, you cannot remove all of the oils and odors that build up in your carpet from daily living. When enough soils build up they eventually break down carpet fibers. Only professional cleaning can remove this soil build up and restore your carpets.

**Reason #3: Your health requires it.** Even if your carpets do not look dirty, they can be. Once, they appear dirty you have let them go too long. Cleaning them professionally maintains the over all cleanliness of your indoor living environment. By cleaning the carpet allergens and odors are removed and your indoor air quality is improved.

**Reason #4: Your pocketbook will love the savings.** Yes, call me this month and keep your home's expensive investments (your carpet) looking new. Grab one of my best "Spring Specials". I expect to be very busy this Spring and can only run this special offer until May 31, 2014!

So call today **541-482-3660** and grab your spot.

**Receive \$40.00 off ANY cleaning service I offer! Offer good until May 31, 2014. Hurry to get in on this great deal. (Minimums apply)**