



Healthy Home News

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



*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.



Veterans Day, November 11th

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.

Outstanding Client of the Month!

Meet: Jo Widness

Jo runs her own business, Chilly Dog, right here in Ashland and you may want to check out her website at chillydog.com to see her dog beds. They have a pillow inside and her following is nationwide. Jo also recommends me to her many friends!

Thank you Jo, you made my day!

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!

"The only rock I know that stays steady, the only institution I know that works, is the family."

- Lee Iacocca, American Businessman and father of the Ford Mustang

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

"So long as the memory of certain beloved friends lives in my heart, I shall say that life is good."

- Helen Keller, American activist and author

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 or condiment per meal with fat content. That means if you have a small amount of dressing on salad or ½ tbs of butter on a roll, with dinner, you'll be fine.

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.

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 in a 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 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

ALIGN WITH HEALTH CHIROPRACTIC

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**4 Free Muscle Relaxation Therapies
With Regular Chiropractic Adjustment.**

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Go in for an adjustment and see how a great chiropractor can help you. I use to have constant migraines until I found Dr Cyndi. I never have headaches now! Joanna

A Special Offer For Swept Away Clients Only

This Month in History

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

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

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

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

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

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

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

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

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

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

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

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

Thanks For All The Kind Words!

"My husband and I were looking into replacing the carpet on our stairs as it was beyond help...or so we thought. Then we found Joanna and Swept Away and I'm not kidding, it looks like new. I highly recommend Joanna and Swept Away Carpet Cleaning – Outstanding!"

Molly and Joe Kreuzman, Ashland

Swept Away Carpet Cleaning
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*Look Inside For Some
Amazing Money-Saving
Tips and More!*

**Congratulations to Peggy Shrader, 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 Sweeping Beauty!!**

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

Hello Friends & Clients! This is the time of the year most people spend getting ready to give thanks. The season is usually spent hanging out with friends and family. Celebrating family traditions. Having parties. Enjoying delicious foods. We all count our blessings (hopefully everyday) whether it's being thankful for our health, our daily food, or our families. But how about being thankful for having clean carpets? ***Here are 3 reasons to be thankful for those clean carpets this holiday season:***

Reason #1 to be thankful for clean carpet: They look beautiful for all your friends, family and guests. Just imagine welcoming all your holiday company with bright, soft, fluffy, clean carpets. Everyone will "Ooooh!" and "Awww" over your wonderful housekeeping abilities – you're a regular Martha Stewart aren't you?

Reason #2 to be thankful for clean carpet: You know they will last longer when you maintain them properly. New carpet costs thousands of dollars. Who wants to replace carpet before it's time? When you follow your manufacture's advice and have them professionally steam cleaned every 8-12 months you know they will look beautiful and last for years.

Reason #3 to be thankful for clean carpet: You and your family will breathe easier this winter. With winter time comes lots of time indoors in a house that's sealed up tight. When you clean your carpets you clean your indoor air. A clean home really is a healthy home!

You have lots of reasons to be thankful – and so do I. In fact, I want you to know

I'm Thankful For You! And, I'm going to show you how much I appreciate you in 3 ways:

#1: \$30.00 Cash discount

#2: Free bottle of my famous Spotter

#3: Free spots and spill clean-up through January 5, 2014