



Healthy Home News

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

703-925-0022

National Gardening Month

Different varieties of flowers bloom at different times of the year. With a little planning, you can plant several types of flower bulbs and seeds so that something is always blooming, regardless of the time of year. Knowing when to plant - and when to expect results - is crucial.

Rose-Growing Tips:

- **Sunlight, sunlight:** Plan to place your rose bush in an area that will receive as much sun as it can -- at least six hours per day.
- **Water:** Always water the rose bush from underneath, as opposed to spraying the leaves. Water drops on the leaves can cause burning and lead to black spot disease. Once a week, soak the earth at the base of the bush until it is damp (not soggy). A thorough weekly soak works better than several light waterings.
- **Preparing the Soil:** In the spring, turn the soil to the depth of a spade, adding half as much again of compost mixed with coarse sand. This should be done at least a month before planting.
- **Clean Up:** Gathering up withered petals and leaves is important to the health of your rose bush.
- **The Trick to Pruning:** Prune about a quarter-inch above outward-facing buds, using a sharp knife or hand pruners. To insure strong new growth, cut off anything that grows below bud unions. Also, avoid pruning in the fall!

For further tips, ask a representative at a local nursery.

Jelly Beans!

Jelly beans are likely descended from the Middle Eastern confection known as "Turkish Delight," which is a jelly-like substance coated with confectioner's sugar. The method of making the sugar shell coating was developed in the 17th century in France. While originally made from real fruit juice, jelly beans today are made from sugar, corn syrup and starch, with small amounts of lecithin, anti-foaming agents and edible wax, along with a touch of salt and confectioners' glaze. Added to that are artificial colors and flavors.



The first advertisement for jelly beans was published in the Chicago Daily News on July 5th, 1905. Jelly beans first became associated with Easter in the US during the 1930's. Each year, almost 15 billion jelly beans are sold during the Easter season alone.



*Now that the winter's gone,
the earth hath lost
Her snow-white robes;
and now no more the frost
Candies the grass,
or casts an icy cream
Upon the silver lake
or crystal stream.*

Thomas Carew (1640)

Find Out What Your Collectibles Are Worth

Thanks to the success of the online auction Internet site eBay, which holds hundreds of collectibles auctions every hour, collectors who previously relied on guidebooks to determine collectible values currently use real-time online prices for greater accuracy.

eBay auctions have redefined "scarcity" -- numerous collectibles once thought to be rare are quite common, and prices are reduced due to increased supply. Rely on "field based" values (prices that buyers are actually paying).

To review the recent price history of a collectible, go to eBay and click on "Advanced Search," then select "Completed Listings Only." If you insure your collectibles, stay current with the eBay prices and periodically adjust the coverage based on the market value of your collection. - *Malcolm Katt, Millwood Gallery, NY*

Get Free Cleaning Tips and Specials at our Website www.AbsoluteCarpetCare.com/!

Outstanding Client Of the Month!

*Mr. & Mrs. Will and
Ashley Jerro – Thank you for
being such loyal clients!*

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!

Washington Irving Quotes

*Temper never mellows with age,
and a sharp tongue is the only
edged tool that grows keener
with constant use.*

*Great minds have purposes;
others have wishes.*

Age is a matter of feelings, not years.

*Little minds are tamed and subdued
by misfortune; but great minds
rise above them.*

*Nothing is enough for the man
to whom enough is too little.*

*One of the greatest and simplest
tools for learning more and
growing more is doing more.*

*There is never jealousy where there
is not strong regard.*

See Insert This Issue:



**Does it Feel
Like You Are
Allergic to
Being Awake?**

I Have A Dream

To recognize the anniversary of the death of Dr. Martin Luther King Jr. on April 4, 1968, here is an excerpt from his famous speech given at the Lincoln Memorial in August of 1963.



*I say to you today, my friends,
that even though we face the
difficulties of today and tomorrow, I
still have a dream. It is a dream
deeply rooted in the American
dream.*

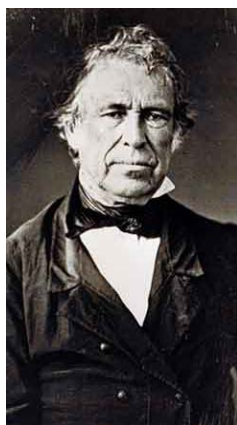
I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident: that all men are created equal." I have a dream that one day on the red hills of Georgia, the sons of former slaves and the sons of former slave owners will be able to sit down together at the table of brotherhood.

I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character. I have a dream today.

I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight, and the glory of the Lord shall be revealed, and all flesh shall see it together.

This is our hope. This is the faith that I go back to the South with. With this faith we will be able to hew out of the mountain of despair a stone of hope.

Series: Lesser-Known US Presidents 12th President Zachary Taylor



Zachary Taylor (11/24/1784 - 7/9/1850) was the 12th President of the United States and an American military leader. Initially uninterested in politics, Taylor nonetheless ran as a Whig in the 1848 presidential election, defeating Lewis Cass. Taylor was the last President to hold slaves while in office, and the last Whig to win a presidential election.

Known as "Old Rough and Ready," Taylor had a forty-year military career in the US Army, serving in the War of 1812, the Black Hawk War, and the Second Seminole War. He achieved fame leading American troops to victory in the Battle of Palo and the Battle of Monterrey during the Mexican-American War.

As president, Taylor angered many Southerners by taking a moderate stance on the issue of slavery. He urged settlers in New Mexico and California to bypass the territorial stage and draft constitutions of statehood, setting the stage for the Compromise of 1850. Taylor died just 16 months into his term, the third shortest tenure of a President. Taylor was succeeded by his Vice President, Millard Fillmore.

Kick Those Butts!

There are many proven methods for deal with the psychological obstacles to quitting smoking. If you are trying to quit smoking, consider the following tricks and tips.

- Remind yourself every day why you are quitting.
- Avoid places that you connect with the act of smoking.
- Listen to relaxing music.
- Watch a funny movie.
- Don't be afraid to ask for help. Rely upon your circle of friends, family and support groups for help.
- Avoid alcohol, which has been known to weaken resolve.
- Set a firm date by which you will have completely stopped - and stick to it!
- Expect withdrawal symptoms (even with "stop smoking" aids), and look at them as a sign of getting better, not worse. Withdrawal symptoms are stepping stones to success.
- Take it a day at a time. If you're really struggling, take it 15 minutes at a time. Cravings come in waves, and can be ridden out.



Titanic Sinks, April 15th, 1912



The *RMS Titanic* was the largest passenger steamship in the world. On her maiden voyage from Southampton to New York, she struck an iceberg and sank into the icy blue Atlantic, in the middle of the night April 14-15. Here are some facts about the disaster.

- The cost to build the Titanic was \$7.5 million. Today, a comparable ship would cost \$400 million.
- The cost of a single first-class passage was \$4,700 (\$50,000 in today's dollars)
- Only three of the Titanic's four towering smokestacks were actually operational. The fourth smokestack (nearest the stern) was for looks only.
- The last message sent from the Titanic was, "We are sinking fast. Passengers being put into boats."
- The Titanic received 6 separate ice warnings on the day of the collision.
- Titanic was sailing through the ice field at 22.5 knots. The first rescue boat on the scene to approach for survivors (the *Carpathia*) traveled the same field at 9 knots.
- The temperature of the sea water at the time of the sinking was 31 degrees. The only person to survive from the water was the chief baker Charles Joughin, who reportedly had been drinking heavily.
- There were a total of 472 empty lifeboat seats that could have held people. Initially, when the boats were being launched, few people believed that the ship would actually sink, and wanted to stay aboard.
- The total number of passengers and crew that died was 1,503. Of those, 130 were first-class passengers, 166 were second-class passengers, 536 were third-class passengers, and 685 were crew members. A total of fifty children perished: 1 from first-class and 49 from steerage.
- Two dogs survived the sinking. No orchestra members survived.

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...

**Delores Crawford, Joanna Therway and
Margaret Wetzel**

Thanks for All the Kind Words!

I love the fact that they are professionals - well dressed, well mannered and "get" where I am coming from and desperately want to make me happy.

Theresa & Bill Schuster



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Your New Issue Has Arrived!

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

Congratulations!! This month's Birthday winner is Ms. Jennifer Pavolic! It's never too late to enter – send us an e-mail – put Birthday in the subject line – then include your name, address, Month & Day of your birthday and you will be eligible during your birthday month for \$200.00 worth of free cleaning! You may also enter your spouse's birthday!

Frogs! Frogs Everywhere!

- Frogs swallow their prey whole.
- Frogs don't drink water; they absorb it through their skin.
- A group of frogs is called an army.
- The largest frog is the African Giant, which grows to 26" long & weighs up to 10 pounds.
- Some bullfrogs can live up to 30 years, while African clawed frogs can live 15 years.
- A frog can typically jump 20 times the length of its body.
- Australian Desert Frogs store water in their bladder and in skin pockets. They serve as a water source for Aborigines crossing the Outback.
- Frogs have round ears on the sides of their heads.
- A Poison Dart Frog (typically found in tropical rainforests) contains enough toxins to kill almost 100 humans.



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 with the correct answer will win **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 703-925-0022! Remember, your chances of winning are better than you think!

**This month's Mega Trivia Question:
How many ice warnings did the *Titanic* receive on the day of her accident?**

A) none B) 2 C) 4 D) 6 E) 10

*HINT: The answer is somewhere in this newsletter
Last month's winners were: Michael Seddon, Bonnie Jefferis
and Dave McGregor*