



Healthy Home News

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

703-925-0022

Thanksgiving Through the Years

After the first Thanksgiving was celebrated in 1621, each of the 13 American colonies held an annual harvest festival and day of thanksgiving. There was no set day for the holiday, and it varied among the colonies.



In 1777, George Washington decreed a day of thanksgiving to celebrate the British defeat during the Revolutionary War, and he and subsequent presidents proclaimed Thanksgiving Days periodically over the next 86 years, although not every year and not on any particular date. In the early 1800's, these annual Presidential proclamations came to an end, and it wasn't until 1863 that the holiday resumed.

During the Civil War, President Lincoln declared a national day of Thanksgiving to occur on the last Thursday of November, and it has been observed annually ever since. In 1939, in an effort to stimulate the economy during the Great Depression, President Franklin Roosevelt tried to move the holiday to the third Thursday in November, giving stores more time to advertise Christmas merchandise before December 25. About half the states refused to change the date, and in 1941, Congress compromised by choosing the fourth Thursday of November.

U.S. Marine Corps Day is November 10

The Marine Corps was founded in 1775 to serve as infantry aboard naval vessels and was responsible for the security of the ship and its crew. They conducted offensive and defensive combat during boarding actions and defended the ship's officers from mutiny.



America's first amphibious assault landing occurred early in the Revolutionary War, on March 3, 1776 as the Marines gained control of Fort Montague and Fort Nassau, a British ammunition depot and naval port in New Providence, the Bahamas. The role of the Marine Corps has since expanded significantly, including the use of Marines in the seizure of bases and other duties on land to support naval campaigns.

Throughout the late 19th and 20th centuries, Marine detachments served aboard Navy cruisers, battleships and carriers, serving as the ship's landing force, manning the ship's weapons and providing shipboard security. Marines would also develop tactics and techniques of amphibious assault on defended coastlines in time for use in World War II. The Corps' original mission of providing shipboard security finally ended in the 1990's when nuclear weapons were withdrawn from active deployment and the battleships were retired.



Lung Cancer Awareness Week

Lung cancer is a disease characterized by uncontrolled cell growth in tissues of the lung. If left untreated, this growth can spread beyond the lung in a process called metastasis into nearby tissue and eventually, into other parts of the body.

Most cancers that start in lung, known as primary lung cancers, are carcinomas that derive from epithelial cells. Worldwide, lung cancer is the most common cause of cancer-related death in men and women, and is responsible for 1.3 million deaths annually, as of 2004.

The American Cancer Society estimates that there will be 219,440 new cases of lung cancer annually in the United States, and about 159,390 people die each year from this disease.

Lung cancer is responsible for almost 1/3 of all cancer deaths in the U.S. of people diagnosed with lung cancer, 15% have never smoked.

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Outstanding Client Of the Month!

Chris White w/Long & Foster
*Thank you for all of your
referrals!*

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!

C.S Lewis Quotes

*Affection is responsible for
nine-tenths of whatever solid
and durable happiness there is
in our lives.*

*Christianity, if false,
is of no importance, and if true,
of infinite importance.*

*Has this world been so kind to you
that you should leave with regret?
There are better things ahead than
any we leave behind.*

*If you read history you will find that
the Christians who did most for the
present world were precisely those
who thought most of the next.*

*The real problem is not why some
pious, humble, believing people
suffer, but why some do not.*

We are what we believe we are.

See Insert This Issue:



**Don't Be Left
Out in the Cold
This Holiday
Season!**

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Diabetes Education Week

Pre-Diabetes is the state in which some (but not all) of the diagnostic criteria for diabetes are met, often described as the "grey area" between normal blood sugar and diabetic levels. If you are older than 45 and overweight, you are at increased risk for pre-diabetes.

There are steps you can take today to live a healthier life and prevent or delay diabetes.

- **Find out if you are actually at risk.** Talk to your doctor at your next visit to see if you fit the pre-diabetes risk group.
- **Set realistic goals.** Start by making small changes. For example, try to get 15 minutes of physical activity per day, and as the weeks pass build up to the recommended 30 minutes of exercise per day.
- **Make better diet choices.** Try to eat five to nine servings of fruits, vegetables, beans and grains each day. Reduce the amount of fat in your diet. When available, choose grilled or baked foods instead of fried.
- **Write it down!** Record what you eat and drink each day. Keeping a food diary is one of the most effective ways to lose weight and keep it off. For still better results, review your notes with your health care provider.
- **Keep at it.** Habits being what they are, making even small changes can be tough when your first start. Try by adding one new healthy change a week. If you slack, get back on track. The key is just to keep at it.

Beer Bubbles Through Human History

Ben Franklin perhaps shocked his puritan neighbors by declaring: *Beer is proof that God loves us and wants us to be happy.* Who can argue with the ever-wise American Ben Franklin?



After all, in the thousands of years before Ben's time, beer served a wider purpose. It was a staple of life in many parts of the world. About 6,000 years ago, the Sumerians discovered the fermentation process by chance. They became the first civilized culture to brew beer, which they called the "divine drink."

The Babylonians brewed eight types of beer made from various types of grains. Their king, Hammurabi, established a daily beer ration. Least important people got two liters per day, the most important got five.

Skip the Romans. They liked wine and thought beer was a barbarian drink. In the Middle Ages, beer was brewed in monasteries. Each monk was allowed up to 5 liters of beer a day, also selling beer in monastery pubs.

In the 1800s, several advances improved the quality of beer. Carl Linde invented refrigeration. Louis Pasteur developed pasteurization in the 1870s, which greatly improved beer. Danish scientist Christian Hansen isolated a single yeast cell that could be reproduced, improving the fermentation. By the 1960s, wooden barrels were replaced by metal barrels. Today's barrels are made of stainless steel or aluminum.

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The Assassination of JFK



John F. Kennedy, the 35th President of the United States, was assassinated Friday, November 22, 1963 in Dealey Plaza, Dallas Texas, shot fatally while riding with his wife Jacqueline in a Presidential Motorcade. The 10-month investigation of the Warren Commission of 1963-1964 concluded that the President was assassinated by Lee Harvey Oswald, who himself was murdered before he could stand trial.

This conclusion was initially met with support among the American public, but subsequent polls reveal as many as 80% of the American public now hold beliefs contrary to these findings. The assassination is still the subject of widespread debate and has spawned numerous conspiracy theories and alternative scenarios.

Just before 12:30 pm CST, Kennedy's limousine entered Dealey Plaza and slowly approached the Texas School Book Depository. Nellie Connally, then the First Lady of Texas, turned around to Kennedy, who was sitting behind her, and commented, "Mr. President, you can't say Dallas doesn't love you," which President Kennedy acknowledged. When the limousine turned and passed the Depository and continued down Elm Street, shots were fired at Kennedy, a clear majority of witnesses recalled hearing three shots.

Sadie Hawkins Day Origins

The first Sadie Hawkins Day took place on November 9, 1938. It is now usually observed the nearest Saturday to November 9th each year. An American folk event, Sadie Hawkins Day is a pseudo-holiday that originated in Al Capp's classic hillbilly comic strip Li'l Abner (1934-1977). The event is still observed in the form of dances at which girls approach (or chase after) boys.



In Li'l Abner, Sadie Hawkins was the daughter of one of Dogpatch's earliest settlers, Hekzebiah Hawkins. The "homeliest gal in all them hills", she grew frantic waiting for suitors to come a-courtin'. When she reached the age of 35, still a spinster, her father was even more frantic -- about Sadie living at home for the rest of her life.

In desperation, he called together all the unmarried men of Dogpatch and declared it Sadie Hawkins Day. Specifically, a foot race was decreed, with Sadie in hot pursuit of the town's eligible bachelors -- and matrimony was the consequence.

"When ah fires my gun, all o' yo' kin start a-runnin'! When as fires again -- after givin' yo' a fair start -- Sadie starts a runnin'. Th' one she ketches'll be her husbin." The town spinsters decided that this was such a good idea, they made Sadie Hawkins Day a mandatory yearly event, much to the chagrin of Dogpatch bachelors. If a woman caught a bachelor and dragged him, kicking and screaming, across the finish line before sun down -- he had to marry her.

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...

Joanne Fulmer, Kate Fennell, Chris White, Robin Lermo, Mike & Cindy Leddy, Joan Pressler, Diane Greenberg, Leslie Lipscomb, Susan Hargreaves, Ruth Phillips & Robin Lermo

Thanks for All the Kind Words!

I couldn't believe how fast & effective the guys were "...The technicians came to my house right on time, they were very friendly, informative, professional and got the job done in no time! I can't thank you enough! I am so glad to have found Absolute Carpet Care for all of my carpet cleaning needs..."

Betty Nguyen, Fairfax, VA



45921 Maries Rd., #180
Dulles, VA 20166

Your New Issue Has Arrived!

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

Congratulations!! This month's Birthday winner is Megan Sipes!! 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!

International Bible Week

Interesting facts about the Bible:

- Total Chapters in the Bible: 1,189 (929 in OT, 260 in NT)
- Longest Chapter: Psalm 119
- Shortest Chapter: Psalm 117
- The exact middle Chapter: Psalm 118 (594 chapters before and after).
- The Center Verse: Psalm 118:8: It is better to trust in the Lord than put confidence in men.
- The Bible was written by 40 men over a period of about 1,600 years, dating from 1500 BC to approx 100 AD. Some scholars estimate that the 66 books of the King James Bible were written by 50 different authors.
- The first translation of the English Bible was begun by John Wycliffe and completed by John Purvey in 1380.
- The Bible is the most shoplifted book in the world.



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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:
About how many years ago did the Sumerians discover how to make beer?

- A) 10,000 years ago
- B) 6,000 years ago
- C) 2,400 years ago
- D) 300 years ago
- E) Last year

HINT: The answer is somewhere in this newsletter

**Last Month winners were: Jessica Criscavage,
Kim Theodore & Sandra Grady**

703-925-0022

