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Healthy Home News

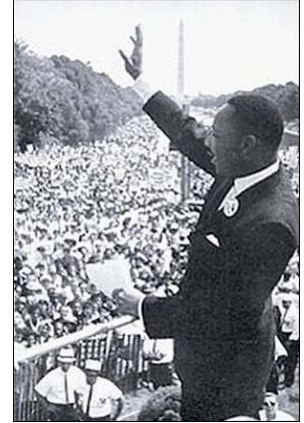
"Secrets For Living A Healthy, Wealthy & Happy Life..."

Martin Luther King Jr. Day: Jan. 19, 2004

Each year on the third Monday of January schools, federal offices, post office and banks across America close as we celebrate *the birth, the life and the dream* of Dr. Martin Luther King, Jr.

It is a time for the nation to remember the injustices that Dr. King fought. A time to remember his fight for the freedom, equality, and dignity of all races and peoples. A time to remember the message of change through nonviolence.

Michigan Representative John Conyer first proposed making King's birthday a national holiday four days after his assassination in 1968. In 1970, California lawmakers approved a bill to make it a school holiday. In 1983, President Ronald Reagan signed legislation to make the day a national holiday. In 1986, the country celebrated its first nationwide Martin Luther King, Jr. Day.



Anniversary of the Discovery of Gold in California, Jan. 24, 1848

In January of 1848, James Marshall was overseeing a crew building a sawmill for John Sutter on the American River near Sacramento. Marshall happened across a few tiny nuggets of gold. Although Sutter ordered the workmen not to tell anyone of the find, word spread. Two months later, a San Franciscan newspaper, *The Californian*, printed a story of the discovery. In 1849, the gold rush was in full swing. Historians consider it one of the largest migrations ever, with half a million people flocking to the region. In 1849, \$10 million worth of gold was found, and it wasn't uncommon for an individual panner to find \$300 to \$400 worth of gold a day. In 1852, California's annual gold production had reached \$81 million. Some of the miners left in 1853, to seek gold in British Columbia, Canada, following discoveries on the Fraser River. In 1854, a 195-pound gold mass was found in Calaveras County, Calif.; in 1859, a 54-pound nugget was discovered in the state's Butte County. By 1864, though, California's gold rush had ended.

Fitness By the Decade

As we grow older, we find we have to exercise differently than we did when we were younger. Here are some guidelines to follow for each age group.

In your 20s & 30s. Strive for 30 minutes to 60 minutes of cardiovascular exercise per day, along with strength-training sessions 2 to 3 days per week. Making your bones denser at this age lessens your risk of osteoporosis later. You can accomplish this through weight training and weight-bearing aerobic activities such as running and stair climbing.

In your 40s. After age 40, most women lose a quarter pound of muscle (and gain the same amount of fat) each succeeding year. Fight back with weight training, and continue your aerobic workout. You can break up a 30-minute routine into 10-minute mini-workouts. Take a yoga or Pilates class to keep your body limber and toned.

In your 50s and beyond. Keep up your 30 minutes to 60 minutes of aerobic exercise, but you can include more moderate activities such as walking. Stick with the strength training 2 to 3 times per week.

Don't think it's too late to start an exercise program. According to the *Journal of the American Medical Association*, women age 65 or older who increased their physical activity levels cut their risk in half of premature death from any disease. adapted from *O, The Oprah Magazine*

**“This Is My
 Sale Of The
 Year”**

Your Best Deals Ever!

(See colored insert...)

Attitude

*Some cause happiness
 wherever they go; others,
 whenever they go.*

Oscar Wilde

Forgetting

*To be wronged is nothing
 unless you continue to
 remember it.*

Confucius

Get Free Cleaning Tips And Specials At Our Website www.naturebrite.com

Reusing Water Bottles?

adapted from *Self*



You may think it's economical and environmentally responsible to refill your plastic water bottle over and over again, but researchers at the University of Idaho have some advice for you. A recent study they conducted found that you might be ingesting some adverse elements. Those plastic bottles are exposed to sunlight and heat, and repeated rinsing of the same bottle can let potentially toxic compounds from the thin plastic creep into the water. The study recommends reusing the bottle for no longer than one week and then replacing it.

Know Your Child's Learning Style

adapted from *The Confident Learner*, by Simic, McClain and Shermis

By understanding how your child learns, you can help develop a homework style that is the most beneficial for him or her. Education experts say most children are strongest in one of these main styles: *visual*, *auditory* and *kinesthetic*.

Visual learners learn best when they can picture something in their minds. They absorb more from reading a book themselves rather than having it read to them. Help them learn by using flash cards for spelling and math. Post a map of the United States with the state capitals highlighted, or make a timeline of important dates.

Auditory learners learn best by listening and responding verbally. Have them repeat spelling words aloud. Record their reading assignments and vocabulary lists so they can review them on tape.

Kinesthetic learners learn best by handling and touching things. They are more movement-oriented, and have trouble keeping still. Have them read aloud while standing up. Act out events from history. Draw diagrams for things worth remembering.

January Poem

*Ring out the old, ring in the new,
Ring, happy bells, across the snow;
The year is going, let him go;
Ring out the false, ring in the true.*

Alfred Lord Tennyson

Fashion sense

*A hat should be taken off
when you greet a lady and
left off for the rest of your
life. Nothing looks more
stupid than a hat.*

P.J. O'Rourke

Tournament of Roses Parade, January 1, 2004

From www.tournamentofroses.com

The first Tournament of Roses was staged in 1890 by members of Pasadena's Valley Hunt Club, former residents of the East and Midwest eager to showcase their new home's mild winter weather. "In New York, people are buried in snow," announced Professor Charles F. Holder at a Club meeting. "Here our flowers are blooming and our oranges are about to bear. Let's hold a festival to tell the world about our paradise.

More than 2,000 people turned out on New Year's Day to watch a parade of flower-covered carriages, followed by foot races, polo matches and tugs-of-war on the town lot. The abundance of flowers prompted Professor Holder to suggest "Tournament of Roses" as a suitable name for the festival.

During the next few years, the festival expanded to include marching bands and motorized floats. The games on the town lot (which was re-named Tournament Park in 1900) included ostrich races, bronco busting demonstrations and a race between a camel and an elephant (the elephant won). Reviewing stands were built along the Parade route, and Eastern newspapers began to take notice of the event. In 1895, the Tournament of Roses Association was formed to take charge of the festival, which had grown too large for the Valley Hunt Club to handle.

The Rose Parade's elaborate floats have come a long way since the Tournament's early days. Although a few floats are still built by volunteers from their sponsoring communities, most are built by professional float building companies and take nearly a year to construct. The year-long effort pays off on New Year's morning, when millions of viewers around the world enjoy the parade.



Outstanding Client of the Month!

Meet - Arlene Farrow

Arlene loves to dance, has a special flair for decorating with color and loves her pets. She also owns and operates Farrow Tax and Accounting and she enjoys working with small business owners to meet their accounting needs. Call her at 631-3449.

Every month we choose a special **Client of the Month**. It's our way of saying "thanks" to those who support our business with referrals...YOU might be my next **Client of the Month**! To win our outstanding client of the month contest for February just refer a friend, neighbor or coworker who uses our services and we'll enter your name in our drawing. The winner receives a special recognition in our newsletter and a gift certificate to Little Anthony's Diner.

Can Red Meat Cause Cancer?

It's one of the drawbacks of the very popular Atkins diet: Eating substantial amounts of red meat can possibly cause all sorts of cancer, from pancreatic to breast, prostate to renal, according to the National Cancer Institute. In fact, people who ate the most red meat (average 3 ounces daily) ran twice the risk of colon cancer compared with those who ate less than one-half ounce daily. The following are a few ways to sidestep cancer and still get enough protein: * Eat fish or poultry, not red meat. * Cook meat slowly with lower heat. * Go for rare or medium rare, not well done. * Eat turkey or soy burgers, not hamburgers. * Microwave meat for a few minutes before grilling. * Use watery sauces, like teriyaki. * Avoid nitrate-cured meats. They contain carcinogens.

You Can Be *Fit* and *Fat*



Just because you're overweight doesn't mean you're out of shape or unfit. Your health, in other words, isn't determined solely by the numbers on the scale, although many in America believe this is so. Several studies have shown that you only have to lose a few pounds in order to see immediate, positive results in your cholesterol, blood pressure and insulin levels. At the University of California, Los Angeles, researchers put 11 obese men on a very low-fat, high-fiber diet, with daily 45-to-60-minute walks on treadmills. After three weeks, the men only lost a few pounds, but their cholesterol levels plummeted 19 percent and their insulin levels dropped by nearly 50 percent. Several men who entered the study with high blood pressure left with normal readings. The upshot: You don't have to lose a lot of weight or be really thin in order to get major reductions in heart-disease risks. adapted from *Knight Ridder* Tribune News Service

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...

Suzanne Faustlin
Bernie Dolan
Better View Window Cleaning
Carl Mas

Denise Plaza
Jack Harinck
Jim Slade
Barb Easley

Buying the Right Digital Camera

You may feel a nostalgic loyalty to your trusty Instamatic, but the rest of the world has gone digital. As with every new technology, it's hard to wade through the technobabble to figure out the best digital camera for your needs. Here are a few basics to consider when you go shopping.

Resolution. If you plan to produce your pictures other than just on the Internet, you should look for a camera that has at least three mega pixels. Go higher if you plan to print size 8-inch-by-10-inch or larger photographs.

Zoom. Find a model that has optical zoom. This brings the picture-taker closer to the subject without losing focus. Digital zoom merely enlarges the center of the image through interpolation (alteration).

Removable storage. There are many types, including SmartMedia cards, xD-Picture Cards, Memory Sticks or mini-CDs. CompactFlash is the most popular format.

Batteries. While many cameras use batteries proprietary to their brand, others can run on rechargeable nickel-metal-hydrate types or disposable lithium ones. Regular alkaline batteries (the ones used in remote controls and portable radios) can work in a pinch, but digital cameras tend to go through them rapidly.

- adapted from *Computer Shopper*

Some Comebacks for Nodding Off at Work

If you nod off and your boss catches you catching a few z's at the desk, here are a few comebacks to cover yourself.

- *They told me at the blood bank that this might happen.*
- *This is just a 15-minute power nap like they raved about in the last time management course you sent me to.*
- *Whew, I guess I left the top off the correction fluid.*
- *This is one of the seven habits of highly effective people.*
- *I was testing the keyboard for drool resistance.*
- *I was doing a highly specific Yoga exercise to relieve work-related stress.*
- *Darn, why did you interrupt me? I had almost figured out a solution to our biggest problem.*
- *Boy, that cold medicine I took last night just won't wear off.*
- *And finally, the best thing to say after you're caught asleep at your desk is "Amen." —adapted from Aha! Jokes.com*

Thanks For All The Kind Words!

"NatureBrite's technicians are very friendly and know all the answers to my carpet cleaning questions. They have been cleaning my carpet for years and I wouldn't dream of changing to another company. Thanks for all your hard work keeping my home beautiful!"

- Rebecca Parisi

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Your New Issue Has Arrived!

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

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. And the first 3 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, then call me at **574-4221!** Remember, your chances of winning are better than you think!

This month's MegaTrivia Question is...

On which TV sitcom did Bob Denver play the lead role?

- a) Green Acres b) Gilligan's Island
c) Get Smart d) I Spy

Newborns Are Just So Adorable: Everybody loved you when you were born. It was probably the last real impression you made on people. Or it was probably the most impressed they ever were with you. And that's interesting because babies can't really do all that much, can they? Heck, they don't even have a résumé. All they do is sit around and burp and giggle. It's a shame this doesn't work later in life, when you really need it. Like at a job interview:

Interviewer: So, tell me a little bit about yourself

Interviewee: (Gurgles incoherently)

Interviewer: That's adorable. You're hired!

adapted from *Naked at Work (And Other Fears)*, by Paul Hellman

Can Condiments Predict Personality?

You can tell a lot about somebody's personality by the condiments they eat. French dressing is for the reserved; blue cheese is for the witty; Thousand Island dressing is for social butterflies. All this, according to the Association for Sauces and Dressings, which insists that personalities can be linked to your taste buds. Want more? Well, French's brand yellow mustard is for the fun, inclusive and family-oriented. Dijon is for the more sophisticated who likes to cook. A brown mustard is for somebody who is serious about a good sandwich and a good meal. Other findings:

- Ranch dressing: young adults with children
- Italian: adventurous fitness buffs who watch what they eat
- Blue cheese: middle-aged adults who see themselves as witty but watch a lot of TV
- Hot sauce: people who tend to be outgoing and young
- Barbecue: people who are direct and tell it like it is
- Mayonnaise: people who embrace traditions
- Horseradish: risk takers
- Salsa: versatile and creative

adapted from the *Chicago Tribune*