



Healthy Home News

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

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Easter is April 16, 2006



This festival of the Christian church commemorates the resurrection of Jesus Christ. It is not always held on the same date. In AD 325 the church council of Nicaea decided that it should be celebrated on the first Sunday after the first full moon on or after the vernal equinox of March 21. Easter can come as early as March 22 or as late as April 25.

Many Easter customs come from the Old World. The white lily, the symbol of the resurrection, is the special Easter flower. Rabbits and colored eggs have come from pagan antiquity as symbols of new life. Easter egg rolling, a custom of European origin, has become a tradition on the lawn of the White House in Washington, D.C.

The name Easter comes from *Eostre*, an ancient Anglo-Saxon goddess, originally of the dawn. In pagan times an annual spring festival was held in her honor. Some Easter customs have come from this and other pre-Christian spring festivals. Others come from the Passover feast of the Jews, observed in memory of their deliverance from Egypt

Passover Begins April 12, 2006

History of Passover relates back to over 3,000 years ago, when the Jews were held as slaves by the Egyptian Pharaoh, Rameses II. Moses warned Pharaoh that God would devastate his people by plagues if he did not free the Jewish slaves. After 10 devastating plagues were inflicted upon Egypt, Pharaoh finally agreed to let the Jewish people go. The Jews left in a hurry, unsure that Pharaoh would truly stay his hand, and could thus only take unleavened bread with them, called Matza, which is a part of celebration even today. As feared, the Pharaoh sent his army after the Jews so that they could be brought back or destroyed. The Jews found themselves trapped up against the Red Sea, where they saw the Egyptian army advancing towards them. In despair they asked for help from God, who had Moses part the waters of Red Sea, allowing the Jews to cross. As soon as the Jews crossed, the Red Sea returned and drowned the soldiers.

Since the time of Jewish freedom from Egyptian slavery, Jews have celebrated this historical event by having a feast called the *Seder*. The word *Seder* means 'order' and refers to the order of historical events recalled in the Passover meal, as well as the meal itself. The story of Passover is read from a book called the *Haggadah*. While the main story of Passover is read by Jews the world over, local customs and traditions have changed over time, so that the festival has been adapted to reflect the life and routine of individual communities. This is why the festival of Passover is celebrated differently in Tunisia than in Canada.

Passover is celebrated for 8 days (7 for Reform Jews), and always begins on the 15th day of the Hebrew month of Nisan, which this year corresponds to April 12.

April 

*There's rain that's rain, rain that's sleet
And rain that turns to snow.
There's April showers just in time
To make the flowers grow.*

Jean Roberts

Daylight Saving Time Begins, April 2.

This is the last year in which DST begins on the first Sunday in April. Under the Energy Bill passed by Congress last year, DST will begin on the second Sunday of March in 2007 and run until the first Sunday in November (as opposed to the last Sunday of October).

Earth Day, April 22.

The Earth Day Network sponsors this day to spur awareness of environmental issues. This year's theme is "Solutions to Climate Change," aimed at stopping global warming. According to the National Academy of Science, the earth's surface temperature has risen by one degree Fahrenheit in the past century, which the Academy attributes to the buildup of greenhouse gases.

Income Tax Due Day, April 17.

Although the 15th of April is usually the deadline for filing returns for most taxpayers, the date is the 17th this year because the 15th falls on a Saturday. The 17th is the first business day after that. In Canada, income tax pay day is traditionally April 30th; this year, it will be May 1st since the 30th is a Sunday.

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Outstanding Client of the Month!

Meet [insert name]

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!

A hunch is creativity trying to tell you something.
Frank Capra

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

I think that there is only one quality worse than hardness of heart and that is softness of head.
Theodore Roosevelt

Television is an invention that permits you to be entertained in your living room by people you wouldn't have in your home.
David Frost

Benjamin Franklin's 13-Point Plan For Virtuous Living

When Benjamin Franklin was 20 years old, he wrote up a 13-point "plan" for how he would live his life. He found that following the plan increased his happiness so much that he kept it up for the rest of his life.

He committed to giving strict attention to one virtue each week, so after 13 weeks he moved through all 13. After 13 weeks he would start the process over again – in one year he would complete the course a total of 4 times.

He tracked his progress by using a little book of 13 charts. At the top of each chart was one of the virtues. The charts had a column for each day of the week and thirteen rows marked with the first letter of each of the thirteen virtues. Every evening he would review the day and put a mark (a dot) next to each virtue for each fault committed, with respect to that virtue for that day.

His list was as follows:

1. **Temperance:** Eat not to dullness and drink not to elevation.
2. **Silence:** Speak not but what may benefit others or yourself. Avoid trifling conversation.
3. **Order:** Let all your things have their places. Let each part of your business have its time.
4. **Resolution:** Resolve to perform what you ought. Perform without fail what you resolve.
5. **Frugality:** Make no expense but to do good to others or yourself: i.e. Waste nothing.
6. **Industry:** Lose no time. Be always employed in something useful. Cut off all unnecessary actions.
7. **Sincerity:** Use no hurtful deceit. Think innocently and justly, and, if you speak, speak accordingly.
8. **Justice:** Wrong none, by doing injuries or omitting the benefits that are your duty.
9. **Moderation:** Avoid extremes. Forbear resenting injuries so much as you think they deserve.
10. **Cleanliness:** Tolerate no uncleanness in body, clothes or habitation.
11. **Chastity:** Rarely use venery but for health or offspring; never to dullness, weakness, or the injury of your own or another's peace or reputation.
12. **Tranquility:** Be not disturbed at trifles, or at accidents common or unavoidable.
13. **Humility:** Imitate Jesus and Socrates.

The First Movie Theater: April 23, 1896

This month marks the 110th anniversary of the first showing of a motion picture in the United States to a paying audience. It took place at Koster and Bial's Music Hall in New York City, the present site of Macy's flagship department store. The audience paid 10 cents per ticket to see a series of short film clips, including a ballet sequence and breaking waves. They were projected onto a movie screen by a *vitascopes*, one of Thomas Edison's many inventions. Although Edison developed the technology, he questioned whether the public would want to watch films in groups, arguing that people would prefer individual booths.



See Insert This Issue:



Can Your Carpet Make You Sick?

Top 5 April Fool's Day Jokes

#1: The Swiss Spaghetti Harvest: In 1957 the respected BBC news show *Panorama* announced that thanks to a very mild winter and the virtual elimination of the dreaded spaghetti weevil, Swiss farmers were enjoying a bumper spaghetti crop. It accompanied this announcement with footage of Swiss peasants pulling strands of spaghetti down from trees. Huge numbers of viewers called up wanting to know how they could grow their own spaghetti trees.

#2: Sidd Finch: In its April 1985 edition, *Sports Illustrated* published a story about a new rookie pitcher who planned to play for the Mets, named Sidd Finch, who could reportedly throw a baseball with startling, pinpoint accuracy at 168 mph. It was said that he had mastered the "art of the pitch" in a Tibetan monastery under the guidance of the "great poet-saint Lama Milaraspa." Mets fans everywhere celebrated at their team's amazing luck at having found such a gifted player, and *Sports Illustrated* was flooded with requests for more information. But in reality this legendary player only existed in the imagination of the writer of the article, George Plimpton.

#3: Instant Color TV: In 1962 there was only one tv channel in Sweden, and it broadcast in black and white. The station's technical expert, Kjell Stensson, appeared on the news to announce that thanks to a newly developed technology, all viewers could now quickly and easily convert their existing sets to display color reception. All they had to do was pull a nylon stocking over their tv screen, and they would begin to see their favorite shows in color. Stensson then proceeded to demonstrate the process. Reportedly, hundreds of thousands of people, out of the population of seven million, were taken in. Actual color tv transmission only commenced in Sweden in 1970.

#4: The Taco Liberty Bell: In 1996 the Taco Bell Corporation announced that it had bought the Liberty Bell from the federal government and was renaming it the Taco Liberty Bell. Hundreds of outraged citizens called up the National Historic Park in Philadelphia where the bell is housed to express their anger. Their nerves were only calmed when Taco Bell revealed that it was all a practical joke a few hours later.

#5: Nixon for President: In 1992 NPR's *Talk of the Nation* program announced that Richard Nixon, in a surprise move, was running for President again. His new campaign slogan was, "I didn't do anything wrong, and I won't do it again." Accompanying this announcement were audio clips of Nixon delivering his candidacy speech. Listeners responded viscerally to the announcement, flooding the show with calls expressing shock and outrage. Only during the second half of the show did the host John Hockenberry reveal that the announcement was a practical joke. Nixon's voice was impersonated by comedian Rich Little.

Preventing Hearing Loss

As the popularity of portable music players increases, many health experts are concerned about users' hearing loss. Brian Fligor, an audiologist at Children's Hospital Boston, did a study on how loud and how long you can safely listen to music through headphones. He found that tight-fitting in-the-ear headphones, also called earbuds, are more dangerous than over-the-ear versions because the sound is placed closer to the eardrum. Fligor determined that it was safe to listen to music at a volume level set to 60 percent of the dial (with 100 percent being turned on the highest setting) for about an hour. Using earbuds though, the safe time for some models was just 30 minutes. **The moral:** *turn down the volume, and listen for shorter periods, especially if you're using earbuds.*

Experience Supersonic Hearing

If you're stuck chatting up a mumbler at a cocktail party, lean in with your right ear. It's better than your left at following the rapid rhythms of speech, according to researchers at the UCLA David Geffen School of Medicine. If, on the other hand, you're trying to identify that song playing softly in the elevator, turn your left ear toward the sound. The left ear is better at picking up music tones.

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...

[client names]

Thanks For All The Kind Words!

Client testimonial goes here

10 Things We Can Learn From Movies, Part 2

11. Any person waking from a nightmare will sit bolt upright and pant.
12. One man shooting at 20 men has a better chance of killing them all than 20 men firing at one.
13. Creepy music coming from a graveyard should always be closely investigated.
14. During an emotional confrontation, instead of facing the person you are speaking to, it is customary to stand behind them & talk to their back.
15. When you turn out the light to go to bed, everything in your room will still be clearly visible, just slightly bluish.
16. When they are alone, all foreigners prefer to speak English to each other.
17. Having a job of any kind will make all fathers forget their son's eighth birthday.
18. Many musical instruments can be played without moving the fingers.
19. All bombs are fitted with electronic timing devices with large red readouts so you know exactly when they're going to go off.
20. A detective can only solve a case once he has been suspended from duty.

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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 ## 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 **ppp!** Remember, your chances of winning are better than you think!

This month's MegaTrivia Question:
What famous inventor invented the vitascope?

- a) Thomas Edison b) Benjamin Franklin
c) Orville Wright d) Eli Whitney

HINT: *The answer is somewhere in this newsletter*

*Posterity: you will never know how much it has cost
my generation to preserve your freedom. I hope you
will make good use of it.*

John Quincy Adams