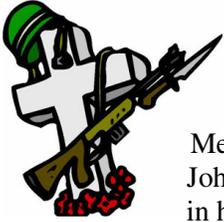




# Healthy Home News

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



## Memorial Day: May 30<sup>th</sup>, 2005

Memorial Day was officially proclaimed on May 5<sup>th</sup>, 1868, by General John Logan, national commander of the Grand Army of the Republic, in his General Order No. 11, and was first observed on May 30<sup>th</sup>, 1868, when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery. The first state to officially recognize the holiday was New York in 1873. By 1890 it was recognized by all of the northern states. The South refused to acknowledge the day, honoring their dead on separate days until after World War I (when the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war). It is now celebrated in almost every State on the last Monday in May (passed by Congress with the National Holiday Act of 1971), though several southern states have an additional separate day for honoring the Confederate war dead: January 19 in Texas, April 26 in Alabama, Florida, Georgia, and Mississippi; May 10 in South Carolina; and June 3 (Jefferson Davis' birthday) in Louisiana and Tennessee.

Traditional observance of Memorial Day has diminished over the years. Many Americans nowadays have forgotten the meaning and traditions of Memorial Day. At many cemeteries, the graves of the fallen are increasingly ignored, and neglected. Most people no longer remember the proper flag etiquette for the day. While there are towns and cities that still hold Memorial Day parades, many have not held a parade in decades. Some people think the day is for honoring any and all dead, and not just those fallen in service to our country.



## Where Did These Common Phrases Come From?

**Bringing home the bacon** -- According to one story, this phrase originated in the 12th century, when an English village church promised a side of bacon to any man who could swear he had not quarreled with his wife for a year and a day. The man who "brought home the bacon" was held in high regard.

**Flying by the seat of your pants** -- In the early days of aviation, pilots lacked today's sophisticated instruments. They had to feel the plane's response to their actions, largely, as it were, through the seat of their pants, figuring things out as they went along.

**Put your two cents in** -- This phrase comes from gambling, where poker players had to place a small bet called an "ante" before they would be allowed in the game.

**Bite the bullet** -- Before the invention of anesthetics, physicians would prepare their patients for surgery with a stiff drink and a lead bullet or stick to bite down on. The alcohol would dull the pain, and the biting would give them something besides the pain to focus on. (It probably also cut down on the screaming.)

**Close, but no cigar** -- In old-time carnivals, the prize for winning a game of skill was often a cigar. If you missed the target, even if you were close, you didn't win the cigar.



*Here comes fair May,  
the fairest maid of all,*

*Bedecked with myriad  
Flowers of every hue*

*While all around the  
cuckoo's covert call*

*Announces Spring's in play  
and Summer's due.*

## Victoria Day, May 23.

Canada celebrates this day on the Monday before May 25th every year in honor of Queen Victoria's birthday, May 24, 1819. The legislature of what was then called the Province of Canada declared it a holiday in 1845, eight years into her reign. After her death in 1901, the Canadian Parliament made the day a national holiday.

## All You'll Ever Want to Know About Mint:

Among the thousands of varieties of mint, peppermint and spearmint are the best known and also the most commonly grown in the United States. These herbs are used in flavorings, cosmetics, and medicines. Mint is a native perennial of Europe and has been used medicinally and in cooking for hundreds of years. Its apparent cooling ability stems from its essential oil, menthol, which interacts with brain receptors to send a cooling sensation to the mouth.

**See Insert This Issue:**

**5 Tips to Help You Combat Your Allergies!**



**ALSO: Check Out the Back of This Insert!**

**How to Win \$100!  
We're Starting a New Contest**

Starting on May 1, 2005, we have a great new contest beginning!

As you all know, Stacy and I just LOVE referrals – it's the best way to spread the word about our *great service!* Plus, it helps your family, friends and neighbors find a certified, professional carpet cleaning company *they can trust.*

Each month, whoever mails in the MOST REFERRALS DURING THE CALANDER MONTH that are **bonafide, potential new clients** will be our monthly winner of \$100 CASH from United Building Services

**NOTE: They must be mailed to us!**

The back of the insert has a Referral Rewards Form with more info on it.

**These Are the Contest Rules:**

- 1) Previous referrals don't count.
- 2) Referrals provided by others before you give them to us don't count. (i.e. no duplicates)
- 3) Your Referral Rewards form must be **mailed** and **received** by the last day of the month. **PLEASE, DO NOT CALL THEM IN!**
  - ▶ That's it and it's really simple. It's a WIN-WIN situation for everyone!
  - ▶ You will still receive \$20 for your referrals (if they become paying clients) PLUS the monthly bonus if you win!
  - ▶ If you're NOT a client of ours, but have heard we provide dazzling results, just send us your referrals.

Call us if you need more info or Referral Forms: **385.5800 • 262.7585**

**The History of Checkers**

People have been playing checkers for centuries. Archaeologists discovered a similar game in the ruins of Ur in Iraq, dating back to 3000 B.C.E. In Egypt, people played a version of checkers as long ago as 1400 B.C.E.; it was brought to Europe when the Moors invaded Spain in the 700s. In 1100, a Frenchman began using a chessboard for the game, with 12 pieces on each side. (Previously, the game was played on a board with horizontal lines). In 1535, a rule was introduced that made it mandatory to jump your opponent's pieces when possible, and the resulting game was called "Jeu Force" (or "game of force"). In the mid 1500s, the game reached Britain, where it was called "Draughts," and to America, where it became known as "checkers" after the checkered-pattern board. Today, millions of people play the game and participate in tournaments worldwide.

**Boost Your Home's Appeal**

Selling your home? Many real estate agencies will tell you that investing some time and money in sprucing up the exterior will make it sell faster and for more. According to a 2000 study by HomeGain, spending between \$432 and \$506 on landscaping yielded a 266 percent return on the amount spent, increasing the average sales price by up to \$1,839. Painting exterior walls at a cost of \$2,188 to \$2,381 yielded a 34 percent return. Even less expensive steps can make a big difference. The National Association of Realtors offers these tips on increasing your home's appeal:

- Keep the lawn mowed and edged, flower beds weeded, and trees and hedges pruned.
- In spring and summer, plant flowers or put pots of blossoms near your front door.
- Repair crumbling walkways, foundations, and patios.
- In winter, keep the sidewalks shoveled.
- Clean and align gutters.
- Repair or replace roof shingles.
- Keep the garage door closed.



**Enjoying Candles**

**Increase Your Enjoyment of Candles With These Handy Tips:**

- ▶ To prevent color fading, keep candles out of direct sunlight.
- ▶ Refrigerate for longer, more even burning that avoids creating a lopsided candle.
- ▶ Before use, light your candles and then blow them out. When it's time to light them, they will light more quickly and easily.
- ▶ For longer burning, trim wicks to between 1/4 and 1/2 inch in length.
- ▶ When you blow out a candle, place your finger in front of the flame. Your breath will move around your finger and extinguish the candle from the sides, preventing the wax from spattering.
- ▶ Before placing a votive candle in a holder, put 1/8 inch of water in the base. This will make it easier to remove the candle after it burns down and the wax hardens.
- ▶ Remove spilled wax by breaking off hardened pieces, then covering the still soft wax with a brown paper grocery bag and pressing with a warm iron. The paper will absorb the melted wax.
- ▶ Use very hot water to remove hardened wax from taper holders.



## Tom Wolfe's Barbecue Tips

Calor Alfresco consultant Tom Wolfe, celebrity caterer and owner of Blue Food Productions, has put together this list of great BBQ tips:

- Have everything to hand when barbecuing. Place everything on a side table next to the barbecue to eliminate too many trips to the kitchen. This allows you to not only keep a constant eye on the barbecue but also to spend more time enjoying the company of your guests.
- It is essential when barbecuing to marinate the meat, fish, or poultry before it hits the grill. Marinades ensure flavor and help with tenderizing. Give them at least 20 minutes to start working and for some foods like red meats, pork or poultry, you may want to marinate them overnight.
- Fish requires only about 20-30 minutes marinating time before cooking because the acid in the marinade will 'cook' the fish if left on overnight.
- Do as much preparation as you can the day before your party. Make the marinades, and if appropriate, marinate the meat or poultry. Make the side dishes and prepare an easy dessert that just needs finishing off on the day.
- Cook in foil: the French term for cooking food in a bag is *en pappillotte* and is ideal for cooking foods that can easily fall apart, stick or burn, like fish. Tear off a sheet of foil, brush with oil, add the fish fillet skin side down, salt and pepper, a squeeze of lemon and a splash of white wine. Seal it by folding together the corners and then barbecue for about 3 minutes on each side.

### Here Are My Favorite Tools for Barbecuing:

- Tongs - the most essential tool, which saves you from burning your fingers.
- Spatula - perfect for flipping anything on the grill.
- Basting brush - to ensure you don't waste your marinade. Brush the meat/fish to add that extra flavor while cooking.
- Water spray bottle - grease fires are the enemy as they give food that bitter, charred taste, so keep this on hand to stop any flare-ups.
- Oven mitts - an essential when the heat is turned up.
- Grill fork - great for turning food and lifting big pieces off the barbecue.
- Wire brush - It's important to keep the grill clean while you're cooking. This tool will help keep your grill free from burnt on bits.
- Gas barbecues have come along way in the past few years. You can't beat them for speed and ease of use. The key is to start barbecuing on a grill that has been pre-heated for at least 10 minutes. The intense heat will seal in the flavor.
- When you've finished cooking it's easier to clean the gas barbecue whilst it's still warm, using a wire brush.

## Thank You!

Thanks to YOU the word is spreading! Thanks to all of our wonderful clients and friends who graciously referred us to their friends and neighbors last month!

Our business runs on the positive comments and referrals from people just like you! We couldn't do it without you!

A special thanks to all these fine folks who referred us...

**Metro Carpets, Claire Stone, Jean Estes, Rick and Roxanne Coleman, Richard Clark, Nancy Copley, Marlene Bingham, Sue Huck and Elaine Waller**

## This Month in History

**10 Years Ago:** 5/11/95 At the UN in New York City, more than 170 countries decide to extend the Nuclear Nonproliferation Treaty indefinitely and without conditions.

**20 Years Ago:** 5/13/85 New Zealand beats the United States for the America's Cup.

**30 Years Ago:** 5/7/75 President Gerald Ford declares an end to the "Vietnam Era."

**40 Years Ago:** 5/19/65 Patricia Harris becomes the first black woman to be named a U.S. ambassador (to Luxembourg).

**50 Years Ago:** 5/31/55 Following its ruling against racial segregation the year before in Brown v. Board of Education, the Supreme Court orders school integration "with all deliberate speed."

**100 Years Ago:** 5/15/1905 Las Vegas, Nev., is founded.

**200 Years Ago:** 5/26/1805 Lewis & Clark 1st see Rocky Mountains.

**550 Years Ago:** 5/22/1455 Richard of York takes St. Albans, kidnapping King Henry VI.

## Thanks For All the Kind Words!

### Dan and Susan Rogers, Princeton:

Your Carpet Audit was wonderful – what a great idea! You came highly recommended by both Metro Carpets and Nancy Copley.

Our rental property's light-colored Berber carpet had a multitude of grease and nasty stains. **It's 100% improved! TRULY AMAZING!** Thank you so much for your honesty and punctuality and good work.

David and Stacy Gruttadaurio  
United Building Services, Inc.  
RR 1 Box 56  
Princeton, IN 47670

**INSIDE: How to Win \$100!**  
**We're Introducing a NEW Contest!**

## Your New Issue Has Arrived!

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

### This Could Certainly Explain It...

On the first day God created the dog. God said, "Sit all day by the door of your house and bark at anyone who comes in or walks past. I will give you a life span of twenty years." The dog said, "That's too long to be barking. Give me ten years and I'll give you back the other ten." So God agreed.

On the second day God created the monkey. God said, "Entertain people, do monkey tricks, make them laugh. I'll give you a twenty-year life span." The monkey said, "Monkey tricks for twenty years? I'd rather not. The dog gave you back ten, so that's what I'll do too, okay?" And God agreed.

On the third day God created the cow. God said, "You must go to the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer. I will give you a life span of sixty years." The cow said, "That's kind of a tough life you want me to live for sixty years. Let me have twenty and I'll give back the other forty." And God agreed again.

On the fourth day God created man. God said, "Eat, sleep, play, marry and enjoy your life. I'll give you twenty years." Man said, "What? Only twenty years! Tell you what, I'll take my twenty, and the forty the cow gave back and the ten the monkey gave back and the ten the dog gave back, that makes eighty, okay?" "Okay," said God, "You've got a deal."

So that is why the first twenty years we eat, sleep, play, and enjoy ourselves; for the next forty years we slave in the sun to support our family; for the next ten years we do monkey tricks to entertain the grandchildren; and for the last ten years we sit on the front porch and bark at everyone. ☺

### Who Wants To Win Movie Tickets?

*Take my Trivia Challenge  
and you could win too!*

This is our favorite part of the newsletter! Each month We'll give you a new trivia question. And the first 2 people who call Stacy at our office with the correct answer wins **two FREE movie tickets** to the Princeton theatre. Enjoy a night out on me with someone special in your life! Take your best guess, then call Stacy at **812.385.5800!** Remember, your chances of winning are better than you think!

This month's *Holiday MegaTrivia Question* is...  
**"I'm gonna make him an offer he can't refuse" is a line from which movie?**

- a) Goodfellas b) Gone With the Wind  
c) The Godfather d) On the Waterfront**

*If you torture data sufficiently,  
it will confess to almost anything.*

**Fred Menger**

*Being rich is having money;  
being wealthy is having time.*

**Stephen Swid**