



Healthy Home News

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

St. Nicholas Day is December 6th



The traditional *St. Nicholas Day* (usually December 6th) is a festival for children in many countries in Europe, related to the surviving legends of the saint, and particularly his reputation as a bringer of gifts. The American *Santa Claus* as well as the Anglo-Canadian and British *Father Christmas* derive from these legends. "Santa Claus" itself is derived from the Dutch *Sinterklaas*.

St. Nicholas Day Celebrations:

Ireland: The saint who inspired the legend of Santa Claus is believed to have been buried in Jerpoint Abbey in Kilkenny about 800 years ago. Originally buried in Myra (Turkey), his body was reportedly moved from there to Italy in 1169, but is said to have been taken afterwards to Ireland by Nicholas de Frainet, a distant relative. A Cistercian abbey, the Church of Saint Nicholas was built by his family there and dedicated to the memory of the saint.

Italy: St. Nicholas (*San Nicola*) is the patron saint of the city of Bari, where it is believed he is still buried. Its deeply-felt celebration is called *Festa di San Nicola*, held in May. In particular on May 8th, the relics of the saint are carried on a boat on the sea in front of the city, with many boats following (*Festa a Mare*). On December 6th, there is a ritual called *Rito Delle Nubili*, where during the day of Saint Nicholas, gifts are given to young brides who need help before getting married.

Greece: St. Nicholas is considered the protector of sailors, and is therefore the patron saint of the Greek navy -- war and merchant alike -- and his day is marked by festivities aboard all ships and boats, at sea and in port.

Now That's a Pumpkin Pie!

The largest pumpkin pie ever made weighed an astounding 3,699 pounds and measured more than twenty feet in diameter. It was created this past September by the *New Bremen Giant Pumpkin Growers* in Ohio, in a custom-build oven. They beat their previous world record by almost 1,700 pounds!

The ingredients list included: 3 lbs. pumpkin pie spice, 14.5 lbs. of cinnamon, 7 lbs. of salt, 525 lbs. of sugar, 109 gallons of evaporated milk, 233 dozen eggs, and 187 No. 10 cans of pumpkin. After being confirmed as the new record holder, the pie was cut into approximately 5,000 slices and passed out among the large crowd that had gathered for the event.



New Year's Eve: **Australia**

Due to time zones, Australia normally holds the first New Year's celebrations each year.

Each major city around Australia holds New Year's Eve celebrations, usually accompanied by a fireworks display amongst other events. Gloucester Park, a racecourse in central Perth, is the largest and most recognized display in Perth. In Brisbane, 50,000 people annually gather at sites around the Brisbane River in the city to watch fireworks, while events are held in the city and at Southbank.

The two largest New Year's Eve celebrations in Australia are held in its two largest cities: Sydney and Melbourne. The celebrations in Sydney are usually accompanied by a theme which is displayed in light shows and a large symbol in the middle of the Sydney Harbor Bridge. Over 1.5 million people will gather around Port Jackson.

The fireworks display lasts from 12 to 25 minutes, and is followed by music shows set on several stages throughout the beach. As one of the first major New Year's celebrations each year, Sydney's fireworks display is often broadcast through the world during the day of December 31.

Thank you for all the kind words!

Cody Kelsoe of Anchorage, AK

“Very good, I think they were the most professional that I have seen in a long time. (I was happy with) the customer service, willing to answer questions, happy attitude and trusting individuals, very approachable. Honest, they didn't promise anything that was out of their scope to achieve.”

Peace On Earth

Peace I leave with you.

My peace I give to you.

Jesus (John 14:27)

*A people free to choose
will always choose peace.*

Ronald Reagan

*An eye for an eye only ends up making
the whole world blind.*

Gandhi

*If we have no peace,
it is because we have forgotten
that we belong to each other.*

Mother Teresa

*It is madness for sheep to
talk peace with a wolf.*

Thomas Fuller

*It isn't enough to talk about peace.
One must believe in it.*

*And it isn't enough to believe in it.
One must work at it.*

Eleanor Roosevelt

See Insert This Issue:



**It's NOT
Too Late...
You Can
Still Book Me
In Time!**

December 7th:

National Pearl Harbor Remembrance Day

The attack on Pearl Harbor (called *Operation Z* by Japanese Imperial General Headquarters) was an unannounced, unprovoked military strike conducted by the Japanese navy against the United States Naval Base at Pearl Harbor, Hawaii, on the morning of Sunday, December 7th, 1941. This attack resulted in the United States becoming militarily involved in WWII.

It was intended as a preventative action to keep the US Pacific Fleet from influencing the war the Empire of Japan was planning to wage in Southeast Asia against Britain, the Netherlands and the United States. The attack consisted of two aerial attack waves totaling 353 aircraft, launched from six Japanese aircraft carriers.



The attack sank four US Navy battleships (two of which were raised and returned to service later in the war) and damaged four more. The Japanese also sank or damaged three cruisers, three destroyers and one mine layer, destroyed 188 aircraft and caused personnel losses of 2,402 killed, 1,282 wounded. The power station, shipyard, maintenance, and fuel and torpedo storage facilities, as well as the submarine piers and headquarters building all were not hit. Japanese losses were minimal, at 29 aircraft and five midget submarines, with 65 servicemen killed or wounded.

December 31, 1946: The Official End of WWII

Including all of the world's great powers, organized into two opposing military alliances (Allies and Axis), **World War II** was the most widespread war in history, with more than 100 million military personnel mobilized. In a state of "total war," the major participants placed their entire economic, industrial and scientific capabilities at the service of the war effort, erasing the distinction between civilian and military resources.

The conflict was marked by significant events involving the mass death of civilians, including the Holocaust and the only use of nuclear weapons in warfare, it was the deadliest conflict in human history, resulting in between 50 million and 70 million fatalities. Casualties estimates vary, because many deaths went unrecorded. Most suggest that about 60 million people died, including 20 million soldiers and 40 million civilians.

Many civilians died because of disease, starvation, massacres, bombing and deliberate genocide. The Soviet Union lost about 27 million people during the war, almost half of all WWII deaths. One of every four Soviet citizens was killed or wounded.



Of the total deaths in WWII, approximately 85% were on the Allied side (mostly Soviet and Chinese). Many of these deaths were caused by war crimes committed by German and Japanese forces in occupied territories.

Cotton Candy: In the Beginning...



Cotton candy was first recorded around the middle of the 18th Century. At that time, spun sugar was an expensive, labor-intensive endeavor and was not generally available to the average person. Machine-spun cotton candy was invented in 1897 and first introduced to a wide audience at the 1904 World's Fair as *Fairy Floss*.

It met with great success, selling almost 70,000 boxes at the then-high price of \$0.25, half the cost of admission to the fair. Fairy floss was renamed *cotton candy* in the 1920s.

The machine used to make cotton candy consists of a small bowl, into which sugar is poured and food coloring is added. The sugar reserve bowl is spun at high speed while heaters near the rim melt the sugar, which is squeezed out through tiny holes by centrifugal force. The molten sugar then solidifies in the air and is caught in a large metal bowl surrounding the central sugar reservoir bowl. The operator of the machine gathers the sugar strands into portions. Modern cotton candy machines work in much the same way as the older ones.

How About A Nice Bowl of Gazpacho?

Gazpacho is a cold Spanish tomato-based raw vegetable soup, originating in the southern region of Andalusia. Gazpacho is widely consumed throughout Spain, neighboring Portugal and parts of Latin America. Gazpacho is consumed during the summer months, due to its cold temperature and acidic bite.

Gazpacho has ancient roots. There are a number of theories of its origin, including as an Arab soup of bread, olive oil, water and garlic that arrived in Spain with the Moors, or via the Romans with the addition of vinegar. Once in Spain, it became part of Andalusian cuisine, using stale bread, garlic, olive oil, salt and vinegar.

Gazpacho remained popular with field hands as a way to cool off during the summer and to use available ingredients such as fresh vegetables and stale bread.

There are many modern versions of gazpacho, often in different colors and omitting the tomatoes and bread in favor of avocados, cucumbers, parsley, watermelon, grapes, meat stock, seafood and other ingredients. Gazpacho has basically become a generic term for chilled vegetable soup.

Most Popular Christmas Songs

According to the American Society of Composers, Authors and Publishers, the following are **the Most Performed Christmas Songs** written by ASCAP members. For some reason, the list does not include songs out of copyright (like *Jingle Bells*) or songs written by non-ASCAP members.

- *The Christmas Song*, Mel Tormé, Robert Wells
- *Santa Claus in Coming to Town*, Fred Coots, Haven Gillespie
- *Have Yourself a Merry Little Christmas*, Ralph Blane, Hugh Martin
- *Winter Wonderland*, Felix Bernard, Richard B Smith
- *White Christmas*, Irving Berlin
- *Let It Snow! Let It Snow! Let It Snow!*, Sammy Cahn, Jule Styne
- *Rudolph the Red-Nosed Reindeer*, Johnny Marks
- *Jingle Bell Rock*, Joseph Carlton Beal, James Ross Boothe
- *I'll Be Home for Christmas*, Walter Kent, Kim Gannon
- *The Little Drummer Boy*, Katherine Davis, Henry Onorati, Harry Simeone
- *Sleigh Ride*, Leroy Anderson, Mitchell Parish
- *It's the Most Wonderful Time of the Year*, Edward Pola, George Wyle
- *Silver Bells*, Jay Livingston, Ray Evans
- *Rockin' Around the Christmas Tree*, Johnny Marks
- *Feliz Navidad*, Jose Feliciano

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...

Ann Larue referred April Ohlinger
Lorraine Helling referred Jennifer Matheson
Lana Taylor referred Deanna Lofquist
Judy Klink referred Stacy & Scott Kolstad
Northern Heating referred Pam Fynskov

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Your New Issue Has Arrived!

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

CONGRATULATIONS!!

The winner of last month's trivia contest was....
Diane Crook of Anchorage, AK



Diane was the first person to correctly answer the November Trivia Challenge Question:
“Who was known as Oklahoma’s Favorite Son?”
A) Will Rogers

Take your best shot at this month's trivia challenge!
Just email your answer and contact information to info@carpetmanclean.com ~
YOU may be the next BIG winner!

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 person to email my office with the correct answer and contact information will win **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, and then email me at info@carpetmanclean.com! Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:
**How heavy is the current record holder for
largest pumpkin pie ever made?**

- A) 75 lbs. B) 345 lbs. C) 1,705 lbs.
D) 2,890 lbs. E) 3,699 lbs.

HINT: The answer is somewhere in this newsletter

I Have A Christmas Gift For You...



Hello Friends & Clients! The Holidays are officially here... Parties to go to, families to visit and presents to buy... We have been truly blessed this year – we've got a loving family and friends, a blossoming business, and beautiful, healthy children. All in all, we have been very fortunate and we are extremely grateful for that.

But not everyone has experienced the same good fortunes that we have. There are a lot of families right here in our own community who have had a harder time of it this year. Whether it be the loss of a job, or medical bills, or the rising cost of living – there are people right in our own back yards who could use just a little extra help.

Here's How You Can Share In This Season Of Giving

We are turning to our **REMARKABLE** clients for help with our **First Annual Toy Drive!!!!** We want to help families that are struggling and ease their burdens so they can make sure their kids have a joyful & memorable Christmas. We are going to collect toys and deliver them weekly to Toys for Tots. Since we have shops in the Mat Su Valley and Anchorage we will be donating at both locations.

So that's where my gift to you fits in...

Between now and December 23rd, for any cleaning you have done with us, if you donate a toy(s) I will give **you \$25 off your carpet, upholstery, tile, or duct cleaning job!** Do you think you can help us out to reach our goal and bring joy to as many children as we can this Holiday Season?

PLUS – for each new paying client that you refer to us, not only will we pay you a \$10 referral reward, **we will donate ANOTHER \$10** to Toys for Tots!!! (They greatly appreciate cash donations so they can purchase toys to fill out children's "wish" lists). Help us make as many children experience a very special Christmas this year.

Our Cleaning Technicians will have their Santa hats on & a big plastic tub in the back of their "sleigh" so that we can collect your donations. So help us fill it up!!!!

Donate a new unwrapped toy and receive up to \$25 off your Carpet, Upholstery, Duct or Tile Cleaning

Call TCM Restoration & Cleaning at 562-7410 or 373-7410

*Not valid with other offers. \$125 minimum charge still applies

