



Healthy Home News

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

Avoiding Christmas Tragedy

Do a Holiday Fire Safety Check



Each year, we hear of home fires occurring during the holiday season. Sometimes lives are lost. Sometimes an entire home is lost to flames, and visions of little ones whose presents are gone can generate a longing to help. Holiday fires are not inevitable, use this advice to keep them from happening.

- Have a working smoke detector just outside the kitchen, near bedrooms, and on every level of your home.
- Place a chemical fire extinguisher near the kitchen range and make sure everyone knows how to operate it.
- Degrease the top of the stove, the oven, broiler, and range hood. Grease can ignite and cause a fire.
- When preparing a big dinner, make sure only one high-wattage appliance is plugged into an outlet or circuit. If you have a microwave, coffee pot, electric fry pan, and toaster running at the same time, you could be in danger.
- If it's very cold and you decide to use an electric heater, be sure it is not positioned near anything flammable including curtains and decorations. Unplug when you go to bed.
- Don't overload circuits with lighted decorations. Plug decorations into a power strip that will shut off if overloaded and has a surge protector.
- When opening gifts, handle wrappings with care. Never allow combustible wrappings to pile up near a heat source. Make sure no one is smoking near such flammables.
- Be smart with candles. Put them out when you will not be nearby. Don't place a candle inside a bookshelf.
- Never burn gift wrappings or a natural Christmas tree in your fireplace. It could cause a flash fire or a chimney fire.



December

Eggnog's Ambiguous Origins

Eggnog, or a very similar drink, may have originated in East Anglia, England, though it may also have been developed from posset (a medieval European beverage made with hot milk).

It is said that the drink adopted the nog part of its name from the word noggin, a Middle English phrase used to describe a small, wooded carved mug used to serve alcohol.

Another name for this English drink was Egg Flip. Yet another story is that the term derived from the name egg-and-grog, a common colonial term used to describe rum. Eventually, the term was shortened to *egg'n'grog*, then simply *egg nog*.

The ingredients for the drink were too expensive and uncommon for the lower classes, but it was popular among the aristocracy. "You have to remember, the average Londoner rarely saw a glass of milk," says author and historian James Humes.

"There was no refrigeration, and the farms belonged to the big estates. Those who could get milk and eggs to make eggnog mixed it with brandy or Madeira or even sherry."

Thanks for all the kind words!

Kelli Toth, Chugiak, Alaska

“Very professional to a job well done, on time, dependable service, attention to detail and friendly professionals. It is great to work with a first class company.”

You are a magician!

Thank you

Thoughts on Success:

Action is the foundational key to all success.

Pablo Picasso

Always bear in mind that your own resolution to succeed is more important than any other.

Abraham Lincoln

Defeat is not the worst of failures. Not to have tried is the true failure.

George E. Woodberry

*Formula for success:
rise early, work hard, strike oil.*

J. Paul Getty

I honestly think it is better to be a failure at something you love than to be a success at something you hate.

George Burns

Pray that success will not come any faster than you are able to endure it.

Elbert Hubbard

See Insert This Issue:

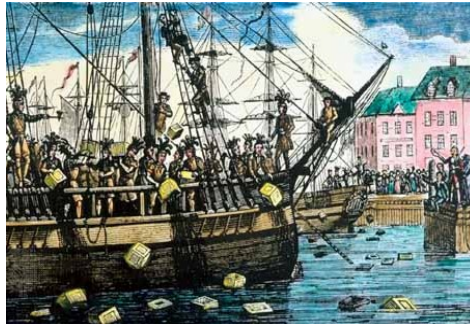


If You Don't Call Now, You May Have to Wait Until After the Holidays for Clean Carpet!

The Boston Tea Party:

December 16, 1773

The Boston Tea Party was a direct action by colonialists in Boston, Mass., against the British Government. On December 16, 1773, after officials in Boston refused to return three shiploads of taxed tea to Britain, a group of colonists boarded the ships and destroyed the tea by throwing it into the Boston Harbor. The incident remains an iconic event of American history, and has often been referenced in other political protests.



The Tea Party was the culmination of a resistance movement throughout British America against the Tea Act, which had been passed by the British Parliament in 1773. Colonists objected to the Tea Act mainly because it violated their right to be taxed only by their own elected representatives.

Protesters had successfully prevented the unloading of taxed tea in three other colonies, but in Boston, embattled Royal Governor Thomas Hutchinson refused to allow the tea to be returned to Britain. He apparently did not expect that the protesters would choose to destroy the tea.

The Boston Tea Party was a key event in the growth of the American Revolution. Parliament responded in 1774 with the Coercive Acts, which, among other provisions, closed Boston's commerce until the British East India Company had been repaid for the destroyed tea. Colonists in turn responded with additional acts of protest, and by convening the First Continental Congress, which petitioned the British monarch for repeal of the acts and coordinated colonial resistance to them. The crisis escalated, and the American Revolutionary War began near Boston in 1775. - *Wikipedia*

December 7th: Pearl Harbor Remembrance Day

The attack on Pearl Harbor was an unprovoked military strike conducted by the Japanese navy against the United States Base at Pearl Harbor, Hawaii, on the morning of Sunday, December 7, 1941. It led directly to the US becoming militarily involved in World War II. 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 minelayer, destroyed 188 aircraft, and caused personnel losses of 2,402 killed and 1,282 wounded. The power station, shipyard, maintenance, and fuel and torpedo storage facilities, as well as the submarine piers and headquarters building (home of the intelligence section) all were not hit. Japanese losses were minimal, at 29 aircraft and five midget submarines, with 65 servicemen killed or wounded.

NASCAR Founded, December 14, 1947



In the 1920's and 1930's, Daytona Beach, Florida, became known as the place to set world land speed records. The beach became a Mecca for racing enthusiasts, and fifteen records were ultimately set on what became the Daytona Beach road course between 1905 and 1935. Drivers raced on a 4.1 mile course, consisting of a 1.5 to 2 mile stretch of beach as one straightaway, and a narrow blacktop beachfront highway as the other. The two straights were connected by 2 tight, deeply rutted and sand-covered turns at each end.

Stock car racing in the US has its origins in bootlegging during prohibition, when drivers ran bootleg whiskey made primarily in the Appalachian region of the US. Bootleggers needed to distribute their illicit products, and they typically used small, fast vehicles to better evade police. Many drivers would modify their cars for speed and handling, as well as for increased cargo capacity, and some of them came to love the fast-paced driving down twisty mountain roads.

The repeal of Prohibition in 1933 dried up some of their business, but by then Southerners had developed a taste for moonshine, and a number of the drivers continued "runnin' shine," this time evading the "revenueurs" who were attempting to tax their operations. The cars continued to improve, and by the late 1940's, races featuring these cars were being run for pride and profit. These races were popular entertainment in rural Southern US.

Mechanic William France, Sr., moved to Daytona Beach, Florida, from Washington, DC, in 1935 to escape the Great Depression. He was familiar with the history of the area from the land speed record attempts. France entered the 1936 Daytona event, finishing fifth. He took over running the course in 1938. He was able to promote a few races before the outbreak of World War II. France thought that people would enjoy watching "stock cars" race.

Drivers were frequently victimized by unscrupulous promoters who would leave the events with all the money before drivers were paid. In 1947, France decided this racing would not grow without a formal sanctioning organization, standardized rules, regular schedule and an organized championship. On December 14, 1947 France began talks with other influential racers and promoters at the Ebony Bar at the Streamline Hotel at Daytona Beach that ended with the formations of NASCAR on February 21, 1948. - *Wikipedia*

Good Uses for Wood Ashes

Fireplace ashes melt ice and add traction, according to *This Old House*, and won't hurt concrete or plants. They're useful to use if a car is stuck on an icy driveway and can't get traction.

A damp sponge dipped in ashes will scrub away soot residue on glass fireplaces doors, and a paste made with ashes makes a silver or metal polish.

A handful rubbed into a dog's coat takes skunk odor away.

If you have chickens, toss cold ashes in the pen for dust baths and pest control.

*A successful man is one
who makes more money than
his wife can spend.*

*A successful woman is one
who can find such a man.*

Lana Turner

*A person who won't read has no
advantage over one who can't read.*

Mark Twain

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...

Northern Heating for referringSally Hitchcock

Lisa Fuentes for referring....Todd Green

Don McCann from McCann Plumbing & Heating for referring....Bethany Weiser

Your New Issue Has Arrived!

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

Congratulations!



Ed Beu called in the correct answer to November Trivia Question.

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

B) 6,000 years ago

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 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 info@carpetmanclean.com! Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

**Whose formula for success was
"Rise early, work hard, strike oil"?**

- A) John D. Rockefeller B) Edward L. Doheny
C) T. Boone Pickens D) J. Paul Getty

HINT: The answer is somewhere in this newsletter



Urgent!

**I Only Have A Few Appointments Left In The Schedule!
If You Don't Call Now You May Have To Wait
Until After The Holidays For Clean Carpet...**

Hello friends and clients! It's TCM, your favorite carpet cleaner, reminding you...the countdown has begun. A great majority of my clients have responded to my reminders about calling me early for pre-holiday carpet cleaning. But for those of you who still need to grab an appointment waiting much longer can be...

Unbelievably Devastating...

Year after year I get that desperate phone call. From a dear client who has let "clean the carpets before the holiday guests arrive" slip to the bottom of their to-do list. Unfortunately, when they call I'm already booked solid. That's when the begging and pleading begins. Try as I may, I cannot create appointments out of thin air. If only they had called earlier in the month...their carpets could have looked...

Brand Spanking New...

...for their guests. But not this year. Not this time. **Instead they are relegated to my "cancellation list" with fingers crossed.**

Please don't let that happen to you. Don't get ...

Left In The Lurch.

But don't worry you can still have clean carpets this year before your guests and parties and festivities commence. You can still have your tired carpets transformed into fluffy, sparkling clean carpet. You can still have all your spots and spills removed. (You know, the ones that have been bugging you.) Because...

It's NOT Too Late Yet.

You still have a small window of opportunity left to call me and grab a pre-holiday cleaning appointment. So, if you want your carpets to shine for your guests, parties and celebrations please don't wait one more day....call me by phone **562-7410 Anchorage or 373-7410 Valley** or contact me by E-mail **info@carpetmanclean.com**

Grab A Pre-Holiday Cleaning Appointment By Calling Now!

Pick up the phone and call today to **SAVE**

\$25.00 Off Your Carpet Cleaning

\$30.00 Off Carpet Protection

Contact TCM Restoration & Cleaning by phone 562-7410 Anchorage or 373-7410 Valley or

E-mail info@carpetmanclean.com

Discount lasts until December 31, 2011

Check us out on the web at www.carpetmanclean.com

*Not valid with other offers.