



Healthy Home News

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

Diabetes Education Week

Pre-Diabetes is the state in which some -- but not all -- of the diagnostic criteria for diabetes are met, often described as the "gray area" between normal blood sugar and diabetic levels. If you are older than 45 and overweight, you are at increased risk for pre-diabetes.

There are steps you can take today to live a healthier life and prevent or delay diabetes.

- **Find out if you are actually at risk.** Talk to your doctor at your next visit to see if you fit the pre-diabetes risk group.
- **Set realistic goals.** Start by making small changes. For example, try to get 15 minutes of physical activity per day, and as the weeks pass, build up to the recommended 30 minutes of exercise per day.
- **Make better diet choices.** Try to eat five to nine servings of fruits, vegetables, beans and grains each day. Reduce the amount of fat in your diet. When available, choose grilled or baked foods instead of fried.
- **Write it down!** Record what you eat and drink each day. Keeping a food diary is one of the most effective ways to lose weight and keep it off. For still better results, review your notes with your health care provider.
- **Consistency.** Making changes can be tough when your first start. Try by adding one new healthy change a week. If you slack, get back on track. The key is just to keep at it.



Black Friday: The Busiest Shopping Day?

The news media frequently refers to Black Friday (the day after Thanksgiving) as the busiest retail shopping day of the year, but this is not always accurate.

While it has been one of the busiest days in terms of pedestrian traffic at shopping centers, in terms of actual sales volume, from 1993 through 2001 Black Friday was usually the fifth to tenth busiest day. In 2002 and 2004, however, Black Friday ranked second place, and in 2003 and 2005, Black Friday actually did reach the first place.

The busiest retail shopping day of the year in the US (in terms of both sales and customer traffic) usually has been the Saturday before Christmas.

International Drum Month: The Little Drummer Boy

The Lyrics of *The Little Drummer Boy* tell of a poor young boy who, unable to afford a gift for the infant Jesus, plays his drum for the newborn, with Mary's approval. The newborn seems to understand and smiles at the boy in gratitude. The song was originally called "*The Carol of the Drum*," and was written in 1941 by pianist Katherine K. Davis, based on a traditional Czech carol.

The story is similar to a 12th century legend retold by Anatole France as *Our Lady's Juggler*, which was adapted into an opera in 1902 by Jules Massenet. In the French legend, however, a juggler juggles before a statue of the Virgin Mary, and the statue (depending on which version you read) either smiles at him or throws him a rose (or both).

In 1957, the previously obscure Davis version of the song was re-arranged by Henry Onorati for the *Jack Halloran Singers* on Dot Records, but the recording was not released in time for Christmas. The following year, 20th Century Fox Records contracted Onorati's friend Harry Simeone to make a Christmas album. Onorati introduced Simeone to "*The Carol of the Drum*," which Simeone further re-arranged, renaming it "*The Little Drummer Boy*", and added it to the album. The rest, as they say, is history...



Thanks for all the kind words!!

Gary & Carol Sanford of Anchorage, AK



“Of the many carpet cleaning companies we have used over the years TCM delivers by far the best results. There are many experiences we are happy with but the one that jumps out is the knowledge of the job and the willingness of the employees to go the extra distance to ensure we are happy with the results. The gentleman, Nick, who did our carpets today should be commended for doing the best cleaning we have ever had done.”

The Wit of Will Rogers

*A fool and his money
are soon elected.*

*Be thankful we're not getting all the
government we're paying for.*

*Advertising is the art of
convincing people to spend
money they don't have
for something they don't need.*

*Chaotic action is preferable to
orderly inaction.*

*Diplomacy is the art of saying "Nice
doggie" until you can find a rock.*

*Don't let yesterday use up
too much of today.*

*Everything is funny, as long as it's
happening to somebody else.*

*I have a scheme for stopping war.
No nation is allowed to enter a war*

Dia de los Muertos (Day of the Dead)

Day of the Dead celebrations in Mexico can be traced back to the indigenous cultures. Rituals celebrating the deaths of ancestors have been observed by these civilizations for perhaps as long as 3,000 years. In the pre-Hispanic era, it was common to keep skulls as trophies and display them during the rituals to symbolize death and rebirth.



The festival that became the modern Day of the Dead fell in the ninth month of the Aztec calendar (about August), and was celebrated for an entire month. The festivities were dedicated to the god known as "Lady of the Dead".

In modern celebrations, most regions of Mexico honor children and infants on November 1st (*Dia de los Inocentes*), whereas deceased adults are honored on November 2nd (*Dia de los Angelitos*). People go to cemeteries to be with the souls of the departed and build private altars containing the favorite foods and beverages as well as photos and memorabilia of the departed. The intent is to encourage visits by the souls, so that the souls will hear the prayers and the comments of the living directed to them. Celebrations can take a humorous tone, as celebrants remember funny events and anecdotes about the departed.

We've Met Your Pets, Now Meet Ours

We've been in so many of our clients homes meeting your pets, we thought we would introduce one of ours.

Meet our 4 yr old Yellow Lab, Ginger.



We're posting Ginger on our TCM Restoration & Cleaning Facebook Fan Page and we'd love for you to share your adorable pet pictures with us

there too! All you need to do is "like" our Fan Page and you'll be able to share pictures with us, find out about Facebook - only specials, tips about keeping your home healthy, and anything new going on with TCM Restoration & Cleaning.

See Insert This Issue:



**Will You Make It
Into My Schedule
Before Your
Parties, Guests,
And Family
Arrive?**

November Birthday Hall-of-Famers: Rogers x2



Will Rogers (Nov 4, 1879 - Aug 15, 1935) was an American cowboy, comedian, humorist, social commentator, vaudeville performer and actor. He was one of the best-known celebrities in the 1920's and 1930's.

Known as *Oklahoma's Favorite Son*, Rogers was born to a prominent Indian Territory family. He traveled around the world three times, made 71 movies (50 silent films, 21 *talkies*), wrote more than 4,000 nationally-syndicated newspaper columns, and became a world-famous figure.

By the mid 1930's, Rogers was adored by the American people. He was the leading political wit of the Progressive Era, and was the top-paid movie star in Hollywood at the time. Rogers died in 1935 with aviator Wiley Post, when their small airplane crashed near Barrow, Alaska.

Roy Rogers (Nov 5, 1911 - July 6, 1998) was an American singer and cowboy actor, as well as the namesake of the Roy Rogers Restaurant chain.

He and his wife Dale Evans, his golden palomino Trigger, and his German Shepherd dog Bullet were featured in more than 100 movies and in *The Roy Rogers Show*.



The show ran on radio for nine years before moving to television from 1951 through 1957. His productions usually featured a sidekick, often either Pat Brady or the crotchety George "Gabby" Hayes. Roy's nickname was *King of the Cowboys*, while Dale's nickname was *Queen of the West*.



Entering King Tut's Tomb, November 26, 1922

in Howard Carter's Own Words

Slowly, desperately slowly it seemed to us as we watched, the remains of passage debris that encumbered the lower part of the doorway were removed, until at last we had the whole door clear before us. The decisive moment had arrived. With trembling hands I made a tiny breach in the upper left hand corner.

Darkness and blank space, as far as an iron testing rod could reach, showed that whatever lay beyond was empty, and not filled like the passage we had just cleared. Candle tests were applied as a precaution against possible foul gases, and then, widening the hole a little, I inserted a candle and peered in, Lord Carnarvon, Lady Evelyn and Callender standing anxiously beside me to hear the verdict.

At first I could see nothing, the hot air escaping from the chamber causing the candle flame to flicker, but presently, as my eyes grew accustomed to the light, details of the room within emerged slowly from the mist, strange animals, statues and gold -- everywhere the glint of gold. For the moment--an eternity it must have seemed to the others standing by--I was struck dumb with amazement, and when Lord Carnarvon, unable to stand the suspense any longer, inquired anxiously, 'Can you see anything?' it was all I could do to get out the words, 'Yes, wonderful things.' Then widening the hole a little further, so that we both could see, we inserted an electric torch.

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...

Keith & Shauna Thums referred Larry Smith
Ben Crowley referred John & Sandy McDonald
Bob Esper referred Austen Ahnasuk

Patrick Hartshorn with Advance Look Alaska referred Ellen Sheehan
Ron Whittom Jr with Great Western Services referred Janice Haynes

John Katcher referred Douglas Pope
Heather Guzman referred Leah Guzman
Melinda & Harry Debruhl referred Ann Larue

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Amazing Money-Saving
Tips and More!*

CONGRATULATIONS!!

The winner of last month's trivia contest was...

JoAnn Kessler of Wasilla, AK



Photo not available

JoAnn was the first person to correctly answer the October Trivia Challenge Question:

**“The Model T Ford was built from
1908 until which year?”**

C) 1927

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 your answer and contact information to info@carpetmanclean.com! Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

Who was known as *Oklahoma's Favorite Son*?

- A) Will Rogers B) Roy Rogers
C) WC Fields D) King Tutankhamen

HINT: The answer is somewhere in this newsletter



The Holidays Are Coming...
Will You Make It Into My Schedule Before Your Parties, Guests & Family Arrive? If You Want Your Carpets To Sparkle, Look Fantastic and Fluffy For Your Guests You Won't Wait Another Day To Call...

Hello friends and clients. Tis' the season to be *thankful*, I hope you have a lot to be thankful for and lots of people to share time with this season. Every year so many of my clients are scrambling at the last minute hoping (no, begging) for a slot in the schedule before their guests arrive.

I feel your pain.

Here's the story: I know it's hard to believe but a long time ago...I wasn't a carpet cleaner. And I had the chore of hiring a carpet cleaner before our holiday guests arrived one year. And unfortunately being the procrastinating type...**I waited until a week before the big party to start calling around. Not only was I faced with the task of trying to wade through 30 pages (this was pre-internet era) of carpet cleaners in the yellow book, but I couldn't find anyone good who had a time slot available.**

But instead of admit defeat I hired "Cheap Carpet Cleaning" because they were the only ones available, (maybe that should have tipped me off). They did a "cheap job" alright, leaving me with over-wet carpets that seemed to re-soil faster than ever. In fact, two months later my carpets were dirtier than they had been before I called them out.

Of course I never want you to have an experience like this, so I'm giving you a "heads up" now.

But Hurry Because My November/December Schedules Fill Up Fast!

So if you want to enjoy soft, clean, spotless carpets that do NOT re-soil quickly. If you want the carpet cleaner (me) who offers you "They Most Thorough Cleaning Ever, Or It's Free!" And if you want to avoid having to wade through pages of carpet cleaners (online or in the book) who are NOT all offering the same great service and quality cleaning you have grown accustomed to. ***Then I have the solution for you.***

Call me today. It's that simple. Don't procrastinate like I did so long ago.

Just pick up the phone and call

TCM Restoration & Cleaning at 373-7410 in the Valley or 562-7410 in Anchorage.

I'll get you put right into the schedule. But hurry, because my books fill quickly and, try as I may, ***I can't fit everyone in.***

I'll sweeten the deal and get some of you procrastinators (like me) motivated...

The "Grab A Spot In My Schedule Before It's Too Late" Special...

Call and schedule before **November 30, 2010** and **SAVE**
\$25.00 Off Your Carpet Cleaning
\$35.00 Off Carpet Protection

Contact us 373-7410 in the Valley or 562-7410 in Anchorage
by **November 30, 2010** and **Save up to \$60 Off** your carpet cleaning investment
(combined savings)

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

*Not valid with other offers.