



Healthy Home News

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

10 Tips for Eating Out Without Pigging Out

The hardest part of staying on a healthy diet starts when you step outside your front door. Eating out is the downfall of many committed healthy eaters because most restaurant menus feature high-fat, supersized meals -- and those eateries that do offer low-cal alternatives often are more expensive.

So here are 10 money-saving strategies for eating healthy when you're away from home.

- **Before you go to lunch or dinner, eat a light snack.** A piece of fruit or some veggies will take the edge off any hunger pangs and give you the energy to make sensible choices when choosing where and what to eat. If you wait until you're ravenous, you're more likely to settle for fast food, order too much or gobble down breadsticks while you wait.
- **Avoid ordering anything with the title "supersize" or "value meal" or "combo".** Choose regular-size sandwiches and spend any left-over cash on a piece of fruit for dessert.
- **Ask your waiter to hold the chips and salsa or bread until your meal is served.** Save your appetite for the main course.
- **Order vegetable soup or salad for starters.** Like strategy 1, you'll satisfy your hunger pangs and be filled up on something healthy before you get a chance to eat something else.
- **Have an appetizer as your entree.** The portion sizes for appetizers are often sufficient to fill you up, and you'll save some money.
- **Split an entree with a friend.** In many restaurants, a main course with an extra side is plenty of food for two.
- **Plan to have leftovers.** Order with the intention of taking half home with you for another meal.
- **Ask you server to keep dressings, sauces and toppings on the side.** You can get the flavors you want without the extra fat and calories.
- **Share one dessert with everyone at the table.** Your sweet tooth can be satisfied with just a bite or two.
- **Don't feel compelled to clean your plate.** Your stomach should tell you how much to eat, not the cooks at the restaurant, so listen carefully and stop eating when your stomach says FULL.



*To leave the old with a burst of song;
 To recall the right and forgive the wrong;
 To forget the things that bind you fast,
 To vain regrets of a year that's past,
 To have the strength to loosen hold
 On worthless things of days grown old;
 To dare go forth with purpose true;
 To unknown tasks of a year brand new;
 To help your brother along the road,
 To aid his work and ease his load;
 To add your gift to the world's good cheer,
 Is to have and give a Happy New Year.*

To Celebrate Puzzle Day

In honor of **National Puzzle Day**, here is a riddle to mull over for a while. (You can find the answer elsewhere in the newsletter).

A young man walks through the forest, coming to a bridge. In front of the bridge is a large man carrying an axe.

The man says, "If you want to cross the bridge, you must tell me a statement. If I think the statement is false, your head will be chopped off. If I think the statement is true, you will merely be strangled to death."



A few minutes later, the young man walked over the bridge unopposed, while the man with the axe stood pondering.

What was the statement the young man had given?

Thank you for all the kind words!!

Sharon Burke
Anchorage, Alaska

“Great!! Nick has gone out of his way with a real bad stain. He spent a lot of time removing a large spill of Tide. Awesome!”

Riddle Answer (from page 1): The statement the young man said was "My head will be chopped off."

If the axe man said the statement was false, the young man's head would be chopped off, making the statement true. If the axe man said the statement was true, the young man would be strangled, thus making the statement false.

Dreams, Dreams...

*I don't use drugs, my dreams are
frightening enough.*
MC Escher

*Dreams are illustrations from the
book your soul is writing about you.*
Marsha Norman

*A man is not old until his regrets
take the place of his dreams.*
John Barrymore

*If you take responsibility for your-
self, you will develop a hunger to
accomplish your dreams.*
Les Brown

*Only in our dreams are we free. The
rest of the time we need wages.*
Terry Pratchett

*The future belongs to those who be-
lieve in the beauty of their dreams.*
Eleanor Roosevelt

See Insert This Issue:



**Who Wants to
Start Off the
New Year with
BIG Savings?**

New Year's Resolutions

Will you be making a commitment or two for the New Year? What changes are you angling for? If so, they likely fit into this list of popular resolutions.

- **Improve health:** Lose weight, exercise more, eat better, drink less alcohol and/or quit smoking.
- **Improve finances:** Get out of debt, save money and/or get a better job.
- **Improve education:** Improve grades, get a better education and/or learn something new (language/musical instrument).
- **Improve self:** Become more organized, reduce stress, be less grumpy, manage time better and/or be more independent.
- **Travel.**
- **Volunteer.**

Recent research shows that while 52% of the participants in a resolution study were confident that they would succeed with their goals, only 12% actually achieved their goals. Men achieved their goal 22% more often when they engaged in goal setting (a system where small measurable goals are being set, such as "a pound a week" instead of saying "lose weight"), while women succeeded 10% more when they made their goals public and got support from their friends.

How About a Cold Can o' Beer?

To celebrate the anniversary of beer first being sold in a can (Jan 24, 1935), here are some fun beer facts to ponder.

- The first consumer protection law ever written was enacted over beer by Duke Wilhelm IV of Bavaria in 1516. It was a purity law limiting the ingredients of beer to barley, hops and water.
- Beer is the second most popular beverage in the world, coming behind tea.
- To get rid of the foam at the top of beer (the head), stick your fingers in it.
- Monks brewing beer in the Middle Ages were allowed to drink five quarts of beer a day.
- Bavaria still defines beer as a staple food.
- To keep your beer glass or mug from sticking to your bar napkin, sprinkle a little salt on the napkin before you set your glass down.
- The oldest known written recipe is for beer.
- The Pilgrims landed at Plymouth Rock because of beer. They had planned to sail further south to a warm climate but had run out of beer on the journey.
- The first brewery in America was built in Hoboken, NJ in 1642.
- Beer is a source of B-complex vitamins.
- If you collect beer bottles, you are a *labeorphilist*.



January Birthday Hall of Famer:
Wolfgang Amadeus Mozart



Wolfgang Amadeus Mozart (1/27/1756 - 12/5/1791) was a prolific and influential composer of the Classical era. He composed over 600 works, many acknowledged as pinnacles of symphonic, concertante, chamber, piano, operatic and choral music. He is among the most enduringly popular of classical composers.

Mozart showed prodigious ability from his earliest childhood in Salzburg. Already competent on keyboard and violin, he composed from the age of five and performed before European royalty.

At 17 he was engaged as a court musician in Salzburg, but grew restless and traveled in search of a better position, always composing abundantly.

While visiting Vienna in 1781, he was dismissed from his Salzburg position. He chose to stay in the capital, where he achieved fame but little financial security. During his final years in Vienna, he composed many of his best-known symphonies, concertos and operas, and portions of the *Requiem*, which was largely unfinished at the time of Mozart's death. The circumstances of his early death have been much mythologized.

Mozart learned voraciously from others, and developed a brilliance and maturity of style that encompassed the light and graceful along with the dark and passionate. His influence on subsequent Western art music is profound.

International Clown Month

Clowning was developed from a broad tradition of historical performers, thus making it difficult to point out a singular tradition -- or even a few different ones -- as being the primary precursors. However, there are a few past prominent forms of entertainment contemporarily linked to clowning as possible antecedents.

Examples of such historical "clown-like" comedic performers include the *pantomimes* in ancient Greece; the *Lazzi* of *Commedia dell'Arte*; *bouffons*; *court jesters*; as well as the French *mime* tradition. On top of this, there are many non-European clowning traditions, including clown-like figures in Japanese Kabuki theater, and North American native shaman traditions, which may or may not have influenced what we now think of as a clown in the Western world.

Circus Clowns: In the circus, rather than sticking strictly to whimsical behavior, a clown will likely perform another circus role as well, including:

- Walking a tightrope, a high-wire, or a slack rope.
- Riding a zebra, donkey, elephant or even an ostrich.
- Substituting himself in the role of a lion tamer.
- Act as emcee, which is the preferred term (as opposed to "Ringmaster").
- "Sit in" with the orchestra, perhaps in a "pin spot" in the center ring, or from a seat in the audience.
- It is not uncommon for an acrobat, a horse-back rider or a lion tamer to secretly stand in for the clown, the "switch" taking place in a brief moment offstage.

Fun clown fact: When a clown joins *Clowns International* in England (which claims to be the oldest clown society in the world), he can register his individual make-up. An eggshell is decorated as a miniature version of the clown's head and added to the "Egg Gallery," which then acts as a sort of clown copyright.



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...

Linda Sinclair for Mindy Sinclair
Melinda & Harry Debruhl for Yvette Dillon
Ron at Plug Busters for Richard & Betty Bohman

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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 ...

Susan Herron

Was the first person to correctly answer the December
Trivia Challenge Question:

**“How heavy is the current record holder for largest
pumpkin pie ever made?”**

E) 3,699 lbs.

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 the 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 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:

What is the most popular beverage in the world?

A) Tea B) Water C) Beer D) Coffee E) Wine

HINT: The answer is somewhere in this newsletter

Electricity is really just organized lightning.

George Carlin



Who Wants To Start Off The New Year With Some BIG Savings? *It's The "Off Season" For Carpet Cleaning Which Means You Can Get My Biggest Discounts Of The Year...*

Hello friends and clients. Every year, like clockwork, as we usher in the New Year I'm stuck looking at a fairly empty schedule. And this year is proving to be like every other. ***After all, a majority of my clients have cleaned for the holidays or are facing personal budget cuts after their Holiday celebrations.***

And trust me I know what personal budget cuts are all about. (I think a lot of us do these days.) That's why I like to use this opportunity to help out some of my clients by offering my services at a bit of a discount, and in turn you can help me out by helping me to fill my schedule.

It's A Win, Win Situation...

Here is how I can help you... your carpet will be transformed from tired, trampled and grungy to (like) new, fluffy and bright. ***I will remove those spots that have been bugging you and brighten your traffic lanes. Your carpet will look and stay clean – no spots reappearing and soil collecting within a month or two.*** With a proper professional cleaning your carpet should stay looking fresh for 6-12 months depending on the amount of foot traffic in the home and whether or not you have pets. (Also, removing shoes and having walk off mats will help.)

And you'll get it all at some of my deepest discounts of the year. You'll be cleaning in my "off-season." If you are one of those who appreciates getting my same great service at a discount then January and February are your ideal cleaning months.

And how can you help me? By being one of my clients that chooses to clean in January you will be helping me to keep things a float during my slow months.

Here's What You'll Get When You Clean In The "Off Season"...

You get my unique 7 step cleaning system. I'll go above and beyond your expectations and give you "The Most Thorough Cleaning Ever, Or It's Free!"

Your home will be treated with respect because we wear shoe covers and protect the corners of your home from our hoses. ***So how about it?***

If you are ready to clean up your carpets and you want to take advantage of my "off season" prices then pick up the phone and call me now. I've really slashed my prices just trying to survive through these slow times. So don't miss out!

Let's Give Each Other A Hand This January You'll Get My Biggest Savings Of The Year:

Contact TCM Restoration & Cleaning
at 562-7410 in Anchorage or 373-7410 in the Valley
By ***January 31, 2011*** for "Off Season" discounts:

Save 25% Off your carpet cleaning

Save 15% Off your carpet protection!

THAT Equals BIG Savings For You!

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

*Not valid with other offers.