



Healthy Home News

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

On Halloween's Origins



Historian Nicholas Rogers, exploring the origins of Halloween, notes that while "some folklorists have detected its origins in the Roman feast of *Pomona*, the goddess of fruits and seeds, or in the festival of the dead called *Parentalia*, it is more typically linked to the Celtic festival of *Samhain*." The name is derived from Old Irish and means roughly "summer's end".

The festival of Samhain celebrates the end of the "lighter half" of the year and beginning of the "darker half", and is sometimes regarded as the "Celtic New Year".

The ancient Celts believed that the border between this world and the Otherworld became thin on Samhain, allowing spirits (both harmless and harmful) to pass through. The family's ancestors were honored and invited home while harmful spirits were warded off. It is believed that the need to ward off harmful spirits led to the wearing of costumes and masks. Their purpose was to disguise oneself as a harmful spirit and thus avoid harm.

In Scotland, the spirits were impersonated by young men dressed in white with masked, veiled or blackened faces. Samhain was also a time to take stock of food supplies and slaughter livestock for winter stores. Bonfires played a large part in the festivities. All other fires were doused and each home lit their hearth from the bonfire. The bones of slaughtered livestock were cast into the flames. Sometimes, two bonfires would be built side by side, and people and their livestock would walk between them as a cleansing ritual.

The name "Halloween" and many of its present-day traditions derive from the Old English era.

Development of artifacts and symbols associated with Halloween formed over time, encompassing customs of medieval holy days as well as contemporary cultures. The *souling* practice of commemorating the souls in purgatory with candle lanterns carved from turnips evolved into the making of jack-o'-lanterns.

In traditional Celtic Halloween festivals, large turnips were hollowed out, carved with faces and placed in windows to ward off evil spirits. The carving of pumpkins is associated with Halloween in North America where pumpkins are both readily available and much larger, making them easier to carve than turnips.



Dictionary Day is Oct 16

(Noah Webster's Birthday)

Noah Webster (Oct 16, 1758 – May 28, 1843) was an American lexicographer, textbook pioneer, English spelling reformer, political writer, editor and prolific author. He has been called the "Father of American Scholarship and Education." His "blue-backed *Speller*," his "*Grammars*" and "*Reader*" all contained Biblical and patriotic themes, and Webster led the production of educational volumes emphasizing Christian Constitutional values for more than a century.

"In my view, the Christian religion is the most important, and one of the first things in which all children under a free government ought to be instructed. No truth is more evident to my mind than that the Christian religion must be the basis of any government intended to secure the rights and privileges of a free people."

Webster considered "education useless without the Bible," but he also cautioned against too extensive use of the Bible in schools as "tending to irreverence."

In the US, his name became synonymous with "dictionary," especially the modern Merriam-Webster dictionary that was first published in 1828 as *An American Dictionary of the English Language*.

Thanks for all the kind words!!

Wes Thompson, Anchorage, AK



“I am very pleased with the professionalism, friendliness and efficiency shown by Carlos the technician and also the office scheduler who

took my appointment and called ahead with a reminder. We thought we would have to re-carpet (after 15 years it made sense) but Carlos made the carpets look new again. I was amazed and very pleased. TCM saved me thousands of dollars in re carpeting expense. I didn't think 15 year old carpet could be rejuvenated like that.”

Thoughts on Experience

*All that I know I learned
after I was thirty.*

Georges Clemenceau

*A man who carries a cat by the tail
learns something he can learn
in no other way.*

Mark Twain

*Everything has been said before,
but since nobody listens
we have to keep going back
and beginning all over again.*

Andre Gide

*Experience is simply the name
we give our mistakes.*

Oscar Wilde

*Good judgment comes from
experience, and often experience
comes from bad judgment.*

Fred Brooks

For Much Lower Heating Costs...

by Spike Carlson, of The Family Handyman

To reduce the cost of heating your home throughout the winter, follow these practical suggestions...

- Install and use an automatic setback thermometer to reduce heating by 5% to 15%.
- Insulate heating and hot-water pipes that are exposed in areas you don't want the pipes to heat.
- Change furnace filters every month – or more often if needed.
- Get a furnace tune-up to adjust and clean burners.
- Wrap the tank of a gas-burning water heater in a manufacturer-approved fiberglass insulating blanket.
- Replace worn-out thresholds under doors and weather stripping around windows.
- Lower the indoor temperature to save about 2% of heating costs per degree.
- Close the fireplace damper when not in use. If you never use it, seal it with a plastic bag stuffed with insulation.

Pretzel Month: Fun Facts



There are numerous accounts on the origin of the looped pretzel, as well as the origin of the name. Most seem to agree that pretzels have a religious and/or Christian background, and were invented by monks in about 600 AD. According to *The History of Science and Technology*, in 610 AD, “...an Italian monk invents pretzels as a reward to children who learn their prayers. He calls the strips of baked dough, folded to resemble arms crossing the chest, *pretiola* (“little rewards”).” However, no source is cited to back up these details.

The looped pretzel may also have evolved from a Greek ring bread, which was served in monasteries for Last Supper celebrations 1,000 years ago. In Germany, there are stories that pretzels were the inventions of desperate bakers – the German name *Brezel* may derive also from the Latin *bracellus* (a medieval term for “bracelet”).

The pretzel has been in use as an emblem of bakers and their guilds in southern German areas since at least the 12th century. A 12th century illustration in the *Hortus Deliciarum* from the southwest of France may contain the earliest depiction of a pretzel.

Within the Catholic church, pretzels were regarded as having religious significance for both ingredients and shape. Pretzels made with a simple recipe using only flour and water could be eaten during Lent, when Christians were forbidden to eat eggs, lard or dairy products like milk and butter. Pretzels were hidden on Easter morning just like eggs are hidden today. The classic pretzel's three-hole shape is said to represent the Christian Trinity of “Father, Son and Holy Spirit,” and pretzels are thought to bring luck, prosperity and spiritual wholeness.

Though it is also said that the loops in pretzels may simply have served a practical purpose – the shape allowed bakers to hang them on sticks!

See Insert This Issue

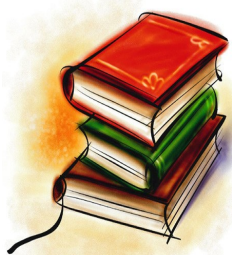


**I Have an
Early Holiday
Surprise
For You!**

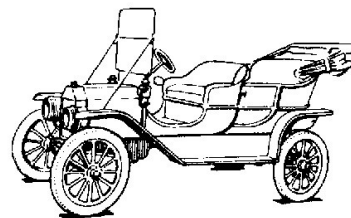
The Best Selling Books of All Time

(Excluding religious texts)

- **The Bible** (all versions/languages) – best estimate – over 2.5 billion copies
- **A Tale of Two Cities** (*Charles Dickens*) – 200 million
- **The Lord of the Rings** (*JRR Tolkien*) – 150 million
- **Scouting for Boys: A Handbook for Instruction in Good Citizenship** (*R. Baden-Powell*) – 150 million
- **The Hobbit** (*JRR Tolkien*) – 100+ million
- **And Then There Were None** (*Agatha Christie*) – 100 million
- **The Lion, the Witch and the Wardrobe** (*CS Lewis*) – 85 million
- **She** (*H. Rider Haggard*) – 83 million
- **The Little Prince** (*Antoine de Saint-Exupery*) – 80 million
- **The Da Vinci Code** (*Dan Brown*) – 80 million
- **The Catcher in the Rye** (*JD Salinger*) – 65 million
- **The Alchemist** (*Paulo Coelho*) – 65 million
- **Heidi's Years of Wandering and Learning** (*Johanna Spyri (German)*) – 50 million
- **The Common Sense Book of Baby and Child Care** (*Dr. B. Spock*) – 50 million
- **Anne of Green Gables** (*Lucy Maud Montgomery*) – 50 million
- **Black Beauty** (*Anna Sewell*) – 50 million
- **The Name of the Rose** (*Umberto Eco (Italian)*) – 50 million
- **Charlotte's Web** (*EB White*) – 45 million
- **The Tale of Peter Rabbit** (*Beatrix Potter*) – 45 million
- **Harry Potter and the Deathly Hollows** (*JK Rowling*) – 44 million



The Model T Introduced, October 1908



The **Ford Model T** (aka *Tin Lizzie*) is an automobile that was produced by Henry Ford's Ford Motor Company from 1908 through 1927. The Model T was the reason 1908 was the year that the automobile became popular. It is generally regarded as the first affordable automobile, and the car that opened travel to the common middle-class American.

Some of this was due to Ford's innovations, including assembly line production instead of individual hand-crafting.

The Ford Model T was named the most influential car of the twentieth century in an international poll. Henry Ford said of the vehicle:

"I will build a car for the great multitude. It will be large enough for the family, but small enough for the individual to run and care for. It will be constructed of the best materials, by the best men to be hired, after the simplest designs that modern engineering can devise. But it will be so low in price that no man making a good salary will be unable to own one – and enjoy with his family the blessing of hours of pleasure in God's great open spaces."

Life is the art of drawing without an eraser.

John W. Gardner

*The years teach much
which the days never know.*

Ralph Waldo Emerson

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...

Amy Marlett with SJM Rentals referred Valerie Jackson
Giant Don's referred Wes Thompson
Janet Kincaid referred Valley Hotel
Northern Heating referred Donna Brown

Ron Whittom Jr. with Great Western Services referred Janice Haynes

Jennifer Stalcup with Keller Williams Realty referred Sybil Kidder

Damela Lacoss referred Shaynowah Lee
Benita Sanguinetti referred Lydia Quinn
Krista Feece referred Lloyd & Kathy Leatherwood
Carrie Weinstein referred Bill & Robin Gamble



Don't Get Caught With Dirty Carpets When Your Holiday Company Blows Into Town!

Hello Friends & Clients! As the weather changes from summer to fall we are reminded of busier times around the corner. Pretty soon you will be extra busy with the holidays, parties and guests...and that means I'll be extra busy too. That's when my phone will be ringing off the hook with people wanting to clean for their company - *so don't get caught in the holiday cleaning rush.*

**Your Carpets Need To Be Clean & Healthy *Before* Your Guests Arrive
So Call TCM Restoration & Cleaning Today
At 562-7410 Anchorage or 373-7410 Valley!**

This is the perfect time to clean and get ready for your guests. Remember, carpets don't have to *look* dirty to need a cleaning. Everyday foot traffic and "life" bring in lots of dirt, dust, pollen and pollutants; and don't forget about the dust mites and their feces! So if it's been 6-12 months since your last cleaning don't put it off.

**"But, should I wait until after the holidays to clean up the mess
from the parties and guests?"**

Great news! You don't have to wait because now you can have the best of both worlds....

**You can have clean carpets *before* your guests arrive &
Still have clean carpets *after* they leave.**

Because if you clean your carpets in October, I will come after the holidays for free to clean up any spots and spills the guest and parties might have made.

But wait there's more...

If you call me at 562-7410 in Anchorage or 373-7410 in the Valley and clean in the month of October I'll give you \$30.00 cash off your cleaning.
PLUS, I'll clean up spots & spills for FREE through January 2011!

Here's An Offer You Can Fall For....

**Call TCM Restoration & Cleaning at
562-7410 Anchorage or 373-7410 Valley before
October 31, 2010 and SAVE \$30.00***

Cash off your cleaning!

**PLUS – you get spots and spills cleaned up for
FREE through January 2011!**



*Not valid with other offers.

PRST STD
U.S. POSTAGE PAID
ANCHORAGE, AK
PERMIT NO. 456

Return Service Requested

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...

Marnie Ehlers of Palmer, AK



Marnie was the first person to correctly answer the
September Trivia Challenge Question:

**“ Who became the US Army’s first Hispanic four-star
general in 1982?”
D) Richard E. Cavazos**

Take your best shot at this month's trivia challenge! Just
email your answer and contact information to **in-
fo@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
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 **in-
fo@carpetmanclean.com!** Remember, your chances
of winning are better than you think!

This month's Mega Trivia Question:

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

A) 1916 B) 1921 C) 1927 D) 1931 E) 1948

HINT: The answer is somewhere in this newsletter