



# HEALTHY

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# HOME

# TIMES

Secrets For Living  
A Healthy, Wealthy  
& Happy Life



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### Thanksgiving Through the Years

After the first Thanksgiving was celebrated in 1621, each of the 13 American colonies held an annual harvest festival and day of thanksgiving. There was no set day for the holiday, and it varied among the colonies. In 1777, George Washington decreed a day of thanksgiving to celebrate the British defeat during the Revolutionary War. He and subsequent presidents proclaimed Thanksgiving Days periodically over the next 86 years, although not every year and not on any particular date.

In the early 1800's, these annual Presidential proclamations came to an end, and it wasn't until 1863 that the holiday resumed. During the Civil War, President Lincoln declared a national Thanksgiving to occur on the last Thursday of November, and it has been observed annually ever since. In 1939, in an effort to stimulate the economy during the Great Depression, President Franklin Roosevelt tried to move the holiday to the third Thursday in November, giving stores more time to advertise Christmas merchandise before December 25. About half the states refused to change the date, and in 1941, Congress compromised by choosing the fourth Thursday of November, which is sometimes the last Thursday and sometimes the next to last.

### Celebrating Veterans

This **Veteran's Day**, November 11<sup>th</sup>, consider these facts from the US Census Bureau. There are...

- 23.6 million military veterans in the US.
- 1.8 million women veterans
- 9.3 million veterans age 65 or older
- 2.4 million Black veterans
- 1.1 million Hispanic veterans
- 278,000 Asian-American veterans
- 165,000 American Indian or Native Alaskan veterans
- 27,000 veterans native to Hawaii or other Pacific islands.



More than a third of all living veterans served during the Vietnam War. At 7.9 million, they represent the largest share of any period of service. The next largest share of wartime veterans is the 5 million that have served in the Gulf Wars (1990 to present). 2.9 million served during WW2, 3 million in the Korean War and 6.1 million in peacetime.



### Seasoning The Insides

Rub seasonings on the inside of the bird and the essences will be throughout most of the meat for a great taste.

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## November



**Natural Decongestant:** To quickly clear your nose, sniff horse-radish. It contains *allyl isothiocyanate*, a compound similar to the active ingredient in decongestants. Take a sniff two or three times daily. Keep your nose six inches from the jar, and don't spread your germs by breathing directly onto it. Better yet, keep a separate jar for decongestant purposes.

**Caution:** If congestion lasts for more than a week, or is accompanied by green mucus, postnasal drip, pain or toothache, be sure to see your doctor. – *Sanford M. Archer, MD*



**Cranberries Protect Against Disease:** Cranberries top the list of disease-fighting foods. Ounce for ounce, they contain more beneficial compounds than other nutritional powerhouses, like broccoli and blueberries. Fresh and dried cranberries provide the greatest antioxidant protection against heart disease and cancer, followed by cranberry juice and cranberry sauce.

**Good idea:** Eat one-half cup of fresh or dried cranberries daily. – *Joe A. Vinson, PhD*





*Beware lest you lose the substance by grasping at the shadow.*

**Aesop**

*Every man's life is a fairy tale written by God's fingers.*

**Hans Christian Anderson**

*Old wood best to burn, old wine to drink, old friends to trust and old authors to read.*

**Athenaeus**

*If you can give your child only one gift, let it be enthusiasm.*

**Bruce Barton**

*If there is no struggle, there is no progress.*

**Frederick Douglass**

*At eighteen our convictions are hills from which we look; at forty-five they are caves in which we hide.*

**F. Scott Fitzgerald**

## How To Win \$25

Have a useful household tip or remedy to share? If we use yours, you win \$25.

Please direct all entries to:

[Tips@HealthyHomeTimes.com](mailto:Tips@HealthyHomeTimes.com)

*Please include your name, full mailing address and phone number.*

## The Invention of the Saxophone

The saxophone was developed in the 1840's by Adolphe Sax, a Belgian-born instrument maker, flautist and clarinetist working in Paris. While still working at his father's instrument shop in Brussels, Sax began developing an instrument which had the projection of a brass instrument with the agility of a woodwind. Another priority was to create an instrument which would overblow at the octave, unlike the clarinet, which rises in pitch by a twelfth when overblown.



Prior to his work on the saxophone, Sax made several improvements to the bass clarinet by improving its keywork and acoustics and by extending its lower range. Sax was also a maker of the then-popular ophicleide, a large conical brass instrument in the bass register, with keys similar to a woodwind instrument. His experience with these two instruments allowed him to develop the skills and technologies needed to make the first saxophones. Adolphe Sax's creation was an instrument with a single reed mouthpiece like a clarinet, a conical brass body like an ophicleide, and the acoustic properties of the oboe. Props to him.

## Dia de los Muertos: Oct 31 – Nov 2



The Day of the Dead is a holiday celebrated in Mexico and by Latin Americans living in the US and Canada. The holiday focuses on gatherings of family and friends to pray for and remember friends and family members who have died. The celebration occurs on November 1st and 2nd, in connection with the Catholic holidays of All Saints' Day and All Souls' Day. Traditions include building private altars honoring the deceased, using sugar skulls, marigolds and the favorite foods and beverages of the departed, and visiting the graves with these as gifts.

Scholars trace the origins of the modern holiday to indigenous observances dating back thousands of years, and to an Aztec festival dedicated to a goddess called Mictecacihuatl.

Similar holidays are celebrated in many parts of the world, including Brazil, Spain, the Philippines, and other countries throughout Europe, Asia and African cultures.

## Hot Tub Health Risk

People who have low blood pressure – as well as those taking blood pressure medications – may pass out in hot tubs. Heat dilates blood vessels, lowering pressure suddenly when you stand. Blood rushing from your brain can cause dizziness or fainting.

**Self Defense:** Limit time in a hot tub to 20 minutes. Immediately get out of the hot tub if you feel overheated, short of breath or light-headed. Do not drink alcohol before entering the hot tub or while you are in it. Emerge slowly, using handrails. If you feel dizzy after getting out, sit or lie down. Drink cold water. – *Thomas Allison, PhD*



## Size and Sex Make a Difference

Young turkeys that are between 4-6 pounds of either sex will be the most tender and can be prepared the same as chicken. The larger turkeys we get during the holidays can run up to 40 pounds and have more muscle and less fat, but will not be as juicy as the little guys, unless you cook them upside down.

## Bird Ever

If you soak the turkey in cold, kosher salt bath for 6 hours before you cook it, you will end up with the juiciest and moistest bird you have ever eaten. Kosher salt tends to impart a slight flavor as well as cleansing the bird of impurities.



## Abraham Lincoln Delivers the Gettysburg Address

The Gettysburg Address is one of the most quoted speeches in US history. It was delivered by Abraham Lincoln at the dedication of the Soldier's National Cemetery in Gettysburg, Pennsylvania, on the afternoon of Thursday, November 19, 1863, during the Civil War, four and a half months after the Union armies defeated those of the Confederacy at the decisive Battle of Gettysburg.

Lincoln's carefully crafted address, secondary to other presentations that day, came to be regarded as one of the greatest speeches in American history. In just over two minutes, Lincoln invoked the principles of human equality espoused by the Declaration of Independence and redefined the Civil War as a struggle not merely for the Union, but as "a new birth of freedom" that would bring true equality to all of its citizens, and that would also create a unified nation in which states' rights were no longer dominant.

*"Four score and seven years ago our fathers brought forth on this continent a new nation, conceived in Liberty and dedicated to the proposition that all men are created equal.*

*Now we are engaged in a great civil war, testing whether that nation, or any nation, so conceived and so dedicated, can long endure. We are met on a great battlefield of that war. We have come to dedicate a portion of that field, as a final resting place for those who here gave their lives that that nation might live. It is altogether fitting and proper that we should do this.*

*But, in a larger sense, we cannot dedicate... we cannot consecrate... we cannot hallow this ground. The brave men, living and dead, who struggled here, have consecrated it, far above our poor power to add or detract. The world will little note, nor long remember what we say here, but it can never forget what they did here. It is for us the living, rather, to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced.*

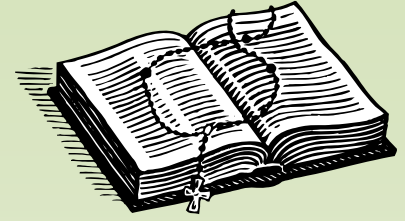
*It is rather for us to be here dedicated to the great task remaining before us – that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion – that we here highly resolve that these dead shall not have died in vain – that this nation, under God, shall have a new birth of freedom – and that government: of the people, by the people, for the people, shall not perish from the earth."*



### Great Skin!

If you cover the skin with a piece of cheesecloth that has been buttered you will have the greatest-looking skin you have ever had. Be sure to remove the cheesecloth 30 minutes before the bird is done.

## National Bible Week



Interesting facts about the Bible...

- *Total Chapters in the Bible:* 1,189 (929 in OT, 260 in NT)
- *Longest Chapter:* Psalm 119
- *Shortest Chapter:* Psalm 117
- *The Exact Middle Chapter:* Psalm 118 (594 chapters before and after)
- *The Center Verse:* Psalm 118:8: *It is better to trust in the Lord than to put confidence in men.*
- The Bible was written by 40 men over a period of about 1,600 years, dating from 1500 BC to approx 100AD.
- The system of chapters was introduced in 1227AD by Cardinal Hugo se S. Caro, while the further breakdown into verses were added in 1551 by Robertus Stephanus, after the advent of printing.
- The first translation of the English Bible was begun by John Wycliffe and completed by John Purvey in 1380.
- The only domestic animal not mentioned in the Bible is the cat.
- The Bible is the most shoplifted book in the world.

## **We Don't Have a Business Without YOU!**

We love to hear from our customers! We wanted to provide a simple way for you to communicate your experience with us. Please use our toll free hotline to share with us what we have done well or what we could do better. Please leave us a message and if you would like us to get back to you. Thanks and have a good day!

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**TIMES**  
Secrets For Living  
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## Your New Issue Has Arrived!

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

## CONGRATULATIONS!

The winners of last month's Trivia Contest are...

*Jack Burgin, Fort Collins*  
*Robbie Macbeth, Loveland*  
*Monique Meza, Greeley*

These winners were the first to correctly answer our October Trivia Challenge:

The Russian satellite *Sputnik I* was launched in October of what year?

C) 1957

You may be the next BIG winner – Take your shot at the November Trivia Challenge!

## Who Wants To Win?

*Take our Trivia Challenge and you could win too!*

This is one of our favorite parts of the newsletter! Each month we'll give you a new trivia question. The first person who phone or e-mail us with the correct answer win two FREE movie tickets. Enjoy a night out on us with someone special in your life! Take your best guess, then call or e-mail us at:

866.833.6421 or [hr@gooddaypharmacy.com](mailto:hr@gooddaypharmacy.com)

This month's Mega Trivia Question:  
**In what year did Abraham Lincoln give the Gettysburg Address?**

A) 1776 B) 1829 C) 1849 D) 1863 E) 1900

*HINT: The answer is somewhere in this newsletter*

