



HEALTHY

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HOME

TIMES

Secrets For Living
A Healthy, Wealthy
& Happy Life

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January



Martin Luther King Jr. Day
is January 15

The campaign for a federal holiday in Martin Luther King Jr.'s honor began soon after his assassination in 1968. Martin Luther King Jr. Day was initially founded as a holiday promoted by labor unions in contract negotiations, marking King Jr's January 15th birthday. After King's death, US Rep John Conyers introduced a bill in Congress to make King's birthday a national holiday.

The main arguments mentioned by opponents of the holiday were that a paid holiday for federal employees would be too expensive and that a holiday to honor a private citizen would be contrary to longstanding tradition. Soon after, the King Center turned to support from the corporate community and the general public. Six million signatures were collected for a petition to Congress to pass the law. It was the largest petition in favor of an issue in U.S history.

Ronald Reagan signed the holiday into law in 1983, and it was first observed in 1986. At first, some states resisted observing the holiday as such, giving it alternative names or combining it with other holidays. It was officially observed in all 50 states for the first time in 2000.

New Year's Traditions

Celebrating the arrival of the New Year is perhaps the oldest holiday in recorded history. It started with the ancient Babylonians more than 4,000 years ago, and continued with the Egyptians, Romans, Celts and so on. Here are some other quick facts about New Year's traditions and their origins:



- **January 1:** January 1 officially became the first day of the new year in 46 BC, when Julius Caesar established the Julian calendar.
- **Resolutions:** The ancient Babylonians began the idea of New Year's resolutions as a way to start the year off with a clean slate by returning borrowed items
- **Baby New Year:** Using a baby to represent the birth of the New Year started in ancient Greece in 600 BC. Early Egyptians also used the baby as a symbol of rebirth. The tradition was brought to early America by the Germans.
- **Black-eyed Peas & Cabbage:** Some say the black-eyed pea's lucky streak dates back to the pharaohs. Others say it started in Vicksburg, Virginia, during the Civil War when the town ran out of food while under siege and the inhabitants were lucky enough to discover cow peas (aka black-eyed peas). Meanwhile, cabbage leaves (a symbol of prosperity) are thought to bring prosperity to those who eat them on New Year's Day.
- **New Year's Parades:** In the US, one of the most famous parades is the Tournament of Roses where the floats are all decorated with flowers. The parade dates back to 1886 when members of the Valley Hunt Club decorated their carriages with flowers. The new year is celebrated in many countries with a parade. After spending many months creating colorful costumes, the Junkanoo Parade is held in the Bahamas where thousands of people celebrate in the New Year's Festival. Prizes are given to the best, strangest and most beautiful costumes.
In Nepal there is a four day parade during the New Year's celebration, and in Greece people carry figures of apples, ships and stars. In Syria and Lebanon children parade door to door. Thailand's parade is led by an honored woman and people march to the beat of drums and gongs. Dragons, elephants, buffalos and giants are popular parade costumes there.

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Fireplace Safety (Part 2)



Where there's soot, there may soon be fire. Professional chimney cleaners say any soot deposits more than a quarter-inch thick present a fire hazard. The soot, called creosote, is one of the top reasons for the thousands of fires involving fireplaces each year. Creosote is flammable and should be cleaned out annually if the fireplace is used very much.

- Have a cap installed at the top of the chimney to keep it from becoming blocked by birds, animals, or debris.
- Use clean-burning wood. Hardwoods, like oak, burn cleaner than softwoods like pine.
- Follow directions when using manufactured firelogs. Use one at a time. Don't crack or break manufactured logs. This will release energy at a high rate, resulting in a shorter burn time. Firelogs create less creosote than wood.
- If the fireplace has glass doors, leave them open while burning a firelog to allow air circulation and cleaner burning.
- Always use a fireplace screen.
- Keep a fire extinguisher on hand and have smoke detectors throughout the house.
- Use kindling to start a fire. Never use flammable liquid.
- When building a fire, place logs at the rear of the fireplace, preferably on the grate.
- Don't burn anything but wood in the fireplace. Never burn a Christmas tree.
- Keep the area around the fireplace and chimney clear of flammables.

Clearing Snow And Ice

Clearing snow and ice from driveways and sidewalks is hard work. To prevent injuries, follow these safety tips.

- Dress warmly, paying special attention to feet, hands, nose & ears.
- Avoid shoveling snow if you are out of shape. If you have a history of heart trouble, don't shovel snow unless your doctor approves.
- Do light warm-up exercises before shoveling. Take frequent breaks.
- If possible, push snow in front of you. If you have to lift it, pick up small amounts and lift with your legs, not your back. Do not toss snow over your shoulder or to the side.
- Don't drink alcohol before or while shoveling snow. Never smoke while shoveling.
- Use rock salt or de-icing compounds to remove ice from steps, walkways, and sidewalks. Sand placed on walkways may also help prevent slipping.



Jack Frost is No Problem

If you think that a frost is coming and you need to protect your plants, just spray them with a light coat of cold water in the evening. The water will generate enough heat while it is evaporating to prevent damage from the frost.

Pharmacist Tip of the Month!



Oscar Mbionwu Rph Executive Pharmacy Manager Diabetic Educator

HOW TO FLUSH AWAY SINUS ILLS

A technique called saline irrigation can help people with chronic nasal and sinus conditions.

Researchers tested saline sprays (which squirt saline solution into the nostrils) against saline irrigation, a more rigorous nasal cleaning process. Patients using saline irrigation were much less stuffy and congested than those treated with saline spray.

Saline irrigation probably works by thinning mucus, decreasing swelling in the nasal passages and removing debris, bacteria, allergens and inflammatory substances from your nose.

Quotes on Time

Clocks slay time. Time is dead as long as it is being clicked off by little wheels; only when the clock stops does time come to life.

William Faulkner

If you don't have time to do it right, when will you have time to do it over?

John Wooden

Men talk of killing time, while time quietly kills them.

Dion Bouicault

Time does not change us. It unfolds us.

Max Frisch

How To Win \$25

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If we use yours, you win \$25.

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Tips@HealthyHomeTimes.com

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

A Tale of Two Islands: Alcatraz and Ellis



Alcatraz Island was first documented in 1775 by a Spanish naval officer named *Juan Manuel de Ayala*. He and his ship, the *San Carlos*, were the first Europeans known to have entered San Francisco Bay. They named the island "*La Isla de los Alcatrazes*", which translates into "*The Island of the Pelicans*." In old Spanish, *alcatraz* meant "pelican", rather than the modern Spanish translation of "gannet" (a type of sea bird).

Alcatraz Island is home to the oldest operating lighthouse on the west coast of the US. Before becoming a federal prison in 1934, it was home to early military fortifications. During the Civil War, Fortress Alcatraz was home to a garrison of US Army troops and had 85 cannons installed. They were never fired offensively during the war, though the island was used as an arsenal, and to hold captive Confederate sympathizers.

After the Civil War, focus for the island shifted to long-term detention of military prisoners. The island was thought to be ideal for the purpose due to its isolation from the outside world by the cold, strong and hazardous currents of the waters of San Francisco Bay.

Alcatraz Island was acquired by the Department of Justice in 1933, and officially became a federal prison in August of 1934. During its 29 years of service as a prison, the island housed many notorious criminals, as well as housing for the prison staff and their families.

The inmate who spent the longest amount of time imprisoned on Alcatraz was Alvin "Creepy" Karpis, who spent 26 years on the island. He was a member of the notorious Barker Gang, and was the last official "Public Enemy" to be captured. He also has the distinction of being convicted of worse crimes than any other inmate in the facilities' history.



May Have a Negative Effect

If you run out of salt or sand to de-ice your walkway, try using kitty litter. Keep the cats in the house!



Ellis Island in New York Harbor was the busiest immigration inspection station in the United States from 1892 to 1934, processing millions of new immigrants. Before 1892, arriving immigrants were processed by New York State officials at Castle Garden Immigration Depot in lower Manhattan.

The island was originally much smaller and was home to Fort Gibson. Between 1892 and 1934, the island was greatly expanded with landfill that was mostly obtained from construction of New York's subway tunnels, doubling the island's original size to over six acres.

The first federal immigration station was a large three-story structure, with numerous out-buildings. It opened amidst fanfare on Jan 1, 1892. On the first day, three large ships docked and discharged 700 immigrants. Almost a half-million immigrants were processed at Ellis Island that first year alone.

On June 15, 1897, a fire, likely caused by faulty wiring, reduced the wooden structures on the island to ashes. There was no loss of life, but most of the immigration records dating back to the mid 1850s were lost.

The Island was made part of the **Statue of Liberty National Monument** in 1965, and has hosted a Museum of Immigration since 1990.



Drip, drip, drip

If you are worried about your water lines freezing, just leave one of the taps running very slightly to avoid the problem. If you have a two-story house, open one on the first floor.

Thank You!

Thanks to YOU the word is spreading! Thanks to all of our wonderful customers and friends who graciously referred us to their friends and neighbors last month!

Our business runs on the positive comments and referrals from people just like you! We couldn't do it without you!

A special thanks to all these fine folks who referred us...

Jacob Ericson
Emily Smith

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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!

- Miami has hosted the Super Bowl the most at 10 times, New Orleans scheduled to host it a tenth time in 2013.
- The Pittsburgh Steelers have won the most Super Bowls at 6 times, with Dallas and San Francisco each winning 5.
- The longest Super Bowl winning streak has only been two in a row.
- Minnesota, Buffalo and Denver have lost the most Super Bowls at 4 times. Buffalo lost 4 times in a row.
- The longest run in a Super Bowl was 75 yards by Willie Parker during Super Bowl XL.
- Mike Ditka, Tom Flores & Tony Dungy have all won a Super Bowl both as player and coach.
- In 1981, Oakland linebacker Rod Martin set a record with three interceptions.



Super Bowl Facts

CONGRATULATIONS!

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

- Leah Robertson, Orlando*
- Jamie Stewart, Orlando*
- Catherina Santiago, Orlando*

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

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

D) J. Paul Getty

You may be the next BIG winner – Take your shot at the January 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 3 people 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:

phdpharmacy@live.com

This month's Mega Trivia Question:
What year did Alcatraz Island officially become a federal prison?

- A) 1876 B) 1891 C) 1908 D) 1934 E) 1941

HINT: The answer is somewhere in this newsletter