

AROUND THE HOUSE

February 2012

News From Our Family To Yours

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Ron Holladay

INSIDE THIS EDITION

- Heart Disease Risks
- President's Day Trivia
- Origin of Valentine's Day
- Test Taking Techniques
- Our "Diabolical" Sudoku!

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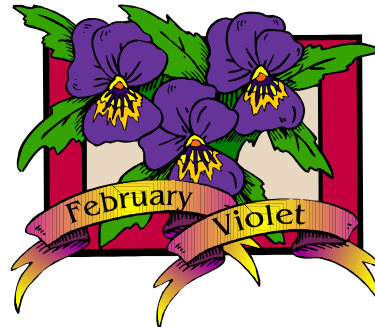
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February Is...

- American Heart Month
- An Affair to Remember Month
- Black History Month
- Canned Food Month
- National Cherry Month
- National Grapefruit Month
- National Weddings Month
- National Children's Dental Health Month



SUDOKU

No Math Required

To solve a Sudoku , all you need is logic and patience. Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number. Each column and row of the large grid must have only one instance of the numbers 1 through 9.

The difficulty rating on this puzzle is easy.

	7	2						
		1	3		9	5		
5						4		
	6		1		3			9
	5						8	
9			4		5		1	
		3						6
		6	9		7	2		
						1	3	

February is National Heart Disease Awareness Month

Know the risks for heart disease

Cardiovascular disease is the leading cause of death for both men and women in the United States. Including stroke, heart disease kills an estimated 630,000 Americans each year.

The most common type of heart problem is coronary artery disease (CAD), which can lead to a heart attack. You can reduce your risk through lifestyle changes and, in some cases, medication.

The American Heart Association's **Go Red for Women** campaign urges citizens to spread the message that heart disease is not only a man's problem. More women die of cardiovascular disease than from the next four causes of death combined, including all forms of cancer. Women once believed breast cancer was their greatest health risk; new data show that while one in 30 women die of breast cancer, one in three women die of heart disease.

Eighty percent of all cardiac events can be prevented if people made the right choices for their hearts. The advice for both men and women is the same:

- Watch your weight
- Quit smoking
- Control cholesterol
- Control blood pressure
- Drink alcohol in moderation
- Get active
- Eat healthy
- Manage stress

This month, we can rededicate ourselves to reducing the burden of heart disease by taking steps to improve our own heart health and encouraging our families to do the same.



Heart disease can be prevented. American Heart Month is a good time to decide what you can do to achieve a heart-healthy life.

Maintenance Tip of the Month



Maintain a healthy happy lawn by hand watering throughout the dry winter months. Be sure to disconnect the hose to avoid frozen pipes!

~Rob N, HBC Field Tech~

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"Thank you for caring about the seniors in our community and helping me with my problem!"

-- **Delores O.**

"I was very happy with the work and will recommend your company."

-- **Joyce W.**

Four Score & Seven Years Ago...

Presidents Day Trivia

The third Monday in February is designated in the United States as Washington's Birthday, more commonly known as Presidents Day. This list looks at facts and traditions surrounding the celebration of this holiday.

1. Not Officially Presidents Day

As stated in the introduction, the federal holiday celebrated on the third Monday in February is not officially called Presidents Day. Instead, it is Washington's Birthday. There was an attempt in 1968 to officially name it Presidents Day. However, this suggestion died in committee. Many states, however, choose to call their own celebration on this day "Presidents Day."



2. Washington's Birthday Celebrated During his Lifetime

Many across the newly formed United States celebrated Washington's Birthday in the 17th century while George Washington was still alive. However, it wasn't until 1885 that Chester Arthur signed the bill that made it a federal holiday.

3. Abraham Lincoln's Birthday is Not a Federal Holiday

Even though many states celebrate Abraham Lincoln's birthday concurrently with Washington's birthday, it is not a federally designated holiday.



4. Cherries, Cherries, and More Cherries

Traditionally, many celebrated, and continue to celebrate, Washington's Birthday with desserts made with cherries. Cherry pie, cherry cake, bread made with cherries, or just a huge bowl of cherries are often enjoyed on this day. Of course, this relates to the apocryphal story that Washington would not tell a lie when asked if he cut down a cherry tree.

5. Reading of Washington's Farewell Address

On February 22nd of almost every year since 1888, Washington's Farewell Address has been read in the US Senate. While this does not happen on Presidents Day, it is an annual celebration of Washington's Birthday that stems from 1862 when the Address was read as a way to boost morale during the Civil War. This address was and is so important because it warns of political factionalism, geographical sectionalism, and interference by foreign powers in the nation's affairs. Washington stressed the importance of national unity over sectional differences.

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How Did This Mushy Stuff Get Started?



On February 14, lovers, friends and family members exchange Valentine cards or gifts as tokens of caring and love. Valentine's Day is one of the most romantic days of the year.

Its history, however, is shrouded in mystery. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made the best soldiers, he outlawed marriage for young men. Valentine defied Claudius and performed marriages for young lovers in secret. When it was discovered, Claudius ordered that he be put to death.

According to another legend, Valentine sent the first valentine greeting himself. While in prison, he fell in love with a young girl who often visited him. Before his death, he wrote her a letter, which he signed "From your Valentine."

Others claim that the Christian church celebrated Valentine's feast day in February to compete with celebrations of the pagan Lupercalia festival, which began on February 15. It was a fertility festival dedicated to Faunus, the Roman god of agriculture.

In Great Britain, Valentine was one of the most popular saints. Valentine's Day began to be celebrated in the seventeenth century. By the 18th century, it was common for friends and lovers to exchange tokens of affection or handwritten notes. Some years later, printed cards began to replace written letters. They were an easy way to express emotions in a time when direct expression of one's feelings was discouraged.

In the 1840s, Esther A. Howland began to sell the first mass-produced valentines in America. According to the Greeting Card Association, an estimated 1 billion valentine cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. About 2.6 billion cards are sent for Christmas.

*Happy
Valentine's
Day!*



Test Taking Techniques That Give You an Advantage



When it comes to taking important entrance exams for college or graduate school, students know that their futures depend on doing well.

The techniques that will help them make the most of their knowledge can be used later in life to prepare for a meeting with a committee, with customers, with the boss, or when taking tests for career advancement. Their advice:

- ✓ Eat right. You know that eating a breakfast of high-carb, slow-digesting foods like oatmeal are best for the day of a meeting or test. But what you eat a week in advance matters too. Researchers at the University of Oxford say a high-fat, low-carb diet heavy on meat, eggs and cheese can make performance decline.
- ✓ Test yourself repeatedly before an exam or a meeting where you will have to show your knowledge. It teaches the brain to quickly retrieve and apply knowledge from your memory.
- ✓ Consider the facts and expertise you will need and how you will express them. Prepare in a quiet room without the distractions of music, text messages, TV and email.
- ✓ Sleep. Advisors at the sleep lab at the University of North Texas in Denton, recommend reviewing technical material just before going to sleep at night. It makes the information easier to recall.
- ✓ Don't wake yourself up earlier than usual. The last couple of hours of sleep are important and aid memory.
- ✓ Don't study or work all night. Psychologists at St. Lawrence University in Canton, N.Y., say it impairs memory and reasoning not for as long as four days afterward.
- ✓ Boost your confidence. Envision yourself discussing matters and answering questions calmly and confidently.
- ✓ Pace yourself and your replies to questions. Don't rush. Practice waiting a few seconds before answering and speaking more slow

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Sudoku Key

3	7	2	8	5	4	9	6	1
6	4	1	3	2	9	5	7	8
5	8	9	7	1	6	4	2	3
2	6	4	1	8	3	7	5	9
1	5	7	6	9	2	3	8	4
9	3	8	4	7	5	6	1	2
7	2	3	5	4	1	8	9	6
8	1	6	9	3	7	2	4	5
4	9	5	2	6	8	1	3	7

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