

# Healthy Home News

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

## **Five Fascinating Facts from the April Edition of the Farmer's Almanac Monthly Magazine**

April 24th marks the 248th birthday of Robert B. Thomas, the founder of The Old Farmer's Almanac! In his birthday month edition of ***The Old Farmer's Almanac Monthly Digital Magazine***, we take a look at everything the month of April has to offer, including crazy lunar activity, famous April Fools' Day pranks, and delicious rhubarb recipes.

1. April's Full Moon is known as the Full Pink Moon because it heralded the appearance of wild ground phlox or moss pink, one of the first spring flowers. It is also known by many other names that announce the arrival of spring, including the Sprouting Grass Moon, the Egg Moon, and the Fish Moon.

2. How the origins of April Fools' Day are uncertain, but many agree that it may have started in 1582, when France switched to the Gregorian calendar and moved New Year's Day from March 25 back to January 1. Prior to this change, the New Year's celebration had begun on March 25 and ended on April 1. Those who were unaware of the change were called April fools.

3. Rhubarb is a vegetable! It acquired its reputation as a medicinal plant because it supplied nutrients to people who were winter-starved for fresh vegetables. Fresh stalks contain about one-third as much Vitamin C as an orange and a fair amount of vitamin A. It is also a good source of potassium, calcium, and iron.

4. April is national kite month, when more than 700 kite events are expected to take place around the world. Legend has it that the first kite was flown centuries ago by a Chinese farmer who tied a string to his hat to keep it from going aloft.

5. Originally, dogs (usually Dalmatians) ran in front of horse-drawn steam engines, barking loudly to alert pedestrians and vehicles so that the fire wagon could pass unhindered. With the advent of gasoline-powered fire engines, the Dalmatians weren't needed any longer, but they became a kid-friendly symbol of the honorable profession of firefighting.



**Cool Blogs, Sites  
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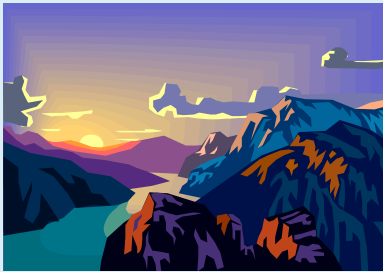
Countless people use MyFitnessPal to log and track their daily eating and exercise habits, but did you know that the popular app also has a website and blog. Chalk filled with great healthy living tips, exercise information, and answers to all your diet questions. Recent entries include advice on how to curb junk food cravings and an article on the dangers of starvation diets.

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## Get Inspired

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has."

– Margaret Mead,  
*Cultural Anthropologist who was featured frequently as an author and speaker in the mass media during the 1960's and 1970's*



## Outstanding Client Of the Month!

### Meet Linda

Every month I choose a very special **Client of The Month**. It's my way of acknowledging loyal clients and saying a big "Thank you!" to those who support me and my business with referrals and repeat business... You could be my next **Client of The Month!**

## See Insert This Issue...



**Don't Miss!! We can help you  
Survive Spring Allergy Season  
(See Insert)**

## How to Handle Kitchen Fires



Kitchen Fires can spring up quickly-do you know what to do first? Learn when to use a fire extinguisher, when to smother a fire, and when to call the fire department.

Cooking mishaps cause a large percentage of kitchen fires, and most are grease fires.

So the question to ask is; Do you know what to do when a kitchen fire flares? Should you first reach for the fire extinguisher or for the phone to call the fire department?

Grease fires belong in a class by themselves and should not be handled like any other kitchen fire. NEVER pour water on a grease fire. The best way to handle this type of fire is to smother it, if possible and let it die out. Baking soda is the best tool to use to extinguish a grease fire.

Fires can happen anywhere in the kitchen-near and electrical outlet, in the microwave, or in the stove. If a fire starts in the oven or in a microwave, immediately close the door and turn it off. If the fire does not go out right away, call the fire department. Be sure to have it inspected before you use it again.

Every kitchen should be equipped with a fire extinguisher. The best one to have is one that is labeled safe to use on any type of fire. It should always stay within easy reach and be checked to make sure it has not expired. Be familiar with how to use it because if a fire starts, you won't have time to read the instructions. The effective way to use a fire extinguisher is to make sure you are pointing it at the base of the flames and not at the top. Spray horizontally back and forth across the fire until the flames are out.

Finally, never hesitate to call the fire department if you feel like you cannot handle the situation. Be sure to get your family out of the house, and if the flames rise and spread, you should get out as well. Kitchen fires can start small, but quickly can become roaring flames. Always remember safety first: Keep yourself and your family protected and call for help.

## Quotes for April...

"Sweet April showers do spring May flowers." – *Thomas Tusser, Poet*

"You can't connect the dots looking forward; you can only connect them looking backwards. So, you have to trust that the dots will somehow connect in your future." – *Steve Jobs, American Businessman*.

"Teamwork is what the Green Bay Packers were all about. They didn't do it for individual glory. They did it because they loved one another." – *Vince Lombardi, Head Coach*

"Baseball is the only field of endeavor where a man can succeed three times out of ten and be considered a good performer." – *Ted Williams, Professional Baseball Player*

## Best Spring Vacations

Many popular vacation spots see a dip in tourist traffic between the summer and winter high seasons, meaning you can enjoy mild temperatures along with lower rates and fewer crowds. Based on traveler recommendations, U.S. News assembled a list of the Top 5 Spring escapes known for their seasonal deals and festivals.

### Grand Canyon, #1

Why go: Why not skip the summer vacation tradition and visit this Arizona wonder in the springtime? You'll have easy access to stunning lookout points along the South Rim, plus you should be able to find discounts on airfare and lodging

### Washington, D.C., #2

Why go: The nation's capital experiences mild temperatures in the spring, but the thousands of cherry trees that burst into bloom along the tidal basin are the city's main draw. More than 1 million visitors flock to D.C. every year to enjoy the National Cherry Blossom Festival. [Read More](#)

### U.S. Virgin Islands, #3

Why go: Every April, St. Thomas offers the perfect remedy from post-winter malaise: Carnival. With its tasty food, festive parades and ornate costumes, this island-wide party is one of the best in the Caribbean. Also, with the peak season over, airfare and hotel rates see a significant drop

### Amsterdam, #4

Why go: In the spring, you can watch the city replace its winter layers with blooms as you bike along Amsterdam's canals. In March, admire tulips at the annual Keukenhof flower festival. And in April, check out the outdoor parties taking place in honor of King's Day.

### Paris, #5

Why go: Springtime in Paris is cliché for a reason. Sure, T-shirt weather hasn't quite arrived, but the city slowly awakens from its winter slumber. Once again, the booksellers return to their displays along the Seine, streets fill with local markets and cafe patios open so that visitors can enjoy coffee and croissants outside.

## April Fun Facts

# DID YOU KNOW???

In the Southern Hemisphere, April is the same as October in the Northern Hemisphere

The April Birthstone is a diamond, which symbolizes innocence.

The Daisy and the Sweet Pea are the Flowers of April

April is National Pet Month

Apple Computer Company was formed on April 1, 1976 by Steve Jobs and Steve Wozniak.

April 10-16 is recognized as National Volunteer Week

April 28<sup>th</sup> is National Pay it Forward Day

Queen Elizabeth's Birthday is April 21, but the actual celebration of her birthday takes place on a Saturday in June

The Boston Marathon is always held in April.

In April, 1955, Ray Kroc opened the first McDonald's in DesPlaines, IL charging 15-cents for a hamburger, 10-cents for fries.

## Thank You!

Thanks to YOU the word is spreading! Thanks to all my wonderful clients who graciously refer me to their friends, family, and neighbors! My business runs on the positive comments and referrals from people just like you. I couldn't do this without you! A special thanks to all these fine folks who referred me last month...

**Linda, Pamela and Amy**

## Thanks for All the Kind Words!

I got my Carpet and Furnace cleaned by H&M carpet care I so happy with them I told my whole family about them. This is a company who cares about their customers

# Healthy Home News

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## *Inside This Issue You Will Discover...*

- ✓ **Fun Facts from the Farmer's Almanac...** *At nearly 250 years old, this important resource is still providing information and entertaining readers.*
- ✓ **Top 5 Spring Vacation Destinations...** *Where to go before the Summer Crowds take to travel.*
- ✓ **PLUS MORE ...Clean Green...** *It's cheap and easy here is how to start today!*

**Discounts, Specials And Much, Much MORE!**

***Keep Reading Inside...***

## **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 2 people who call 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 call me at **780-456-3644!** Remember, your chances of winning are better than you think!

### This month's Mega Trivia Question:

*According to the Farmer's Almanac, which breed of dog typically ran alongside horse drawn steam engines to alert pedestrians so the fire wagon could pass by easily?*

- A) Labradors                      B) Golden Retrievers  
C) Dalmatians                  D) German Shepherds

***Hint: You'll find the answer in the newsletter.***