



Healthy Home News

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

10 Tips for Eating Out Without Pigging Out

The hardest part of staying on a healthy diet starts when you step outside your front door. Eating out is the downfall of many committed healthy eaters because most restaurant menus feature high-fat, supersized meals -- and those eateries that do offer low-cal alternatives often are more expensive.

So here are 10 money-saving strategies for eating healthy when you're away from home.

- **Before you go to lunch or dinner, eat a light snack.** A piece of fruit or some veggies will take the edge off any hunger pangs and give you the energy to make sensible choices when choosing where and what to eat. If you wait until you're ravenous, you're more likely to settle for fast food, order too much or gobble down breadsticks while you wait.
- **Avoid ordering anything with the title "supersize" or "value meal" or "combo".** Choose regular-size sandwiches and spend any left-over cash on a piece of fruit for dessert.
- **Ask your waiter to hold the chips and salsa or bread until your meal is served.** Save your appetite for the main course.
- **Order vegetable soup or salad for starters.** Like strategy 1, you'll satisfy your hunger pangs and be filled up on something healthy before you get a chance to eat something else.
- **Have an appetizer as your entree.** The portion sizes for appetizers are often sufficient to fill you up, and you'll save some money.
- **Split an entree with a friend.** In many restaurants, a main course with an extra side is plenty of food for two.
- **Plan to have leftovers.** Order with the intention of taking half home with you for another meal.
- **Ask you server to keep dressings, sauces and toppings on the side.** You can get the flavors you want without the extra fat and calories.
- **Share one dessert with everyone at the table.** Your sweet tooth can be satisfied with just a bite or two.
- **Don't feel compelled to clean your plate.** Your stomach should tell you how much to eat, not the cooks at the restaurant, so listen carefully and stop eating when your stomach says FULL.

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*To leave the old with a burst of song;
To recall the right and forgive the wrong;
To forget the things that bind you fast,
To vain regrets of a year that's past,
To have the strength to loosen hold
On worthless things of days grown old;
To dare go forth with purpose true;
To unknown tasks of a year brand new;
To help your brother along the road,
To aid his work and ease his load;
To add your gift to the world's good cheer,
Is to have and give a Happy New Year.*

To Celebrate Puzzle Day

In honor of **National Puzzle Day**, here is a riddle to mull over for a while. (You can find the answer elsewhere in the newsletter).

A young man walks through the forest, coming to a bridge. In front of the bridge is a large man carrying an axe.

The man says, "If you want to cross the bridge, you must tell me a statement. If I think the statement is false, your head will be chopped off. If I think the statement is true, you will merely be strangled to death."



A few minutes later, the young man walked over the bridge unopposed, while the man with the axe stood pondering.

What was the statement the young man had given?

New Year's Resolutions

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Dreams, Dreams...

I don't use drugs, my dreams are frightening enough.

MC Escher

Dreams are illustrations from the book your soul is writing about you.

Marsha Norman

A man is not old until his regrets take the place of his dreams.

John Barrymore

If you take responsibility for yourself, you will develop a hunger to accomplish your dreams.

Les Brown

See Insert This Issue:



Who Wants to Start Off the New Year with BIG Savings?

Will you be making a commitment or two for the New Year? What changes are you angling for? If so, they likely fit into this list of popular resolutions.

- **Improve health:** Lose weight, exercise more, eat better, drink less alcohol and/or quit smoking.
- **Improve finances:** Get out of debt, save money and/or get a better job.
- **Improve education:** Improve grades, get a better education and/or learn something new (language/musical instrument).
- **Improve self:** Become more organized, reduce stress, be less grumpy, manage time better and/or be more independent.
- **Travel.**
- **Volunteer.**

Recent research shows that while 52% of the participants in a resolution study were confident that they would succeed with their goals, only 12% actually achieved their goals. Men achieved their goal 22% more often when they engaged in goal setting (a system where small measurable goals are being set, such as "a pound a week" instead of saying "lose weight"), while women succeeded 10% more when they made their goals public and got support from their friends.

How About a Cold Can o' Beer?

To celebrate the anniversary of beer first being sold in a can (Jan 24, 1935), here are some fun beer facts to ponder.

- The first consumer protection law ever written was enacted over beer by Duke Wilhelm IV of Bavaria in 1516. It was a purity law limiting the ingredients of beer to barley, hops and water.
- Beer is the second most popular beverage in the world, coming behind tea.
- To get rid of the foam at the top of beer (the head), stick your fingers in it.
- Monks brewing beer in the Middle Ages were allowed to drink five quarts of beer a day.
- Bavaria still defines beer as a staple food.
- To keep your beer glass or mug from sticking to your bar napkin, sprinkle a little salt on the napkin before you set your glass down.
- The oldest known written recipe is for beer.
- The Pilgrims landed at Plymouth Rock because of beer. They had planned to sail further south to a warm climate but had run out of beer on the journey.
- The first brewery in America was built in Hoboken, NJ in 1642.
- Beer is a source of B-complex vitamins.
- If you collect beer bottles, you are a *labeophilist*.



January Birthday Hall of Famer: Wolfgang Amadeus Mozart



Wolfgang Amadeus Mozart (1/27/1756 - 12/5/1791) was a prolific and influential composer of the Classical era. He composed over 600 works, many acknowledged as pinnacles of symphonic, concertante, chamber, piano, operatic and choral music. He is among the most enduringly popular of classical composers.

Mozart showed prodigious ability from his earliest childhood in Salzburg. Already competent on keyboard and violin, he composed from the age of five and performed before European royalty.

At 17 he was engaged as a court musician in Salzburg, but grew restless and traveled in search of a better position, always composing abundantly.

While visiting Vienna in 1781, he was dismissed from his Salzburg position. He chose to stay in the capital, where he achieved fame but little financial security. During his final years in Vienna, he composed many of his best-known symphonies, concertos and operas, and portions of the *Requiem*, which was largely unfinished at the time of Mozart's death. The circumstances of his early death have been much mythologized.

Mozart learned voraciously from others, and developed a brilliance and maturity of style that encompassed the light and graceful along with the dark and passionate. His influence on subsequent Western art music is profound.

International Clown Month

Clowning was developed from a broad tradition of historical performers, thus making it difficult to point out a singular tradition -- or even a few different ones -- as being the primary precursors. However, there are a few past prominent forms of entertainment contemporarily linked to clowning as possible antecedents.

Examples of such historical "clown-like" comedic performers include the *pantomimes* in ancient Greece; the *Lazzi* of *Commedia dell'Arte*; *bouffons*; *court jesters*; as well as the French *mime* tradition. On top of this, there are many non-European clowning traditions, including clown-like figures in Japanese Kabuki theater, and North American native shaman traditions, which may or may not have influenced what we now think of as a clown in the Western world.

Circus Clowns: In the circus, rather than sticking strictly to whimsical behavior, a clown will likely perform another circus role as well, including:

- Walking a tightrope, a high-wire, or a slack rope.
- Riding a zebra, donkey, elephant or even an ostrich.
- Substituting himself in the role of a lion tamer.
- Act as emcee, which is the preferred term (as opposed to "Ringmaster").
- "Sit in" with the orchestra, perhaps in a "pin spot" in the center ring, or from a seat in the audience.
- It is not uncommon for an acrobat, a horse-back rider or a lion tamer to secretly stand in for the clown, the "switch" taking place in a brief moment offstage.

Fun clown fact: When a clown joins *Clowns International* in England (which claims to be the oldest clown society in the world), he can register his individual make-up. An eggshell is decorated as a miniature version of the clown's head and added to the "Egg Gallery," which then acts as a sort of clown copyright.



Thank You!

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Lori Pratt of Standard Cleaning Systems

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Your New Issue Has Arrived!

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

The Shredder

A young engineer (who graduated with distinction) was leaving the office at 3:45 pm when he found the acting CEO standing in front of a shredder with a piece of paper in his hand.

"Listen," said the CEO, "this is a very sensitive and important document, and my secretary is not here. Can you make this thing work?"

"Certainly," said the engineer. He turned the machine on, inserted the paper and pressed the start button.

"Excellent, excellent," said the CEO as his paper disappeared inside the machine. "I just need one copy."

The Lesson: Never assume that your boss knows what he's doing!

Riddle Answer (from page 1): The statement the young man said was "My head will be chopped off."

If the axe man said the statement was false, the young man's head would be chopped off, making the statement true. If the axe man said the statement was true, the young man would be strangled, thus making the statement false.

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