

## What's Inside?

- How To Make This A Happy Year -
- Putting ICE in Your Cellphone Can Save Your Life -
  - A Great Spice -
- Harmonicas Are Good For The Lungs-
- Doggie Bags Are In -  
& Much More!

### ***The New Year: A Time For Looking Forward And Looking Back***

At the start of this new year, we send you our best wishes for happiness and success.

The year just finished is filled with your accomplishments, and we thank you for your work and dedication.

On the lighter side, while we certainly deserve a happy new year, researchers, psychologists, and poll takers want to tell us how to get one.

Some of their conclusions:

People who are engaged in their work are happier than those who are not, according to the Gallup Organization. Those who are trained for their jobs are happier than those who are not.

Psychologists at the University of Pennsylvania say people who are more resilient are happier. They know how to view situations in a positive light and come up with solutions for problems. Economists at Dartmouth College say that if you are single, you have to earn more money than a married person in order to be just as happy. Pennsylvania State University sociologists say that how people view money is related to their peers and friends. They say "relative wealth" is more important than "absolute wealth."

Stanford University researchers discovered that people actually get more satisfaction and happiness from anticipating a purchase than from owning the item.

Researchers at the Marketing Department of State University of New York at New Paltz say "recreational shoppers" have lower self esteem than those who shop for necessities.

We wish you and yours success, health, and happiness in the new year.

### *January Events*

- 1 New Year's
- 6 Three Kings Day
- 8 National Clean-Off-Your-Desk Day
- 15 Martin Luther King, Jr.

### *.Where Eagles Fly In January*

Bald eagles can be found in every U.S. state except Hawaii. The largest convergence takes place in December on the Chilkat River near Haines, Alaska. The salmon run attracts 3,000 to 4,000. In the lower 48 states, January finds up to five thousand bald eagles wintering on the Mississippi River between Cairo, Illinois and St. Paul, Minnesota.


The bald eagle was designated as the national symbol in 1782. Two or three generations ago, however, most Americans had never seen one. By 1963, the eagles had virtually disappeared.

Efforts to protect our national symbol and preserve its habitat have brought the eagle back in significant numbers. The banning of DDT in 1972 and protection from the subsequent Endangered Species Act have helped the eagles recover.

On the Upper Skagit River Watershed in northern Washington, bald eagles that traveled from the Yukon and Alaska can be seen by the hundreds. Drawn by the salmon run, they make up one of the largest seasonal concentrations in the lower 48.

In late January and early February, visitors to any Kentucky or Southern Indiana lake or river can see evidence of the eagles' return, one of the most remarkable wildlife success stories of the past 50 years.

 Our reports are printed on-site.

 Starting 1/1/07, full color pictures will be included in the report pages for easy viewing.

## Carry Your 'Doggie Bag' With Pride



Would you believe it?  
Some people are still a little  
reluctant to ask for a  
"doggie bag."

Whether they are from a fancy restaurant with white table cloths, or Joe's diner down the street, filled doggie bags are a popular item. Health authorities recommend them, and most restaurants consider their use to be a compliment.

A survey by the American Dietetic Association shows that 91 percent of Americans take leftovers home some of the time. About 32 percent do it on a regular basis.

Getting a tasty lunch left over from last night's dinner is not a new idea. Food historians say that it was practiced in Shakespeare's time. Inns that wanted to please their guests provided huge napkins. It was partly because people ate with their hands, but the napkins provided a big container for leftover food that could be taken away for a later meal.

The editors of USA Today wanted to see how widespread the doggie bag custom had grown. They visited seven countries including China, Japan, Russia, Thailand, London, France, and Brazil.

In Singapore, they found that taking food home was not only OK, it was expected. At an expensive restaurant in Paris, staff was surprised at the request. But they packaged the food neatly in foil and plastic. In Bangkok, a doggie bag proved to be the rule rather than the exception.

The official history of doggie bags in the U.S. is almost 60 years old. In 1949, Al Meister of Bagcraft Papercon developed a paper bag that was grease resistant. On the bag was a drawing of a dog and a poem by his wife that began, "Oh, where have your leftovers gone?"

## Thank You! Thank You! Thank You!

*Special thanks go out to all of our clients and friends who graciously referred our company to their friends and neighbors last month!*

*Our business is built based on the positive comments and referrals from people just like you. We just couldn't do it without you.*

## New Type Of Hand Dryer Coming Soon

James Dyson must be the world's best-known vacuum cleaner salesman. He's out there on television selling his products almost every day.

Dyson says he reinvented the vacuum cleaner. Whether or not you believe that, you can believe that his company has reinvented the public-rest-room hand dryer.

Most dryers blow hot air over your hands to evaporate water. Dyson's blasts the water off your hands with a jet of air traveling at 400 mph. The wind squeegees water into a drain. In a trial run, it took only 10 seconds for hands to go from dripping wet to bone dry. Expelled air and collected water are thoroughly filtered. The units are now in British petrol stations and may soon find their way to the U.S.

## Speaking of safety In Case of Emergency: ICE

Put ICE on your cellphone and let others know about it. ICE is an acronym for "In Case of Emergency." If you are incapacitated, emergency personnel should be able to check your cellphone and find the phone number of the person to contact in case of emergency.

Your emergency contact should be able to give your full name, address, and birth date. Be sure your contact can provide the name of your physician, your blood type, and relevant medical history.

In an emergency, your ICE contact could save your life.

✚ Every single family home inspection includes a 90 day limited home warranty.

✚ Starting 1/1/07, the warranty will have **no deductible!**

## *Enjoy Strengthening Your Lungs As You ... Play The Harmonica*

The Society for the Preservation and Advancement of the Harmonica is on a mission. In spite of celebrity players like "American Idol" Taylor Hicks, harmonica playing is declining. They're looking for more players.

The Society has given away thousands of harmonicas and wants everyone to know that playing one is great exercise for the lungs. With the help of the American Lung Association, harmonicas have been given out in hospitals, nursing homes patient-support groups, and asthma camps.

A basic harmonica plays 10 natural notes as do white keys on a piano without sharps or flats. Each hole has two reeds, one plays during inhalation and one during exhalation. Blowing on the fourth hole produces a C, while inhaling or drawing brings a D.

Though research papers haven't been published on the therapeutic effect of the harmonica, Neil Schachter, professor of medicine at Mount Sinai School of Medicine in New York, says there is definitely a rationale for it.

Pursed-lip breathing in which one inhales slowly through the nose and blows out slowly through pursed lips while tightening the abdominal muscles, has long been used as physical therapy for patients with impaired lung function.

Playing the harmonica could help people with chronic obstructive pulmonary disease, emphysema, asthma, and chronic bronchitis.

Darkness cannot drive out darkness; only light can do that.  
Hate cannot drive out hate; only love can do that.

Dr. Martin Luther King Jr.

## *A Great Seasoning Mix*

People may want to use less salt in their food, but it's difficult to find seasoning without it. Lemon pepper, for example, contains a lot of salt.

Doctors at the Mayo Clinic say these common spices can mix together to create 1/4 cup of very good seasoning:

5 teaspoons onion powder  
1 tablespoon garlic powder  
1 tablespoon paprika  
1 tablespoon dry mustard  
1 teaspoon thyme  
1/2 teaspoon white pepper  
1/2 teaspoon celery seed



"Book 'em, Pete, they're being charged as accessories."

### **Thanks For The Kind Words**

*I liked the professionalism of Inspector, Excellent customer service regarding setting appt., and inspectors willingness to answer questions. Jan O., Stevens Point*

*I especially liked the thorough report and the walk through with inspector so he could point out areas of concern. Dannielle E., Stevens Point*