

November 24, 2011

**HAVE A
HAPPY THANKSGIVING!**

BLESSINGS WE CAN BE THANKFUL FOR:

HAVE YOU EVER WISHED LIFE WAS EASIER?

*If you have never experienced the dangers of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation, you are ahead of **500 million** people in the world!*

HAVE YOU EVER WISHED YOU HAD MORE?

*If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep, you are richer than **75%** of this world!*

HAVE YOU EVER WISHED YOU WERE AS RICH AS DONALD TRUMP?

*If you have money in the bank, in your wallet, and spare change in a dish someplace, you are among the top **8%** of the world's wealthy!*

HAVE YOU EVER WISHED YOU WERE SMARTER OR BETTER EDUCATED?

*If you can read this message, you are more blessed than over **2 billion** people in the world who cannot read at all!*

HAVE YOU EVER WISHED YOUR BODY WAS IN BETTER SHAPE OR HEALTHIER?

*If you woke up this morning with more health than illness, you are more blessed than the **million** who will not survive the week.*



Eternal vigilance is the price of liberty.

In 1863, President Abraham Lincoln declared Thanksgiving a national holiday during a time of war.

During this holiday season, please remember that this is still a time of war across the world and many Americans will have empty seats at their tables because their sons and daughters in uniform are either away from home fighting for us and the ones they love, or they have already paid the ultimate sacrifice so that we all can be home in America, having dinner, free to celebrate this Thanksgiving Day and/or any holiday we should so choose!

**Eternal vigilance is the
price of liberty.**

Speaking of our soldiers...

CHRISTMAS DONATIONS FOR OUR TROOPS SERVING OVERSEAS

By Dee Porche – SW Lakeland

"Here is a general list of items that will be greatly appreciated and enjoyed by some of our troops serving overseas. Please join us in making their Christmas a little brighter. Bring to Dee in the SW-Lakeland office.

The unit is stationed out of Joint Base Lewis-McChord, WA, and they are doing route clearance in Afghanistan!

*Please have all items in by **November 30** to ensure that they make it to the troops before Christmas. Thank you!"*

CANDY or SNACKS:

Heat-resistant candy, Candy canes, Beef jerky,
Pringles, Popcorn tins or popcorn balls,
Hickory Farms gift baskets,
Little Debby snack cakes, Trail mix, Granola bars,
Cheese and cracker packets,
Hot chocolate packets, Mixed nuts packets.

ENTERTAINMENT:

Books, CDs, Comedy DVDs, Magazines,
PS3 or Xbox games, Cards,
Games, Crossword Puzzles,
Soccer ball or Footballs.

HOUSEHOLD:

Blankets, Twin sheets, Socks, Lip Balm.

VARIOUS:

Prepaid phone cards, Gift cards to
Walmart, iTunes, Best Buy, Visa Giftcard,
Cards or letters to the troops,
Small Christmas trees 8-18",
Handmade Christmas ornaments (no glass),
Stockings, Picture Frames,
Disposable cameras, Small handheld games.

Sharing the joy of receiving a card.



You've just got to love the effort! Someone, please, send these guys some candy canes!

Thank you!

So how did you do last month on the spelling test?
Are you one of the lucky ones with a great mind?
Here are some fun facts about the English language to see how much you really know!

READY? TEST YOURSELF!

- **Stewardesses** is the longest word typed with only the left hand, and **lollipop** is the longest word typed with your right hand.
- **Typewriter** is the longest word that can be made using the letters only on one row of the keyboard.
- **Women** blink nearly twice as much as men.



- **Dreamt** is the only English word that ends in the letters "mt," and there are only four words which end in "dous:" **tremendous**, **horrendous**, **stupendous**, and **hazardous**.
- Our **eyes** are always the same size from birth, but our nose and ears - never stop growing!
- The sentence "The quick brown fox jumps over the lazy dog" uses **every letter** of the alphabet.
- A **goldfish** has a memory span of only three seconds.



- A **snail** can sleep for three years!
- **Almonds** are a member of the peach family.



- **Babies** are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age.
- February 1865 is the **only** month in recorded history not to have a full moon.
- If the population of **China** walked past you eight abreast, the line would never end because of the rate of reproduction.
- **Peanuts** are one of the ingredients of dynamite!
- **Rubber bands** last longer when refrigerated.
- The cruise liner **QE2** moves only six inches for each gallon of diesel that it burns!



- **Microwave** was invented after a researcher walked by radar tube and a chocolate bar melted in his pocket.
- There are more **chickens** than people in the world.
- Winston Churchill was born in a ladies room at a dance.



- The **winter** of 1932 was so cold that Niagara Falls froze completely solid!



Coffee is good for you!

Have you heard that now salt is good for you? Yep, came out this week. Well, it turns out coffee is, too! Here's a look at some of the research on drinking coffee:



GALLSTONES: May reduce the risk of developing gallstones by stimulating gallbladder contractions and lowering concentrations of cholesterol in bile.

KIDNEY STONES: Studies suggest coffee cuts a person's chances of developing kidney stones by as much as 10%.

DIABETES: Research involving more than 450,000 patients indicates that drinking four cups of coffee or tea a day may reduce the risk for Type II diabetes by 25 to 35%.

PARKINSON'S DISEASE: Men who DON'T drink coffee are apparently five times as likely to develop Parkinson's disease as those who consume lots of coffee. Studies with women have been inclusive.

Success is about...failure?

At least, it's about learning how to fail without letting it stop you from moving forward.

As personal and business coach Jane Herman writes, "You have heard the expression: Anything worth doing is worth doing well? Well, here's your new motto: Anything worth doing is worth being willing to do badly."

"If something is important to you, then you have got to be willing to try it, again and again, even knowing that you may fail. If you have the attitude that you can't do something unless you can do it well, or perfectly, then you will never take a step."

Be willing to take the step.

