



# Random Thoughts

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*As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.*

~John Fitzgerald Kennedy

The ancient Romans used beans for balloting, both in their elections and in courts. Black beans stood for opposition or guilt, and white signified agreement or innocence.



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Insert Ad or Offer Here #3

Americans consume more than 353 million pounds of turkey during National Turkey Lovers' Month in June. By comparison, more than 675 million pounds of turkey will be consumed at Thanksgiving.

"Jingle Bells," a popular Christmas song, was actually written for Thanksgiving. The song was composed in 1857, by James Pierpont, and was originally called "One Horse Open Sleigh".



### BY THE NUMBERS: 1/3

If you repeatedly pound the snooze button each morning, then you're in good (and tired) company. An estimated one-third of adults hit snooze an average of three times each morning in the futile attempt to get more z's. Here are a couple of ways to make getting out of bed—and starting your day—easier on the first try: Rise at the same time every morning, even on weekends. Avoid naps, especially after 3 pm.



The Indians of the eastern United States had a particular liking for meats served with fruit sauces. The ripening of cranberries and the Thanksgiving holiday coincide, which is one reason why cranberry relish is traditionally served with roast turkey.

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### NOVEMBER EVENTS

- November 4 Daylight Savings Ends
- November 6 Election Day
- November 11 Veteran's Day
- November 15 Great Amer. Smoke Out
- November 17 National Adoption Day
- November 22 Thanksgiving Day
- November 23 Black Friday





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### DID YOU KNOW...

- The sentence: "The quick brown fox jumps over the lazy dog" uses every letter of the alphabet.
- "Stewardesses" is the longest word typed with your left hand. And "lollipop" is the longest word typed with your right hand.
- The words 'racecar,' 'kayak' and 'level' are the same whether they are read left to right or right to left.
- There are only four words in the English language that end in "dous": tremendous, horrendous, stupendous, and hazardous.
- A "jiffy" is an actual unit of time for 1/100<sup>th</sup> of a second.
- A snail can sleep for three years.
- Leonardo Da Vinci invented the scissors.

During the months you heat your house, the relative humidity of the average American home is only 13 percent, nearly twice as dry as the Sahara Desert.

The crocodile does not chew its food, but swallows it whole. It carries several pounds of small stones in its stomach to aid in grinding up and digesting its nourishment.



### ?! BRAIN TEASER !?

Golden treasures I contain,  
guarded by hundreds and thousands.  
Stored in a labyrinth where no man walks,  
yet men come often to seize my gold.  
By smoke I am overcome and robbed,  
then left to build my treasure anew.  
What am I? *Answer on Page 3*

### WHAT TO SHOW YOUR DOCTOR

ONCE A MONTH, CHECK YOUR SKIN FROM HEAD TO TOE AND LOOK FOR ANY CHANGES THAT MAY BE EARLY SIGNS OF SKIN CANCER. SEE A DOCTOR IF YOU FIND ANY OF THE FOLLOWING:

- PATCHES OF SCALY SKIN OR OOZING OR BLEEDING FROM A BUMP OR MOLE.
- ANY MOLE THAT HAS CHANGED IN COLOR, SIZE, SURFACE, SHAPE, OR HOW IT FEELS, INCLUDING ITCHINESS, TENDERNESS, OR PAIN.
- ANY MOLE THAT IS NOT ROUND; IS BIGGER THAN A PENCIL ERASER; OR HAS DIFFERENT COLORS, SUCH AS TAN, BLACK, OR DASHES OR RED, WHITE OR BLUE.

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## A LITTLE HUMOR

A man was leaving church one day. The Pastor was standing at the door (as he always is) to shake hands with members of the congregation. He grasped the man by the hand and pulled him aside. The Pastor said to him, 'You need to join the Army of the Lord!'

The man replied, 'I'm already in the Army of the Lord, Pastor.'

Pastor questioned, 'How come I don't see you except at Christmas and Easter?'

He whispered back, 'Shhhhhhhhh. I'm in the secret service.'

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#7

**"Thanksgiving is an emotional holiday. People travel thousands of miles to be with people they only see once a year. And then discover once a year is way too often." ~Johnny Carson**

## BLACK FRIDAY

The day after Thanksgiving in the United States, marks the beginning of the traditional Christmas shopping season, although retailers often decorate for the Christmas season weeks before-hand. Many retailers open very early (typically 5 A.M.) and offer doorbuster deals and loss leaders to draw people to their stores. Although the day after Thanksgiving has served as the unofficial beginning of the Christmas season for decades, the term "Black Friday" has been traced back only to the 1970s and did not achieve widespread popularity until about 2002.

Black Friday is frequently but erroneously referred to in the media as the busiest retail shopping day of the year. While it has been one of the busiest day in terms of customer traffic, in terms of actual sales volume Black Friday is usually the fifth to tenth busiest day. The busiest retail shopping day of the year in the United States (in terms of both sales and customer traffic) is usually the Saturday before Christmas.



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Here #8

Insert Ad or Offer Here #9

## RANDOM THOUGHTS

Is a free monthly newsletter  
From your friends at  
YOUR COMPANY NAME HERE #10  
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# NOVEMBER 2007



## WHAT'S INSIDE?

- ▶ Health Tips
- ▶ Thanksgiving Humor
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- ▶ Money Saving Offers & Much More!

## WHAT'S THE ANSWER?



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▶ HOW MUCH TURKEY IS CONSUMED ON THANKSGIVING DAY? ..... 2



▶ WHY DO CROCODILES EAT ROCKS?.....3

The Answers To These and Many  
Other Questions Are Inside