

Announcements

Health Watch

10 TOP Medicine Mistakes

Taking herbal remedies or teas with certain prescription drugs (ask your doctor about details).

Not finishing your antibiotics because you feel better.

Taking medication prescribed for someone else because your symptoms are the same.

Not taking your medication as directed (such as on an empty stomach or at bedtime).

Forgetting to take your medications on a regular basis.

Saving unused medicine for a future need.

Discontinuing your medication and not telling your doctor.

Forgetting to get your prescription refilled.

Not telling your doctor about the over-the-counter drugs you are taking.

Stopping your medication because of its side effects.



Vice-Presidents

word search

H A M L I N R C O L F A X
A Q I O U E P O N B U S H
R I T D N B S O H V K N R
T K F R U D S W D R O F R
H X A R U N A A N X C E H
U G R N E M L L I H L C E
R U W V G L A N E E N U N
O F E N A E W N E O L R D
O T I S X I E H T E L T R
S K J L L Y W R C L A I I
E W H S L T O Z R Y H S C
V E O G D M Y G T A S M K
E N B E A A O L E U R A S
L G A R W R L R E Q A D G
T A R R E X S H E R M A N
P K T Y S J O H N S O N W

ADAMS	FORD	MONDALE
AGNEW	GARNER	MORTON
ARTHUR	GERRY	NIXON
BURR	GORE	QUAYLE
BUSH	HAMLIN	ROOSEVELT
CHENEY	HENDRICKS	SHERMAN
COLFAX	HOBART	STEVENSON
CURTIS	JOHNSON	TRUMAN
DALLAS	KING	TYLER
DAWES	MARSHALL	WHEELER
FILLMORE		WILSON

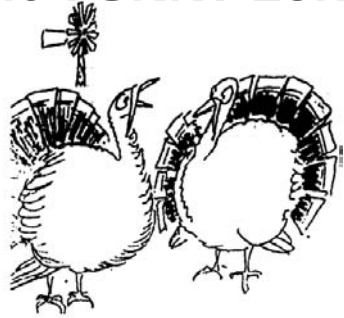
VICE-PRESIDENT FACT:

Only 7 Senators became

Vice-Presidents: Aaron Burr, George Dallas, Henry Wilson, Charles Fairbanks, Harry Truman, Hubert Humphrey and Walter Mondale.

Update

The FUNNY Zone



"WE HAVE A LOT TO BE
THANKFUL FOR. THANKSGIVING
HAS COME AND GONE!"

Lighter Side of Advertising

Here are just a few addled ads from across the country.

LOST: Male cat. Needs medication. Owner very worried, neutered, and declawed.

Bearded men and women and children (all ages) wanted for feature film.

USED TOMBSTONE, perfect for someone named Homer Hendel Bergen Heinzl.

Only one.

FOR SALE: Wedding dress and bridesmaids

LOST: Deaf Golden Retriever. Doesn't answer to name "Winnie."

FOR SALE: Ferret, likes kids, nice pet, but chewed the guinea pig's ears off. Also, partially deaf guinea pig. -Revenge of Anguished English

Memories

I remember when telephones had cranks, bathtubs had legs, doctors made house calls and eggs were delivered to your house by the "egg man."

-Betty Taylor, Lombard, IL

If you have a memory you would like to share, send it to Newsletter Press, Inc. HC 74 Box 115, Fort Davis, TX 79734 Attn: Marc or email it to

nlpinc@hughes.net.



Bright Ideas

Here are a few neat ways to organize your address book:

- ✍ Write names in ink and phone numbers and addresses in pencil - no messy cross-outs.
- ✍ Quick fix: Cut the return address labels from envelopes and tape them in your address book with transparent tape.
- ✍ List often-used numbers on the first page.
- ✍ Save old address books to bring back memories of friends.
- ✍ Make a copy of your address book in case the original is lost.

November Chart-Toppers

How many of these hits do you remember?

- 1957 - Jailhouse Rock - Elvis
- 1958 - Tom Dooley - Kingston Trio
- 1959 - Poison Ivy - The Coasters
- 1960 - It's Now or Never - Elvis
- 1961 - Big Bad John - Jimmy Dean
- 1962 - He's A Rebel - The Crystals

American Diabetes Month

Assess Your Risks

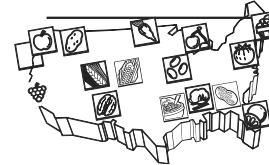
Every year 1.3 million Americans are diagnosed with diabetes. Some things you can't change, but there are ways to control your risk. The risk of developing diabetes increases with age, but is also influenced by the following: Being overweight.

Blood pressure 140/90 mm/HG or higher.

High cholesterol levels. A parent or sibling with diabetes. An inactive lifestyle.

Being African-American, Hispanic, Asian, Pacific Islander or Native American.

This just in... Two drug companies are in the middle phases of testing nasal insulin sprays for diabetics. Early data indicates that insulin is absorbed more quickly when inhaled than when injected.



How Much Do You Know About the U.S.A?

The week of November 16th is **Geography Awareness Week** and the week of the 23rd is **Game and Puzzle Week**, so grab a piece of paper and a pencil and test your United States knowledge. Answers are on back page.

- A. Which** state has the lowest high point?
- B. Where** is Gettysburg?
- C. Which** 2 states adjoin no other states?
- D. What** state has the most counties?
- E. Where** is Mount Rushmore?
- F. Where** is Grand Island?
- G. What** 2 states adjoin Chesapeake Bay?

-Everything is Somewhere in the USA

Trivia Corner

Why do we vote on Tuesdays?

What's so super about Tuesday? Many people wonder why a Tuesday in November is election day. Scholars at the Library of Congress say the tradition began as a way to accommodate our early agricultural society. November was preferred because the harvest was finished. Monday was out because people needed time to ride to remote voting sites and couldn't travel on Sunday. The first day of the month wouldn't work because it was reserved for court business at county seats that doubled as voting sites.

In 1845, President John Tyler standardized presidential voting on the first Tuesday after the first Monday in November. Then years later, the standard was extended to congressional elections.

So when November 4th rolls around, remember these famous words of Harry Truman, "It's not the hand that signs the laws that holds the destiny of America. It's the hand that casts the ballot."

November 2008



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>HAPPY THANKSGIVING TO ALL</p> <p>May the joys of Thanksgiving Day be with you, your family and friends. Enjoy and stay safe.</p>						<p>1 Sadie Hawkins Day</p> <p>All Saint's Day</p>
<p>2 DAYLIGHT Saving Time ENDS</p> <p>All Soul's Day</p>	3	<p>4 DON'T FORGET TO VOTE</p>	5	6	7	8
9	10	<p>11 VETERANS DAY</p>	12	<p>13</p> <p>Full Beaver Moon </p>	14	15
16	<p>17 Leonid Meteor Shower Begins</p>	18	19	<p>20 Great American Smoke-Out</p>	21	<p>22</p> <p>Happy Birthday, Sagittarians!</p>
23	24	25	26	<p>27</p> <p>THANKSGIVING </p>	28	29
30	<p>HAPPY BIRTHDAY to our Friends celebrating in November!</p> <p>Others lighting candles this month: 1st, Betsy Palmer, 82; 2nd, Stephanie Powers, 66; 4th, Laura Bush, 62; 5th, Art Garfunkel, 67; 6th, Mike Nichols, 77; 12th, Neil Young, 63; 14th, Prince Charles, 60; 15th, Petula Clark, 76; 17th, Gordon Lightfoot, 70; 21st, Marlo Thomas, 70; 23rd, Susan Anspach, 63; 25th, John Larroquette, 61; 26th, Tina Turner, 70; 28th, Randy Newman, 65; 29th, Vin Scully, 81 and 30th, Efrem Zimbalist, Jr. 90.</p>					<p>MINI-QUIZ</p> <p>What is Betsy Palmer's real name?</p> <p><i>Answer on back page.</i></p>

Monthly Reminders