

Purvi's Home News

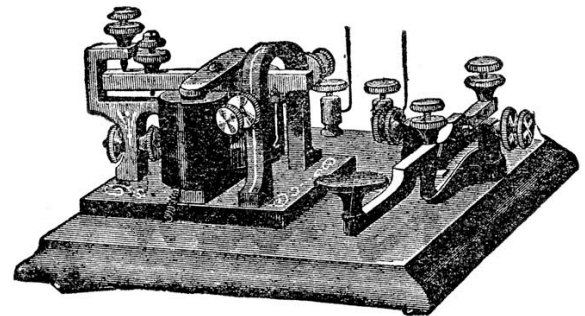
News To Help You Save Time And Money

February 2015

When You're Right For The Job...

In the 19th century, when the telegraph was the fastest method of long-distance communication, a young man went to apply for a job as a Morse code operator.

At the job location, he found a busy office filled with noise and bustle and the ever-present clatter of a telegraph in one corner. He joined ten other applicants, all following instructions written on a blackboard that said to sit and wait to be summoned for an interview.



But after five minutes, the young man stood up with a smile and walked confidently into the office without an invitation. The other applicants looked at each other, and smiled. All expected the brash young man to be tossed out the door.

Ten minutes later the manager came out of the office. "Gentlemen, thank you for your time, but the position has been filled."

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"What?" The group jumped up, annoyed. "You haven't interviewed any of us!" they cried. "Just that one kid who disrespectfully barged through your door."

The manager nodded. "Exactly. See, here's the thing. While you were sitting here, that telegraph in the corner has been ticking out a message in Morse code. It has been saying '*If you understand this message, then ignore the blackboard and come right in.*' None of you apparently paid attention to it, if you even understood it at all. That young man did. The job is his."

What I take away from this is that when you're right for a job, it's obvious to both yourself and others.

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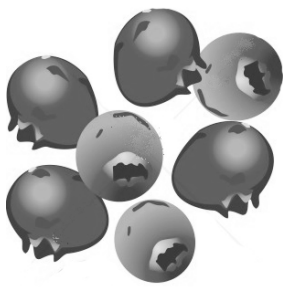
Foods That Help Fight Off The Flu

It's never too late to protect yourself, as well as your friends and family, from the flu. A flu shot may be your best line of defense, but you can also keep the flu virus at bay by eating well. Here are some flu-fighting foods:

Chicken soup. Once again, your mother was right. Chicken soup provides fluids that help fight off viruses and reduce inflammation caused by the flu.

Garlic. Compounds in garlic (also onions) known as allion and allicin have an antiviral impact. For maximum effect, chew a raw clove every four hours, or chop the clove into smaller pieces to swallow like pills. (This will also keep you from spreading the flu, as people will not want to come too close.)

Pumpkin seeds. The zinc in pumpkin seeds is said to help white blood cells fight off disease.



Citrus fruits. The vitamin C found in citrus fruits (as well as red bell peppers, broccoli, and sweet potatoes, among other foods) can reduce flu symptoms by up to 25 percent.

Blueberries. Blueberries contain antioxidants, which can strengthen lung tissue that is damaged during the flu and other respiratory illnesses. Eat half a cup of fresh or frozen blueberries a day during flu season.

February Quiz Question

Q: *If you were running a race and you passed the person in 2nd place, what place would you be in now?*

Everyone who texts, emails or calls in the correct answer by the last day of this month will be entered into a drawing for a \$25 gift certificate

January Question

Q: *What word becomes shorter when you add two letters to it?*

A: *Short.*

Entrepreneurial Ingenuity

A police officer found a perfect hiding place for watching for speeding motorists.

One day, the officer was amazed when everyone was under the speed limit, so he investigated and found the problem.

A 10 years old boy was standing on the side of the road with a huge hand painted sign that said "Radar Trap Ahead."

A little more investigative work led the officer to the boy's accomplice. He found another boy about 100 yards beyond the radar trap holding up a sign reading "TIPS," with a bucket at his feet full of change

Origin of Groundhog Day

Groundhog Day is a popular tradition in the United States. It is also a legend that traverses centuries, with origins clouded by other stories that predict the weather based on events happening or animals awakening on specific dates.



February 2nd is the day that in Punxsutawney, Pennsylvania, a groundhog named Phil comes out of his hole after a long winter. If he sees his shadow, he is startled and retreats. People regard that as an omen of more bad weather to come. If the day is cloudy and shadowless, the groundhog stays above ground, and people regard that as an omen that winter will end early because the groundhog is ready to start gathering food.

The groundhog tradition stems from similar beliefs by early Christians in Europe around Candlemas Day, when the custom was to have clergy bless candles and distribute them. It marked a mid-winter milestone, and traditions that combined the weather and lighting of the candles sprang up.

Roman legions, during the conquest of the northern country, supposedly brought this tradition to the Teutons, or Germans. They morphed it into the idea that if the sun made an appearance on Candlemas Day, a hedgehog would cast a shadow, thus predicting six more weeks of bad weather.

Pennsylvania's earliest settlers were Germans, and they found groundhogs in profusion where they resettled. They determined that if the sun appeared on a particular day in mid-winter, the groundhog would “meet” its shadow, be frightened, and hurry back into its underground home for another six weeks of winter. Groundhog Day has since been centered on the location of Punxsutawney, Pennsylvania in the US, but has spread in popularity to other countries, as well.

Don't Sabotage Your Workout

You work out regularly, so why aren't you in the best shape of your life? You could be sabotaging yourself without realizing it. Whether you go to a fancy health club or simply exercise at home, don't undercut your progress with these mistakes:

- **Not warming up properly.** Without a thorough warm-up, you won't get all the benefits of a good workout, and you increase your chances of injury. Don't leap right into exercise—get your muscles ready to work.



- **Consuming the wrong calories.** Energy drinks and power bars may seem healthier than soda and chocolate, but they still add unwanted calories. Keep up your energy with fruits and vegetables, not trendy sports beverages or massive bran muffins.
- **Starving yourself.** The flip side of eating too much is not eating enough to get through your workout. If you're hungry, you'll tend to binge on high-calorie foods later. Focus on a healthy diet that supports your effort.
- **Doing the wrong exercise.** What do you want to accomplish? Get specific: Do you want to lose weight, build up muscle, increase your endurance, train for a marathon? Set clear goals, and then talk to a trainer about the best exercises for them.

PURVI'S HOME NEWS

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