

## What to Remember About November

November... the eleventh month of the year. It's the last of the autumn months before the winter season. I call it the "Thanksgiving" month, because it's the time (turn it around) for "giving thanks." Read the following poem slowly and think about the words. You might even want to cut it out and put it on your refrigerator. Family and friends can see it, read it, and it might become a good conversation piece.

### *A Thanksgiving Prayer*

*O God, when I have food, help me to remember the hungry. When I have work, help me to remember the jobless. When I have a warm home, help me to remember the homeless. When I'm without pain, help me to remember those who suffer. And remembering, help me to destroy my complacency and better my compassion. Make me be concerned enough to help, by word and deed, those who cry out for whatever*

*we take for granted.*

*-Samuel F. Pugh*

November is a fall month with 30 days. It's colder and time to pull out some warmer clothing. The flower is the 'chrysanthemum,' or mum, as it is sometimes called. Election Day is on the first Tuesday after the first Monday of the month. And, of course, the big holiday is Thanksgiving; always on the fourth Thursday of November. This month, November, and next month, December, are busy, busy times for people. It seems as if we do not have 'time for everything.' Even when it's free, time is valuable. Time waits for no one. We need to treasure all the time we have today. To understand the value of time, ask friends or anyone about one second... someone who has survived an accident. One minute... someone who has missed an airplane, etc. One hour... someone who is waiting for a loved one.

One day... someone who is waiting for a doctor's report. One week... someone who is expecting a lost letter. One month... someone who is out of work. One year... someone who is waiting on a soldier of war.

This is a busy time of the year. But, we can slow down long enough to smell the roses. We can smile at someone in passing. We can hug a child. We can wave to a nosey neighbor. We can write a note to the trash collector. We can call a grandmother. We can visit the hospital or nursing home. We can...

Let's spell November with food for dinner:

N... Nuts (in pecan pie)  
O... Onions (nice in dressing)  
V... Vegetables (carrots and corn)  
E... Eggs (deviled)  
M... Mashed potatoes  
B... Beans (green or baked)  
E... Every kind of dessert (that can be prepared early)  
R... Really big turkey

Indigestion is associated with eating. Especially like a big meal at Thanksgiving. A simple episode that clears up with the simple self-care, for example, with antacids, is nothing to worry about. But, if indigestion persists longer than a week or two, despite self-care, call the doctor. Hiccups are associated with drinking too fast, could be at the Thanksgiving dinner. Most cases are brief, but hiccups can become chronic and last for a long time. They usually stop shortly, but consult a doctor if they last longer than 24 hours. Hiccups occur when the flap of tissue that serves as the gateway to the lungs closes suddenly at the same time as the muscle that controls breathing contracts. The world abounds with old remedies to cure hiccups. Here are a few: Hold your breath, swallow a little sugar, suck on a lemon, breathe into a paper bag, gargle water, or (I love

this one) drink water from the side of a glass while bending over. Best advice, ignore them. Most hiccups only last for a few minutes.

The key to eating Thanksgiving dinner is to eat and drink right. Experts say that the American diet is strongly associated with stroke, diabetes, heart disease, back problems, kidney and gall bladder disorders, and other complications. The good news is that we can change our way of eating and drinking. The average American consumes more than ten times as much salt as the body requires. Never resalt your food. Eat plenty of fruits and vegetables. Drink more water. The body is 80% water, which is vital to just about every body process. People die more quickly from deprivation of water than from the deprivation of food. Regular exercise is as important to good health as a well-balanced diet. So, after that delicious Thanks-

## Take time to be Health Conscious



by B J Armstrong

giving dinner...rest! Experts agree that R&R (rest and relaxation) helps prevent serious illnesses. It's a key component to weight control also.

I hope everyone has a very Happy Thanksgiving. And, be thankful!

*"Therefore take no thought, saying, what shall we eat? Or what shall we drink? Or wherewithal shall we be clothed? (For after all these things do the gentiles seek) For your Heavenly Father knoweth that ye need of all these things." - Matthew 6:31,32*

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