



24 Hour Emergency Service

- Water Damage Clean-Up
- Sewage Damage Remediation
- Fire and Smoke Clean-Up

Easter is April 4



The greatest festival of the Christian church commemorates the resurrection of Jesus Christ. It is a movable feast; that is, it is not always held on the same date. In AD 325 the church council of Nicaea decided that it should be celebrated on the first Sunday after the first full moon on or after the vernal equinox of March 21. Easter can come as early as March 22 or as late as April 25.

Many Easter customs come from the Old World. The white lily, the symbol of the resurrection, is the special Easter flower. Rabbits and colored eggs have come from pagan antiquity as symbols of new life. Easter Monday egg rolling, a custom of European origin, has become a tradition on the lawn of the White House in Washington D.C.



The name Easter comes from *Eoster*, an ancient Anglo-Saxon goddess, originally of the dawn. In pagan times, an annual spring festival was held in her honor. Some Easter customs have come from this and other pre-Christian spring festivals. Others come from the Passover feast of Judaism, observed in memory of their deliverance from Egypt.

Curry May Fight Alzheimer’s

The ingredient that gives curry its distinctive color – curcumin – is filled with potent antioxidants called phenols that may also have anti-inflammatory properties. Curcumin triggers the production of an enzyme that protects against the oxidative diseases – possibly including Alzheimer’s.


Further research is needed to determine whether curcumin will boost health in humans. For now, consider eating Indian food once a week or adding a teaspoon or two of curry to vegetables and meat dishes you make at home. – *Nader G. Abraham, PhD*

Seaweed to the Rescue

Japanese women get less breast cancer than Americans, possibly because about 10% of their diet consists of kelp, a form of seaweed. In laboratory studies, animals given kelp had lower levels of *estradiol*, a hormone associated with breast cancer. Kelp can be purchased at specialty grocery stores. Don’t take kelp supplements – they’re too high in iodine. – *Journal of Nutrition*



Fun Facts about Cherries!

- The average cherry tree grows enough cherries to make about 70 pies. 
 - While several areas of North America grow cherries, over 70% of the annual cherry crop is grown in lower Michigan, in an area referred to as the Traverse Bay Region of the state.
 - The sweet cherry (aka dark cherry) is usually used for snacking, while the tart cherry is used for cooking, in recipes.
 - Cherries are very perishable and do not ripen after harvest. They only remain fresh in the refrigerator for a few days after being picked.
 - The cherry bruises very easily and needs to be handled with care. To identify the best quality, look for cherries with the stems still attached. If the stem is wilted, the cherry is not fresh.
 - The cherry has been shown to offer a number of health benefits, including the reduction of pain associated with arthritis, and the fighting of inflammation in the body. In addition, it can also reduce muscle pain and back pain.
- *Karen Jackson*

Recipe Corner

Moroccan Chicken Kebobs

Ingredients:

• DRY RUB

- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon turmeric
- 1/2 teaspoon cumin
- 1/4 teaspoon cayenne (optional)
- 1/4 teaspoon pepper
- 1/4 teaspoon cardamom
- 1/8 teaspoon ground cloves
- 1/8 teaspoon nutmeg
- 2 teaspoons brown sugar

• KEBOBS

- 2 pounds boneless, skinless chicken breasts
- 2 small red onions, peeled and cut into 1-inch-wide sections
- 2 bell peppers, cleaned and cut into 1-inch squares
- 1/4 cup olive oil
- Salt and pepper
- 12 (10-inch) bamboo skewers, soaked in water for 30 minutes

Instructions:

1. In a small bowl, combine the dry rub ingredients and mix well.
 2. Cut the meat into 1 1/2-inch cubes and put them in a gallon-size zip-lock bag with the rub mix. Seal the bag and shake it vigorously until all the chicken is well coated.
 3. Place the onions and peppers in a gallon-size zip-lock bag, add the olive oil, and season with salt and pepper. Seal the bag and shake it vigorously to coat the vegetables well.
 4. Assemble the kebobs by alternately skewering pieces of chicken, onions, and peppers.
 5. Prepare a charcoal fire or set a gas grill to medium-high, close the lid, and heat until hot -- about 10 to 15 minutes.
 6. Grill the kebobs, turning occasionally, until the chicken is no longer pink inside, about 8 to 10 minutes on a gas grill.
- Serves 6 to 8.

Martin Luther King Jr.

Jan 15, 1929 – April 4, 1968



“*I Have A Dream*” is the popular name given to the public speech by Martin Luther King Jr. in which he called for racial equality and an end to discrimination. King’s delivery of the speech on August 28, 1963, from the steps of the Lincoln Memorial during the March on Washington for Jobs and Freedom, was a defining moment of the American Civil Rights Movement. Delivered to over 200,000 civil rights supporters, the speech is often considered to be one of the greatest and most notable speeches in human history, and was ranked the top American speech of the 20th century by a 1999 poll of scholars of public address.

At the end of the speech, King departed from his prepared text for a partly improvised peroration on the theme of “I have a dream”, possibly prompted by Mahalia Jackson’s cry, “Tell them about the dream, Martin!” He had delivered a speech incorporating some of the same sections in Detroit in June of 1963, when he marched on Woodward Avenue with Walter Reuther and the Reverend C. L. Franklin.

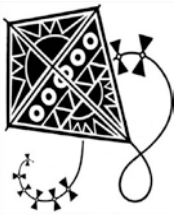
Notable Speech Excerpts:

- *“In a sense we’ve come to our nation’s capital to cash a check. When the architects of our republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men – yes, black men as well as white men – would be guaranteed the unalienable rights of life, liberty and the pursuit of happiness. It is obvious today that America has defaulted on this promissory note, insofar as her citizens of color are concerned.”*
- *“It would be fatal for the nation to overlook the urgency of the moment. This sweltering summer of the Negro’s legitimate discontent will not pass until there is an invigorating autumn of freedom and equality. Nineteen sixty-three is not an end, but a beginning. Those who hope that the Negro needed to blow off steam and will now be content will have a rude awakening if the nation returns to business as usual.”*
- *“The marvelous new militancy which has engulfed the Negro community must not lead us to a distrust of all white people. For many of our white brothers as evidenced by their presence here today have come to realize that their destiny is tied up with our destiny and they have come to realize that their freedom is inextricably bound to our freedom. We cannot walk alone.”*
- *“I have a dream that one day this nation will rise up and live out the true meaning of its creed: ‘We hold these truths to be self-evident, that all men are created equal.’”*



Kite Flying Month

The Lincoln Assassination April 14, 1865



Kites were used approximately 2,800 years ago in China, where materials ideal for kite building were readily available: silk fabric for sail material, fine high-tensile-strength silk for flying line, and resilient bamboo for a strong, lightweight framework.

Alternatively, kite authors Clive Hart and Tal Streeter hold that leaf kites existed far before that time in what is now Indonesia, based on their interpretation of cave paintings on Muna Island off Sulawesi.

The kite was said to be the invention of the famous 5th century BC Chinese philosophers Mozi and Lu Ban. By at least 549 AD, paper kites were being flown, as it was recorded in that year a paper kite was used as a message for a rescue mission. Ancient and medieval Chinese sources list other uses of kites for measuring distances, testing the wind, lifting men, signaling and communication for military operations.

The earliest known Chinese kites were flat (not bowed) and often rectangular. Later, tailless kites incorporated a stabilizing bowline. Kites were decorated with mythological motifs and legendary figures; some were fitted with strings and whistles to make musical sounds when flying.

Clearing Up Myth: In 1750, Benjamin Franklin published a proposal for an experiment to prove that lightning is electricity by flying a kite in a storm that appeared capable of becoming a lightning storm.



Benjamin Franklin wisely never performed his experiment, but on May 10, 1752, Thomas Francois Dalibard of France conducted Franklin's experiment and extracted electrical sparks from a cloud.

Originally, John Wilkes Booth, a well-known actor and a Confederate spy from Maryland, had formulated a plan to kidnap Lincoln in exchange for the release of Confederate prisoners. After attending an April 11 speech in which Lincoln promoted voting rights for blacks, an incensed Booth changed his plans and determined to assassinate the president.

Learning that the President and First Lady would be attending Ford's Theatre, he laid his plans, assigning his co-conspirators to assassinate Vice President Andrew Johnson and Secretary of State William H. Seward. Without his main bodyguard Ward Hill Lamon, to whom he related his famous dream regarding his own assassination, Lincoln left to attend the play *Our American Cousin* on April 14, 1865.

As a lone bodyguard wandered, and Lincoln sat in his state box in the balcony, Booth crept up behind the President and waited for what he thought would be the funniest line in the play ("*You sock-dologizing old man-trap!*"), hoping the laughter would muffle the noise of the gunshot.



When the laughter began, Booth jumped into the box and aimed a single-shot, round-ball .44 caliber Derringer at his head, firing at point-blank range.

Major Henry Rathbone momentarily grappled with Booth but was cut by Booth's knife. Booth then leapt to the stage and shouted "*Sic semper tyrannis!*" (Latin: *Thus always to tyrants*) and escaped, despite suffering a broken leg in the leap. A twelve-day manhunt ensued, in which Booth was chased by Federal agents, and was eventually cornered in a Virginia barn house and shot, dying of his wounds soon after.

An army surgeon, Doctor Charles Leale, initially assessed Lincoln's wound as mortal. The President was taken across the street from the theater to the Peterson House, where he lay in a coma for nine hours before dying.

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Earth Day Turns 40!



Responding to widespread environmental degradation, US Senator Gaylord Nelson called for an environmental teach-in, or Earth Day, to be held on April 22, 1970.

Over 20 million people participated that year, and Earth Day is now observed on April 22 each year by more than half a billion people worldwide.

Senator Nelson, an environmental activist, took a leading role in organizing the celebration, hoping to demonstrate popular political support for an environmental agenda. He modeled it on the highly effective Vietnam War teach-ins of the time. The proposal for Earth Day was first proposed in a prospectus to JFK written by Fred Dutton.

Earth Day was conceived by Senator Nelson after a trip he took to Santa Barbara right after the horrific oil spill off the California coast in 1969. Outraged by the devastation and by Washington political inertia, Nelson proposed a national teach-in on the environment to be observed by every university campus in the US.

Who Wants To Win Movie Tickets?

**Take my Trivia Challenge
And you could win too!**

This is one of my favorite parts of the newsletter! Each month, I'll give you a new trivia question. The first 5 people who e-mail my office with the correct answer will win **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, and then e-mail me at **candy@allfloodfire.com!** Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

**Who briefly wrestled with John Wilkes Booth
right after he shot President Lincoln??**

- A) Henry Rathbone B) William H. Seward
C) Dr. Charles Leale D) Hulk Hogan

HINT: The answer is somewhere in this newsletter