



24 Hour Emergency Service

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

Memorial Day Origins

Memorial Day is a U.S. federal holiday observed on the last Monday of May (May 31 in 2010). Formerly known as **Decoration Day**, it commemorates American men and women who died while in military service. First enacted to honor Union soldiers of the American Civil War, it was expanded after WWI.

According to Prof. David Blight of Yale University, the first memorial day was observed by former slaves, at the Washington Race Course (today the location of Hampton Park) in Charleston, South Carolina.

The race course had been used as a temporary Confederate prison camp in 1865 as well as a mass grave for Union soldiers who died there. Immediately after the cessation of hostilities, former slaves exhumed the bodies from the mass grave and reinterred them properly with individual graves. They built a fence around the graveyard with an entry arch and declared it a Union graveyard. The work was completed in only 10 days.

On May 1, 1865, the Charleston newspaper reported that a crowd of up to ten thousand, mainly black residents, processed to the location for a celebration which included sermons, singing and a picnic on the grounds, thereby creating the first Decoration Day.



However, the official birthplace of Memorial Day is Waterloo, New York. The village was credited with being the place of origin because it observed the day on May 5, 1866, and each year thereafter.

Many of the states of the U.S. South refused to celebrate Decoration Day, due to lingering hostility towards the Union Army and also because there were relatively few veterans of the Union Army who were buried in the South. A notable exception was Columbus, Mississippi, which on April 25, 1866, at its Decoration Day commemorated both the Union and Confederate casualties buried in its cemetery.

The alternative name of "Memorial Day" was first used in 1882, but it did not become more common until after World War II. It was officially declared the name of the holiday by Federal Law in 1967.

Kentucky Derby Traditions

In addition to the race itself, a number of traditions play a large role in the Kentucky Derby atmosphere. The **Mint Julep**, an iced drink consisting of bourbon, mint and a sugar syrup is the traditional beverage of the race. Most Churchill Downs patrons sip theirs from a souvenir glass printed with all previous Derby winners. Also, **burgoo**, a thick stew of beef, chicken, pork and vegetables, is a popular Kentucky dish served at the Derby. The **infield**, a spectator area inside the track, offers general admission prices but little chance of seeing much of the race. Instead, revelers show up in the infield to party with abandon. By contrast, "**Millionaire's Row**" refers to the expensive box seats that attract the rich, the famous and the well-connected. Women appear in fine outfits lavishly accessorized with large, elaborate hats.



Cutting Your Risk of a Fatal Heart Attack

Stop reading this for a minute and go get yourself a glass of water. Seriously, go ahead. I'll wait. Now drink it.

Congratulations! You're on your way to cutting your heart attack risk by up to 51%!

In a 6-year study of 34,000 participants, researchers found that men who drank 5 or more glasses of water daily had up to 51% fewer fatal heart attacks than those who drank less than 2 glasses. Women water-drinkers had up to 35% fewer.

The explanation could be that water dilutes your blood a bit and makes it less prone to clot, which can trigger a deadly heart attack. And the calcium and magnesium in the water don't seem to hurt either.

Now... care for a refill on that water? – *Dr. Michael Mogadam*

Recipe Corner

Lemon-Buttermilk Ice Cream



INGREDIENTS:

1 ½ C Sugar
1 C fresh lemon juice (about 10 lemons)
2 C Half and Half
2 C fat free buttermilk

PREPARATION:

Combine sugar and juice in a large bowl, stirring with a whisk until sugar dissolves. Add half and half, whole milk and buttermilk. Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon ice cream into a freezer-safe container. Cover and freeze 1 hour or until firm.

*After silence, that which comes
nearest to expressing the
inexpressible is music.*

Aldous Huxley

If music be the food of love, play on.

William Shakespeare

*Music doesn't lie. If there is
something to be changed in this
world, then it can only happen
through music.*

Jimi Hendrix

*Music is a higher revelation than all
wisdom and philosophy.*

Ludwig van Beethoven

*Music is everybody's possession.
Only publishers think people own it.*

John Lennon

*Music was my refuge. I could crawl
into the space between the notes and
curl my back to loneliness.*

Maya Angelou

The 10 Biggest and Deadliest Heart Myths

By Dr. Michael Mogadan, author of *Every Heart Attack Is Preventable*

- **Myth #1:** Heart disease and heart attacks are an inevitable part of aging. **The Truth:** Your risk of a heart attack *does NOT* have to increase as you age.
- **Myth #2:** Cholesterol is the main cause of heart disease and heart attacks. **The Truth:** Most people who die of heart disease have *low* or *normal* cholesterol levels. Focus on cholesterol and you can easily overlook much more important risk factors.
- **Myth #3:** Blood pressure drugs help you avoid heart problems and live longer. **The Truth:** Blood pressure drugs usually *don't* help you live longer or lower your heart attack risk.
- **Myth #4:** Aggressive Type A behavior increases your risk of a heart attack. **The Truth:** Being an aggressive Type A personality is perfectly harmless to your heart. But certain overlooked emotions *do* skyrocket your risk.
- **Myth #5:** Low-fat, low cholesterol diets are good for you and your heart. **The Truth:** Low-fat, low cholesterol diets are even worse than useless (and so depressing). They can actually *harm* you.
- **Myth #6:** Any exercise is always good for your heart. **The Truth:** Overly strenuous exercise can actually increase your risk of heart disease exponentially.
- **Myth #7:** There are two kinds of cholesterol: good and bad. **The Truth:** There's *good* good cholesterol and there's *bad* good cholesterol. Likewise, there's bad cholesterol and **REALLY** bad cholesterol.
- **Myth #8:** You should eat less salt. **The Truth:** Only some people benefit from eating less salt. Eating too little salt can actually be harmful.
- **Myth #9:** You should lose weight if you're "overweight." **The Truth:** Likewise, only some people considered "overweight" really need to lose weight for their heart health.
- **Myth #10:** There's no way to absolutely, positively avoid a heart attack. **The Truth:** There are ways you can absolutely eliminate *any* risk of a heart attack.

Star Wars Day is May 4

The original Star Wars film was released upon an unsuspecting public on May 25th, 1977, and has since attracted an enormous following—so much so that a Star Wars Day has been established, as a pseudo-holiday to celebrate the film and the lore behind it.

The date of May 4th was chosen as the celebration date because of the clever play on words it creates: "May the Fourth Be With You!"

May Birthday Hall of Famer Fred Astaire



Stage and film legend Fred Astaire was born Frederick Austerlitz on May 10, 1899. His career spanned a total of 76 years, during which he made 31 musical films. He is particularly associated with Ginger Rogers, with whom he made ten films.

Astaire was born in Omaha, Nebraska, the son of Johanna and Frederick Austerlitz. Astaire's mother was born in the US to German immigrants, while his father was born in Linz, Austria. After arriving in New York City at age 24 and being processed at Ellis Island, Astaire's father moved to Omaha, hoping to find work in his brewing trade.

Fred's sister Adele Astaire early on revealed herself to be an instinctive dancer and singer. This revelation inspired mother Johanna to dream of escaping Omaha and returning to New York, with a "brother and sister act", which was common in vaudeville at the time. Although young Fred refused to take dance lessons at first, he easily mimicked his older sister's steps and also took up piano, accordion and the clarinet.

When their father suddenly lost his job, the family did in fact return to New York City to launch the show business career of the children.



They took the name "Astaire" in 1905, as they were taught dance, speaking and singing in preparation for developing an act. Family legend attributes the name to an uncle surnamed "L' Astaire".

Their first act was called *Juvenile Artists Presenting and Electric Musical Toe-Dancing Novelty*. Fred wore a top hat and tails in the first half and a lobster outfit in the second. The goofy act debuted in Keyport, New Jersey in a "tryout theater." The local paper wrote "the Astaires are the greatest child act in vaudeville."

As a result of their father's salesmanship, Fred and Adele soon landed a major contract and played the famed Orpheum circuit not only in Omaha but throughout the United States. Soon, Adele grew several inches taller than Fred and the pair began to look incongruous. The family decided to take a two-year break from show business to hope Fred would catch up.

The career of the Astaire siblings resumed with mixed fortunes, though with increasing skill and polish, as they began to incorporate tap dancing into their routines. From vaudeville dancer Aurelio Coccia, they learned the tango, waltz and other popular ballroom dances.



Fred Astaire first met George Gershwin in 1916, who was working as a song plugger in Jerome H. Remick's. Fred had already been hunting for new music and dance ideas.

Their chance meeting was to deeply affect the careers of both artists.

"The history of dance on film begins with Fred Astaire."

Gene Kelly

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients and friends who graciously referred me to their friends and neighbors last month!

My business runs on the positive comments and referrals from people just like you! I couldn't do it without you!



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Your New Issue Has Arrived!

*Look Inside For Some
Amazing Money-Saving
Tips and More!*

A Texan Walks Into a Pub in Ireland...

... and clears his throat. Addressing the crowd of drinker, he says, "I hear you Irish are a bunch of hard drinkers. I'll give \$500 American dollars to anybody in here who can drink 10 pints of Guinness back-to-back."

The room is quiet, and no one takes up the Texan's offer. One man even leaves.

Thirty minutes later the same gentleman who left shows back up and taps the Texan on the shoulder. "Is your bet still good?" asks the Irishman.

The Texan says yes and asks the bartender to line up 10 pints of Guinness. Immediately the Irishman tears into all 10 of the pints, drinking them all back to back.

The other pub patrons cheer as the Texan sits in amazement. The Texan gives the Irishman the \$500 and says, "If you don't mind me askin', where did you go for that half-hour you were gone?"

The Irishman replies, "Oh... I had to go to the pub down the street to see if I could do it first."

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 2 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 email me at candy@allfloodfire.com Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

**Which type of alcohol is used to make the
Kentucky Derby's traditional Mint Julep?**

A) Rum B) Scotch C) Bourbon D) Vodka

HINT: The answer is somewhere in this newsletter