

# *Happy Thanksgiving!*

from Wrinkle In Time

## Pre-Holiday Shopping

November is here, and the grim reality is that despite your best intentions of shopping early, you have purchased nothing and your holiday shopping list has only gotten longer. Should you panic? In the past, I would have been there for your mental breakdown, but with the advent of internet marketing, let's get that list and handle it!



Magazines are always a good choice, especially for the guys on your list. Check out [bluedolphin-magazines.com](http://bluedolphin-magazines.com) and see everything they have available. You may even decide to "gift" yourself a subscription or two!

The benefit to using the internet is that you can order the items on-line and have them shipped directly to your family and friends. Many internet sites even offer wrapping and gift-card services.

A good piece of information for on-line ordering is how to create a "cyber" credit card number. Did you know you can do that? All major credit card companies have that option available. Log onto your credit card website and look for how to create a "safe" shopping number. This allows you to create a number that is attached to your credit card, but if stolen will have no effect on your credit card balance. For Bank of America customers it is called ShopSafe, and for Citibank customers it is a Virtual Account Number. Once the number is generated, it is temporary, but it does have an expiration date, and a security code for each on-line purchase. This provides the necessary peace of mind to shop on-line safely.

**Create a  
"cyber" credit  
card number to  
protect  
yourself when  
making on-line  
purchases.**

The first year shopping on-line I managed to get everyone on my Christmas List taken care of. I was finished in one afternoon, just in time to turn on the ball-game and handle that plate of nachos. What a relief, I didn't have to worry about fighting crowds, buying, wrapping, and then sending all those gifts. Maybe I can relax this upcoming holiday season.

**\$10 FREE Dry Cleaning**  
**Recommend your neighbor and receive \$20 in free dry  
cleaning and your neighbor will get \$10 in dry cleaning too.**



## *Top Ten Ways to Boost Your Immunity*



### Do you want to be healthier?

**Check some of your old habits and see which ones could be discarded, leading to a healthier lifestyle.**

1. Dunk the junk and add a few fruits and veggies instead.
2. Drink water, sip it throughout the day, and consume at least two liters daily.
3. Avoid sleep deprivation, lack of sleep also ages you!
4. Reduce your daily stress, try meditation, or self-hypnosis.
5. Adopt an optimistic outlook; you may even bring good things about! Have you noticed how pessimists are usually unhappy and sick?

6. Avoid sedentary lifestyles, just a ten minute daily walk will help.
7. Avoid social isolation, too much of one's own company can be toxic.
8. Stop Smoking...I know you've tried...try again, and this time **really believe** you can do it...consider hypnosis, acupuncture, or something you haven't tried yet.
9. Limit the number of antibiotics you take, only use them when you have a **SERIOUS** bacterial infection. Otherwise, spend the time resting!
10. Use laughter to chase away stress and boost your immunity. Rent funny movies, watch comedians; Youtube.com is the source of many, many funny clips.

### **Did you know?**

#### **Check out these Websites for donating your old computers:**

The average computer is stored for several years before it is ever discarded...let's share the wealth before the technology is outdated!

- <http://www.freecycle.org/>
- <http://www.handicapability.org/>
- <http://sharetechnology.org/new-mp-requests.html>

## **Thanksgiving Week Pick-Up & Delivery Schedule. Pick-Up's Are Two Days Every Week!**

If you're pick-up day is Monday and your delivery day is Thursday, your delivery day for the week of Thanksgiving will be on Wednesday, a day earlier. And if your pick-up day is Tuesday, your delivery day will be the following Tuesday. Enjoy the holiday and don't forget that turkey sandwich later Thanksgiving night.

You have two pick-up days and two delivery days. Don't wait until the next week to leave out your dirty clothes, give them to us twice a week.

### **This month's quotes:**

*"All of us are gifted; some just open our packages earlier than others." -Unknown*

*"Smile, it's free therapy." -Doug Horton*

*"Continuous improvement is better than delayed perfection." -Mark Twain*

*"It matters not what a person is born, but (whom) they choose to be." -Joanne Kathleen Rowling*

*"And in the end, it's not the years in your life that count. It's the life in your years." -Abraham Lincoln*

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