

Living with Zing

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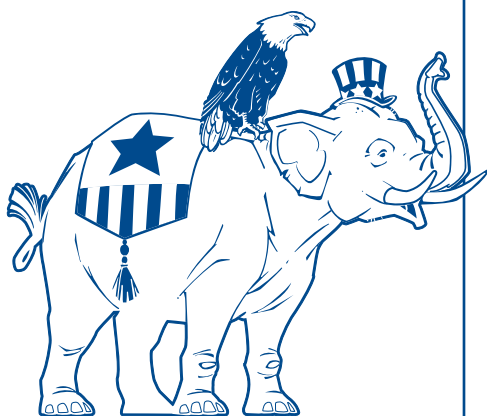
SEPTEMBER / OCTOBER 2008

It's Election Time!

Did you know...

- In ancient Greece, citizens voted by writing someone's name on a shell or a broken piece of pottery and dropping it into a basket.
- In 1964, Barry Goldwater's slogan was, "In your heart you know he's right." His opponents said, "In your guts you know he's nuts!"
- Dick Gregory, a stand-up comedian, ran for president as the Freedom and Peace Party candidate in 1968. He won 1.5 million votes.
- Since 1845 Election Day has been the first Tuesday after

Continued on back.



Diane says... When my family takes a beach vacation, I love to stroll along the water's edge and collect shells. Looking at my shells always makes me smile. It's strange to think that the ancient Greeks used shells for voting. No voting machines in those days!

Diane Johnson, RN, BSN, JD
President & CEO, VIP HomeCare, Inc.

Candlesticks, Teddy Bears, Old Tools...

Collections and the Stories Behind Them

Almost everyone collects something, packed away in a drawer or displayed proudly on a shelf. Fancy buttons, plain buttons, political buttons – fun to take out and show to a friend or a visiting grandchild. A few people can collect sports cars or crystal goblets. Others enjoy finding the plain things that are all around us but can tell a story to those who know enough to ask.

Mary Lou W. collects pebbles, simple little rocks she picks up wherever she travels. Each one is special in its own way, and each has a story. Her most treasured pebble was brought to her from Iraq by her grandson Joey. It's not much to look at, but it's a precious reminder of Joey's safe return from the war. Betty loves elephants and has a collection that grows bigger each Christmas and birthday. Her family and friends always know what gift will please her!

Collecting something can be a great way to learn – and to connect with kids. Helping a child collect the quarters that honor each state, for example, can make geography fun. A collection of marbles is an opportunity to play a timeless game. Making a game of collecting the stickers from fruit will encourage a child to eat healthy food.

Whatever you choose to collect – items from nature or works of art – you'll find that your collection helps you see the world in a new way. And it will soon become a collection of memories too.

Cherry Almond Mini-Tarts

A special fall treat

- 1 stick butter
- ¼ cup confectioners' sugar
- 1 cup flour
- ¼ cup sliced almonds
- 12-oz. can cherry pie filling
- ½ tsp. almond extract

Preheat oven to 300 degrees. Spray the cups of 2 mini-muffin tins with non-stick baking spray. Cream butter and sugar. Mix in almond extract. Add flour and mix well. Press a one-inch ball of dough onto bottom and up the sides of each muffin cup. Bake for 20 minutes or until lightly browned. Cool for 15 minutes. Remove from cups. Spoon pie filling into each tart and sprinkle with sliced almonds.

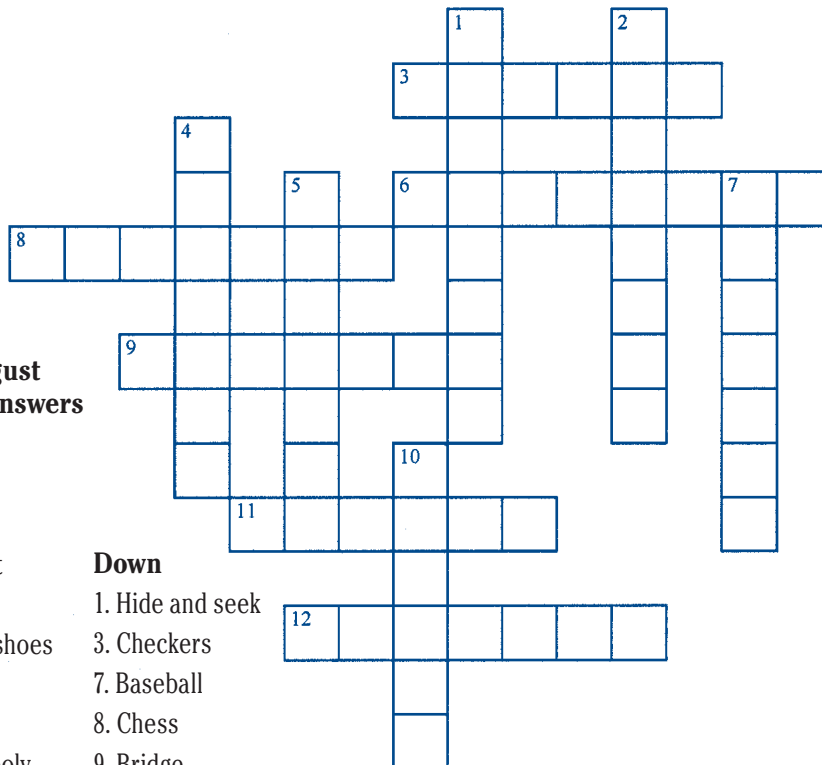
Crossword State by State

Across

- 3. California: _____ state
- 6. Pennsylvania: _____ state
- 8. Illinois: Land of _____
- 9. Peach state
- 11. Aloha state
- 12. Hoosier state

Down

- 1. Texas: _____ state
- 2. Bluegrass state
- 4. Ohio: _____ state
- 5. Sunshine state
- 7. Empire state
- 10. New Jersey: _____ state



July-August puzzle answers

Across

- 2. Scotch
- 4. Tennis
- 5. Croquet
- 6. Poker
- 10. Horseshoes
- 11. Rope
- 12. Ball
- 13. Monopoly

Down

- 1. Hide and seek
- 3. Checkers
- 7. Baseball
- 8. Chess
- 9. Bridge

Answers will be in next month's newsletter.

Election Time continued.

the first Monday in November. This way, elections aren't held on the first day of November, a busy day for merchants. Tuesdays were better because some voters had to travel long distances and did not want to travel on Sunday.

- After Adlai Stevenson's second unsuccessful presidential bid in 1952, a reporter asked him if he planned to run again. Stevenson said, "Examine that man's head!"
- In 1872, Susan B. Anthony was arrested for voting in a presidential election. Women were not assured the right to vote until 1920 when the Nineteenth Amendment was ratified.
- In the early 20th century, the Democratic Party used a rooster as a symbol, not a donkey. Republicans used an eagle.
- Voting is compulsory in 32 countries.
- In the eighteenth century, it was customary for candidates to buy drinks for the crowd. When George Washington ran for the the Virginia House of Burgesses in 1758, his campaign served 160 gallons of alcohol to 397 voters. Washington won.

