



The Whitehursts'

Dry Cleaning News

The Best Dry Cleaning Ever...Or It's Free!

NOVEMBER 2019



Mark and Family David and Sherry

Aging Un-Gracefully

Andy Rooney once said, "I didn't mind getting old, it just happened. If you're lucky, it could happen to you."

I feel that way - that suddenly I realize that I'm old. But looking back, it's been piling up over a lot of years.

I grew up before there was fluoride in the water. And I wasn't the best about brushing my teeth as a kid. I didn't believe it when my folks told me that my teeth would fall out if I didn't brush 'em. I was wrong.

In my early 20s, I was counting cavities on two hands - at one visit to the dentist. Eventually some of these teeth wore out. Over the years I found myself getting teeth pulled, crowns and bridges added, and even some implants. This was only the beginning for me.

It is fair to say that I still have most of my teeth, but they aren't all original equipment. But even to this day, when I walk in my dentist's office, I see dollar marks in his eyes. He told me once that fluoride just killed off mouths like mine. What a shame!

When I hit 50, I needed glasses to read. And now, every year or two, I need stronger lenses. Spending more than about 20 minutes today looking at Facebook on my phone tells me that my

eyes are getting worse or reading on my phone is hazardous to my vision. I think it's the latter.

I became concerned when I started seeing black spots bouncing around in my vision. After I realized they were not gnats or flies, I thought maybe I was going blind. But the optometrist assured me I wasn't ... it was just that my eyes were getting older. I've since become good friends with a couple of gnats that only I can see. I've caught myself swatting at them - just to suddenly remember that they are actually my friends.

I seem to be aging, but not very gracefully.

Back in May this year, I had so much pain in my right shoulder that I had that joint replaced. With the amount of baseball I played and coached with my three sons, it didn't come as a surprise that I needed surgery on my right shoulder.

But do you know what surprised me? Three months after I had my right shoulder replaced, I developed a lot of pain in my left shoulder. I headed back to Dr. Adkison and learned that I needed my left shoulder replaced. But how could that be? After all, I'm right handed and never used my left side excessively.

The doctor has a simple explanation - "Genetics." Gee thanks!

I returned to surgery on October 14 and now I have a matched pair of titanium shoulders.

I'm not aging gracefully!

The problem seems to be that I didn't expect to wear out over time. I guess I thought I would just leave this Earth when my time was up.

I've exercised for most of my adult life with the idea to delay aging as long as possible. Hopefully my ticker is in good shape - it's just the chassis and the exterior trim that are wearing out.

I think it's a safe bet I'll need more. More teeth, more ears, better eyes and more joints.

But the big question is "What's next?"

I'm checking with Vegas to see if they will open a betting line on that question.

There is a saying I've seen on tee-shirts - "Baseball is Life." I feel like I've rounded second and I'm headed to third in an all-out sprint. I'm not stopping at third. I may crash into the catcher at home, but I'll give it every bit of effort I have.

There's no hope for me aging gracefully.

David



“Did You Know Where This Saying Came From...”

QUIT COLD TURKEY



Meaning: People often use the idiom “quitting cold turkey” when they decide to abruptly stop doing something that is considered bad for them, such as smoking.

Origin: We found an older expression that goes ‘talking turkey’ or ‘talking cold turkey,’ which can mean one who speaks plainly, bluntly; the person gets directly to the point, without any nonsense. This sort of direct approach in speaking is similar to a person who quits something

‘cold turkey,’ they do so in a direct, no-nonsense way. So it’s possible then, that this phrase derives from this older ‘talking turkey’ expression. Another explanation is that cold turkey is a dish that is quick to make, taking little time to prepare. This, apparently, then started to be used as a metaphor for when somebody quits doing something abruptly, without much preparation. This explanation seems odd, though, because there are plenty of other dishes that are also quick to make and that require little preparation, so why would cold turkey be the one that becomes an expression? Anyways, the earliest this phrase appears in print, in connection to stopping a bad habit, is said to be from The Daily Colonist newspaper, 1921: “Perhaps the most pitiful figures who have appeared before Dr. Carleton Simon are those who voluntarily surrender themselves. When they go before him, they [drug addicts] are given what is called the ‘cold turkey’ treatment.”

CUT THE MUSTARD

Meaning: If something “cut the mustard” that means it met a required standard; it filled expectations. John couldn’t “cut the mustard” when it came to training his dog Fido.

Origin: The origin of the phrase ‘cut the mustard’ is unclear. The earliest appearance of this saying in print is from a writer named O. Henry. He wrote many stories near the beginning of the 20th century. In one of them, which is believed to have been written around the year 1909, it reads: “She cut the mustard.” However, according to The Phrase Finder, there’s an earlier example of this saying appearing in print. This example is from a newspaper called The

Ottawa Herald, 1889: “He tried to run the post office business under Cleveland’s administration, but ‘couldn’t cut the mustard.’”



3 WAYS TO CLEAN REUSABLE WATER BOTTLES

We all need to be using reusable water bottles instead of buying bottled water. I’ve read that a million plastic bottles are bought every minute around the world. That’s a lot of plastic that gets immersed in our environment, even considering recycling.

So here are 3 ways to clean reusable water bottles.

Use hot soapy water then rinse well. This is probably the most common method. But there are other methods that can help with bottles that need more help.

Use baking soda. It’s a mild abrasive and a degreaser. It does a great job on dissolving dirt and grease and does a wonderful job at eliminating odors.

Use ¼ Cup of white vinegar. Swish it around, let it sit overnight and then rinse in the morning.

Save the planet – use reusable water bottles!



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2548 Rocky Ridge Road Vestavia Hills, AL 35243
205.824.7737

Greystone
5403 Highway 280, Suite 101 Hoover, AL 35242
205.408.2797

Calera Cleaning Center
4204 Highway 31 Calera, AL 35040
205.668.4727

Crestline
42-A Church Street, Mtn. Brook AL 35213
205.871.2962

The True Story Of Thanksgiving

Thanksgiving Day, an annual national holiday in the United States and Canada celebrating the harvest and other blessings of the past year. Americans generally believe that their Thanksgiving is modeled on a 1621 harvest feast shared by the English colonists (Pilgrims) of Plymouth and the Wampanoag people. The American holiday is particularly rich in legend and symbolism, and the traditional fare of the Thanksgiving meal typically includes turkey, bread stuffing, potatoes, cranberries, and pumpkin pie. This holiday is often the busiest of the year, as family members gather with one another. Plymouth's Thanksgiving began with a few colonists going out "fowling," possibly for turkeys but more probably for the easier prey of geese and ducks." Next, 90 or so Wampanoag made a surprise appearance at the settlement's gate, doubtlessly unnerving the 50 or so colonists. Nevertheless, over the next few days the two groups socialized without incident.





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NEWSLETTER NOVEMBER 2019

Beside the normal stuff, we also clean:

- Wedding Gowns
- Area Rug Cleaning
- Suedes and Leathers
- Purses, luggage and backpacks
- Ugg Boots

And we do...

1. We are a Certified Wedding Gown Specialist
2. We are part of the Certified Restoration Drycleaning Network (CRDN) - We handle textile and electronics restoration due to damage from smoke, fire, water and mold.
3. Home and office dry cleaning pickup and delivery
4. Wash Dry & Fold service - including Champion Hamper service

Thanksgiving Jokes

Kevin James: Thanksgiving, man. Not a good day to be my pants.

What happened when the turkey got into a fight? He got the stuffing knocked out of him!

What did the turkey say to the computer? Google, google, google!

What did baby corn say to mama corn? Where's popcorn?

Why did the police arrest the turkey? They suspected it of fowl play

Why did the turkey cross the road? It was the chicken's day off!

What do you call a running turkey? Fast food.

How do you repair a broken pizza? Tomato paste!



Time To Do This...

- Plant garlic cloves and shallots
- Start planning for Thanksgiving
- Clean your garbage disposal
- Clean Sink Faucet Aerators
- Lubricate Door Locks
- Get ready for black Friday
- Polish the silver and dust off the china

