



Justin Hitt

**THE MOST ENTERTAINING, FUN AND
INFORMATIVE NEWSLETTER ON THE
PLANET!**

Hot News You Can Use!

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For A Better Future Tend To Your Personal Needs Now

You know you have worked hard to get where you are today, but what about the future? To develop the physical strength and mental outlook you will need in times to come, see that your personal needs are met at mid-life and beyond. Check these areas:

In what ways are you ignoring your physical needs? Do you get enough sleep, find time to exercise, eat right, and take your vitamins? Fuel your body properly for maximum performance.

Are your social needs being met? Attend to them by having good relationships with family, friends, and co-workers. Have at least two evenings a month where you go out just for fun. Work is important but shouldn't dominate your entire life.

How about emotional needs? Pay attention to how you are feeling and have someone to share your feelings with. Are you comfortable with anger and do you allow yourself to grieve over a sad occurrence or loss?

Everyone has spiritual needs, but they are met in different ways. Some people pray, others meditate. Others meet spiritual needs through 12-step groups where they are reminded of a higher power. And for some people, their spirituality involves being in the moment, finding gratitude in the day, or being outdoors in nature.

The last need is to have a purpose in life, whether it is raising your children, having a successful marriage, getting ahead at work, or something else. Everyone needs to know the direction they want to travel and enjoy the journey.



Thoughts For The Month

Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome.

I will let no man narrow and degrade my soul by making me hate him.

Booker T. Washington



"The Groundhog tests have come back. I'm afraid you only have six weeks to live."

More fun than should be humanly possible!

Trivia Teaser Day by Day

1. "That'll be the Day" was the only #1 song by what 1950s singer? a-Ritchie Valens, b-Buddy Holly, c-Fats Domino, d-Hank Ballard.
2. Who hosts the Food Network's "30 Minute Meals" and "\$40 a Day" programs? a-Debbie Travis, b-Jill Cordes, c-Rachael Ray, d-Elizabeth Manville.
3. Clarence Day was the author of what book adapted into a long-running Broadway play? a-"The Odd Couple," b-"Life With Father," c-"Wait Until Dark," d-"Bus Stop."
4. What was the only movie for which Doris Day received an Oscar nomination? a-"Teacher's Pet," b-The Man Who Knew Too Much," c-"Pillow Talk," d-"With Six You Get Egg roll."
5. Crooner Dennis Day played himself as a ditzzy character on what comedian's radio show? a-Danny Thomas, b-Red Skelton, c-Jack Benny, d-Fred Allen.
6. What was Bill Murray's profession in the movie "Groundhog Day"? a-Pianist, b-Cameraman, c-Shoe store owner, d-Weatherman
7. What Thomas Hardy novel relates the love story of Dick Dewy and Fancy Day? a-"Under the Greenwood Tree", b-"A Pair of Blue Eyes", c-"Jude the Obscure", d-"The Mayor of Casterbridge."
8. In what city was the sitcom "One Day at a Time" set? a-Indianapolis, b-Albany, c-Cleveland, d-San Francisco
9. What was the surname of the high school dean of students trying to catch the truant title character of the movie "Ferris Bueller's Day Off"? a-Miller, b-Garland, c-Rutherford, d-Rooney.
10. Which First Lady wrote a syndicated newspaper column titled "My Day"? a-Rosalynn Carter, b-Betty Ford, c-Jackie Kennedy, d-Eleanor Roosevelt.

The Lighter Side Makes you wonder...

- Why a wrong number is never busy.
- Why the third hand on a watch is called the second hand.
- How to get off of a non-stop flight.
- If this is really Phillip's screw driver.
- If killing time damages eternity.
- If you can buy an entire chess set in a pawnshop.

Famous Birthdays This Month...

- 1, Lisa Marie Presley, singer, Memphis, Tenn., 1968.
- 3, Bob Griese, sportscaster, Evansville, Ind., 1945.
- 4, Oscar de la Hoya, boxer, Los Angeles, Calif., 1973.
- 5, Jane Bryant Quinn, writer, Niagara Falls, N.Y., 1941.
- 6, Natalie Cole, singer, Los Angeles, Calif., 1950.
- 7, Garth Brooks, country singer, Tulsa, Okla., 1962.
- 8, Nick Nolte, actor, many movies, Omaha, Neb., 1941.
- 9, Ziyi Zhang, "Crouching Tiger ..." actress, China, 1979.
- 10, Greg Norman, golfer, Australia, 1955.
- 11, Jennifer Aniston, actress, Sherman Oaks, Calif., 1969.
- 12, Arsenio Hall, talk-show host, Cleveland, Ohio, 1955.
- 13, Randy Moss, football player, Rand, W.Va., 1977.
- 14, Carl Bernstein, journalist, Washington, D.C., 1944.
- 15, Jane Seymour, TV Emmy winner, England, 1951.
- 16, Ice T, singer, actor, Newark, N.J., 1959.
- 17, Michael Jordan, basketball player, Brooklyn, 1963.
- 18, John Travolta, many movies, Englewood, N.J., 1955.
- 19, Benicio Del Toro, Oscar winner, Puerto Rico, 1967.
- 21, Kelsey Grammer, "Frasier," Virgin Islands, 1955.
- 22, Drew Barrymore, actress, Los Angeles, Calif., 1975.
- 24, Steve Jobs, Apple founder, Los Altos, Calif., 1955.
- 25, Sally Jessy Raphael, talk-show host, Easton, Pa., 1943.
- 27, Elizabeth Taylor, Oscar winner, England, 1932.
- 28, Bubba Smith, actor, Beaumont, Texas, 1945.

Trivia Answers

- 1-b, Buddy Holly
- 2-c, Rachael Ray
- 3-b, "Life With Father"
- 4-c, "Pillow Talk"
- 5-c, Jack Benny
- 6-d, Weatherman
- 7-a, "Under the Greenwood Tree"
- 8-a, Indianapolis
- 9-d, Rooney
- 10-d, Eleanor Roosevelt



"...and I'm especially proud that I was able to accomplish this without the use of steroids."

This news is all about you...

Thank You For Your Referrals

There's no question that I have the BEST customers on the entire planet.

My business is built on word of mouth advertising and I like to thank the following people who were kind enough to recommend my services to their friends.

Thank you soooo much!

*John (Scooter) Kello
Buddy Ivey
Tommy Rabeau*

And Our Client Of The Month Is.... Allen Plumbing Co.

A commercial and residential plumbing contractor who is growing quite rapidly. They recently moved from Battlefield Blvd. to expand at a new location on Canal Dr.

They are now under constructions with a mixed use office/warehouse complex next to their office. Space will soon be available.

Member of the Tidewater Builders Association. A special "thank you" to you for being a customer.

To learn more about Allen Plumbing Co, write: Ed Allen, 949 Canal Dr, Chesapeake, VA 23323 or call (757)487-3034.

New Clients We Want To Welcome...

I'd like to welcome the following people and organizations to my rapidly expanding client family...

*Allied Heating & Air Cond. Sales
Management Insights Inc
Butler Paper Recycling
Camdem Yard Materials
Virginia Truck & Equipment
Valianos Grading & Clearing*

Community Life

"How To Cook Your Goose In A Taste Way"

A few weeks ago I visited a long-time friend in Maryland. Now, **I've never once eaten bad food at their house**, and haven't even heard one grandchild ever said "yuck," to the delights they put on the table.

But that's not so much what this story is about ... they sent me home with two of the largest (as big as Purdue roasters) Goose breasts. The entire drive home **I fantasized about all the elaborate ways to prepare them** ... but my friend suggested one simple recipe.

Quite frankly it was too simple to believe it would be any good. So, I slept on my choices.

The next morning, after getting together a crock pot, an onion, garlic, one apple, fresh parsley, water, a bit of bacon fat, and one goose breast; I was ready to cook.

You know it's been getting cold lately, so I wanted something hardy. The recipe was simple, **just toss everything in the crock pot, put it on low, and let it go for 8 hours.**

This down home recipe (plus a few home made biscuits), made **one of the best most filling meals I could ever imagine.** My fantasies came true with a simple easy to follow recipe.

What made this meal so incredible was that its recipe was proven! A recipe is a formula to create certain desired results. **Are there proven formulas that can help you get what you want from your business?**

All too many times I've tried to reinvent the wheel and cooked my goose, rather than get the results I desired. **Are you trying too hard and getting little in the way of results?**

Well, I've got one goose breast left ... and I'm not to sure how I'd like to prepare it, so I'm asking you ... do you have any ideas?

Send your recipe suggestions to me on e-mail at Justin@iunctura.com or fax them to 757-282-7779

Your Horoscope

ARIES: When you are approaching the end of a project or situation, remember to remain flexible. Adapt to new situations. Spark your creativity by finding humor in family affairs.

TAURUS: In the month of February, the universe is bestowing blessings on your house. Focus on those you love. Forget about any problems you may have for this period of time.

GEMINI: If you have been waiting to let the powers that be know what's on your mind, now is the time to speak out. Wait until your boss is not harried with other problems. Be ready to hear both sides of the story.

CANCER: The rest of 2006 will be a positive time for a moon child. You have the opportunity to achieve and surpass your goal for the year. Be sure of what you want and ready to work for it. It's not a gift.

LEO: Ignore that me-first competitor who can really get under your skin if you let him or her do it. Away from work, an inclusive attitude helps you connect with the one you need to bond with on Valentine's Day.

VIRGO: Yes, you can change the world. Start taking your power seriously and your actions will be different. One altruistic move on your part could start a ripple effect.

LIBRA: When you find yourself in a quandary, don't be too proud to ask for advice. Envy is not pretty but it teaches you what you want. Be grateful for friends who have standards you would like to live up to.

SCORPIO: Don't reject or be indifferent to ideas for change. The winds of change can blow unnecessary conflict, so don't let them affect your attitude. Be receptive to new ideas.

SAGITTARIUS: Don't leave your magnetic personality at home when you go to work. You have a talent for bringing people together. Your boss will notice as your attitude greases the wheels of productivity.

CAPRICORN: Vanity, pride, and ego are veils that can be lifted to reveal your true self. You will see that you are good enough and more than enough for what you have to do now.

AQUARIUS: Prepare yourself for the unique opportunities that will soon come your way. Don't hesitate to accept responsibility. Friends and co-workers can be a helpful source of inspiration.

PISCES: Reach out to a friend who is in a low place emotionally. A sympathetic ear can be a blessing to someone who feels depressed about personal matters.

The back page...

To Your Health

Lose a pound and save your knees

Even small amounts of weight loss can improve knee function, especially in osteoarthritic adults.

Each pound you lose means four less pounds of pressure on your knee joints, say researchers at Wake Forest University.

Achieving and maintaining a healthy weight pays off in pain reduction.

Moneywise

Improve your credit score

Many people have no idea what their credit score is. You can find yours at annualcreditreport.com. A new study shows that the average person could save \$76 a year on interest by raising their score by just 30 points. Here are some ways to do it.

Pay more than the minimum payment so your balance doesn't build up.

Pay bills on time. If you have been late, paying on time for six to nine months can raise your score.

Don't borrow the maximum on any one card even if there is a low-interest offer. If you have a card with \$10,000 in available credit, don't owe more than \$6,000.

Don't open two or three new cards within a couple of months. This will lower your score.

A credit score of 720 or more will get you favorable rates on credit cards, auto loans, and mortgages.

Low-tech bank fraud

A study by Strategy and Research of Pleasanton, Calif., shows that more than a quarter of all fraud victims knew the person who misused their personal information. Usually, it is a family member, friend, neighbor, or an in-home employee.

Up to half of debit-card fraud occurs when a card is stolen by a family member or friend who knows the card's personal-identification number.

Whether it's bank fraud or full-blown identity theft, it's usually not a case of sophisticated computer hacking. About 30 percent of victims say their personal information was obtained through a lost or stolen wallet, check, or credit card.

Take care of your stuff so it doesn't fall into the wrong hands. Women should not leave purses standing in the open where a visitor could snag a credit card or a check. Burn or shred anything that shows your credit card number or your Social Security number. Keep family members from dishonesty by guarding your information.

Seasonal News

Valentine's Day in other cultures just as sweet

Japan's celebration of Valentine's Day has a unique twist. On February 14, only the women give gifts of chocolate to the men. Some of these gifts, known as "giri (obligation)" chocolates, are given to bosses, male co-workers, and male classmates and friends. A special gift known as "honmei" chocolate is given to the woman's sweetheart.

But fear not. The men reciprocate on White Day, March 14. On this day many men return the gift of chocolate by giving the women chocolates in a white box. If the gift is given to a girl friend, sometimes a gift of flowers or white lingerie is substituted or added.

White Day is said to have originated because a company that made marshmallows urged the men to repay their Valentine gifts with white marshmallows. Originally the day was called Marshmallow Day but was later changed to White Day. Candy companies joined the ranks by making white chocolates.

In China, The Night of Sevens is sometimes called Chinese Valentine's Day. This day is celebrated on the seventh day of the seventh lunar month of the Chinese calendar. The day is also called The Festival to Plead for Skills. On this day, young women show off their skills in homemaking and make wishes for a good husband.

The Brazilian equivalent of Valentine's Day is the Day of the Lovers (Dia dos Namorados) and is celebrated on June 12. The day is one day before the Feast of Saint Anthony known as the marriage saint.



Topical Humor!

