



Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

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September 11th is Patriot Day

"By a joint resolution approved December 18, 2001, the Congress has designated September 11 of each year as 'Patriot Day'."

In the USA, **Patriot Day** occurs on September 11 of each year, designated in memory of the nearly three thousand who died in the September 11, 2001 attacks. Most Americans refer to the day as "Nine Eleven," "September 11th," or some variation thereof.

US House of Representatives Joint Resolution 71 was approved by a vote of 407-0 on October 25, 2001. It requested that the President designate September 11 of each year as Patriot Day. President George W. Bush signed the resolution into law on December 18, 2001. It is a discretionary day of remembrance.

On this day, the President directs that the American flag be flown at half-staff and displayed from individual American homes, at the White House and on all US government buildings and establishments, home and abroad. The President also asks Americans to observe a moment of silence beginning at 8:45 am (Eastern Daylight Time), the time of the first plane crash on September 11, 2001.

US Air Force is Established, Sept. 1947

Initially part of the United States Army, the United States Air Force was formed as a separate branch of the military on Sept. 18, 1947. It is the most recent branch of the US military to be formed.

The USAF is the largest and most technologically advanced Air Force in the world, with 5,573 manned aircraft in service, approximately 180 unmanned combat air vehicles, 2,130 air-launched cruise missiles, and 450 intercontinental ballistic missiles. The USAF has over 325,000 personnel on active duty, over 100,000 reserves, and over 100,000 in the Air National Guard. In addition, the Air Force employs over 170,000 civilian personnel including indirect hire of foreign nationals.

According to the **National Security Act of 1947**, which created the Air Force:

In general, the United States Air Force shall include aviation forces both combat and service not otherwise assigned. It shall be organized, trained and equipped primarily for prompt and sustained offensive and defensive air operations. The Air Force shall be responsible for the preparation of the air forces necessary for the effective prosecution of war except as otherwise assigned and, in accordance with integrated joint mobilization plans, for the expansion of the peacetime components of the Air Force to meet the needs of war.



The Facts on Sunscreen

Sunscreen is important for skin cancer prevention and wrinkles. Get the facts on how to use it correctly...

- **Use Daily:** including on rainy days and in winter. Even brief exposure adds up over time.
- **UVA and UVB rays are harmful:** they cause skin cancer and premature aging. UVA tans skin. UVB burns it. Both cause wrinkles. SPF ratings do not refer to UVA rays, so be sure your sunscreen also includes a UVA block, such as transparent minimum 6% zinc oxide.
- **Sunscreen with higher numbers is not much more effective:** SPF 15 blocks 93% of UVB rays. SPF 30 blocks 97%. The difference matters most to people who tan or burn easily.
- **Use adequate amounts of sunscreen:** An eight-ounce bottle of SPF 15, if applied properly, is enough for a weekend at the beach.
- **Waterproof sunscreen** protects you for about 80 minutes while you are in the water. So reapply if you are in the water longer and after you towel off. – David Herschthal, MD

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*Anyone who keeps the ability
to see beauty never grows old.*

Franz Kafka

*My imagination is a monastery
and I am its monk.*

John Keats

*A man may die, nations may rise
and fall, but an idea lives on.*

John F. Kennedy

*A man can't ride your back
unless it's bent.*

Martin Luther King, Jr.

*I love the feeling of the fresh air
on my face and the wind blowing
through my hair.*

Evel Knievel

*An ounce of mother is worth
a pound of clergy.*

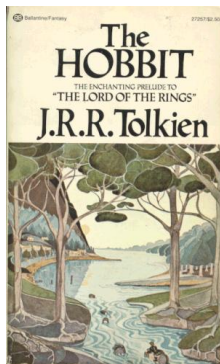
Rudyard Kipling

***Jesus answered, "I am the
way and the truth and the
life. No one comes to the
Father except through me."***

John 14:6 (NIV)



**The Hobbit, by JRR Tolkien
Published September 1937**



The Hobbit, or *There and Back Again*, is a fantasy novel and children's book by *JRR Tolkien*. Set in a time "between the dawn of faerie and the dominion of men," *The Hobbit* follows the quest of home-loving Bilbo Baggins to win a share of the treasure guarded by the dragon, Smaug.

It was published on September 21, 1937 to wide critical acclaim, being nominated for the **Carnegie Medal** and awarded a prize from the *New York Herald Tribune* for best juvenile fiction. The book remains popular and is recognized as a classic children's book.

Bilbo's journey takes him from light-hearted rural surroundings into deeper, darker territory. The story is told in the form of an episodic quest, and most chapters introduce a specific creature, or type of creature, of Tolkien's Wilderland.

The final chapters deal with the climactic *Battle of Five Armies*, where many of the characters and creatures from earlier chapters re-emerge to engage in conflict. Critics have cited Tolkien's own experiences and the themes of other writers who fought in World War 1, along with the author's professional knowledge of Anglo-Saxon literature and personal interest in fairy tales, as the chief influences.

Due to the book's critical and financial success, a sequel was requested by Tolkien's publishers. As work on *The Lord of the Rings* progressed, Tolkien made retrospective accommodations for it in one chapter of *The Hobbit*. These few but significant changes were integrated into the second edition.

The work has never been out of print since the paper shortages of the Second World War.

National Apple Month

- The first apple trees in the US were planted by the pilgrims in the Massachusetts Bay colony.
- The first apple nursery was opened in Flushing, NY in 1730.
- The science of apple growing is referred to as *pomology*.
- Apples are actually a member of the rose family, along with pears, peaches, plums and cherries.
- Apples are not self-pollinating. They need bees to pollinate the flowers to form fruit.
- 25% of an apple's volume is air, which is why they float.
- There are 2,500 varieties of apples grown in the US, and 7,500 varieties grown throughout the world.
- One apple has 5 grams of fiber. They're also fat, sodium and cholesterol free.
- Two-thirds of the fiber and many of the antioxidants are found in the apple peel.
- The game of apple-bobbing began as a Celtic New Year's tradition for trying to determine one's future spouse.



September Birthday Hall of Famer: Agatha Christie



Agatha Mary Clarissa Miller was born in Torquay, Devon, England on September 15, 1890. Known worldwide as *Agatha Christie*, she was an English crime writer of novels, short stories and plays. She also wrote romances under the name Mary Westmacott, but is best remembered for her 80 detective novels and her successful West End theatre plays.

Her works, particularly those featuring Hercule Poirot and Miss Jane Marple, have given her the title of the “Queen of Crime” and made her one of the most important and innovative writers in the development of the genre.

Christie has been referred to by the *Guinness Book of World Records* as the best-selling writer of books of all time and the best-selling writer of any kind, along with William Shakespeare. Only the Bible is known to have outsold her collected sales of roughly four billion copies of novels. She is currently the most translated individual author in the world with only the collective corporate works of Walt Disney Productions surpassing her. Christie’s books have been translated into at least 56 different languages.

Her stage play *The Mousetrap* holds the record for the longest initial run in the world, opening at the Ambassadors Theater in London on November 25th, 1952, and as of 2009 is still running after more than 23,000 performances.

In 1955, Christie was the first recipient of the *Mystery Writers of America’s* highest honor, the *Grand Master Award*, and in the same year, *Witness for the Prosecution* was given an *Edgar Award* by the MWA, for *Best Play*. Most of her books and short stories have been filmed, some many times over, and have been adapted for television, radio, video games and comics.

Does Teflon Really Cause Cancer?

Teflon has not been found to cause cancer. *Perfluorooctanoic Acid (PFOA)*, a chemical used in the synthesis of Teflon, has been labeled a “likely carcinogen” by a panel advising the Environmental Protection Agency, but Teflon pans do not emit PFOA when used properly.

Teflon cookware might emit a small amount of PFOA when it’s heated to extreme temperatures – for example, when a Teflon frying pan has been left empty on a heated burner for an extended period. Even then, it has not been established that overheated Teflon produces a dangerous amount of PFOA. Still, it wouldn’t be unreasonable to dispose of a Teflon pan that has been left empty on a heated burner.

Approximately 95% of the population has some amount of PFOA in their bloodstream – but most of this PFOA likely comes from stain- and water-repelling treatments used on carpets and on fabrics. Grease-resistant food packaging, such as the microwave popcorn bags and cardboard fast food boxes, also might contain small amounts of PFOA.

The fact that PFOA is in our bodies does not mean that we are all going to die from PFOA-related cancers. Individuals who have worked in factories producing PFOA, and perhaps some people who live in neighboring areas, seem to have the highest levels of PFOA. – *Ronald Melnick, PhD, senior toxicologist with NIEHS*

Eggs Protect Eyesight

Lutein in eggs helps fight age-related macular degeneration, the leading cause of blindness among older men and women.

Recent Study: The lutein in eggs is absorbed two to three times better than lutein from other sources, such as spinach or supplements. One egg a day can double your lutein intake. – *Elizabeth Johnson, PhD, Tufts University, Boston*

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.

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Terry & Sherry Tankersley – Ko’Olina

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We only have a few openings per week for these offers, so hurry, call now **685-3315**.

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 03 people who call 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 call me at 685-3315! Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:
**What pen name did Agatha Christie use
to write romance novels?**

- A) Kathleen Kellow B) Mary Westmacott
C) B.J. Daniels D) Jackie Collins

HINT: The answer is somewhere in this newsletter