



Healthy Home News

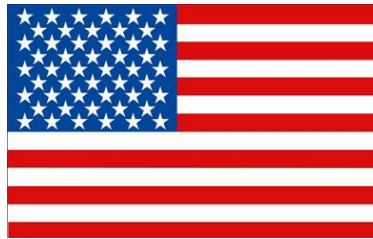
"Secrets For Living A Healthy, Wealthy & Happy Life..."

DAJ Carpet Cleaning and Restoration – P.O. Box 2931, Ewa Beach, HI, 96706 – (808) 685-3315

Flag Day Etiquette

On June 14th, you will see a great number of American flags displayed on homes throughout the country. It's especially important now—and should always be.

- The flag should never touch anything beneath it.
- The flag should be displayed with the stars at the top, except when it is hung upside down as a distress signal.
- If you are at an event where the flag is not displayed but the National Anthem is played, all present should face toward the music.
- When the flag is displayed hung on a wall instead of a pole, the union (blue starred field) must be shown on the left, as viewed by passersby. If it is hung over a window, the union should be positioned on the left as viewed from outside.
- The US flag must always take a position of prominence when displayed with a pennant or flag of any city, state or organization.
- A flag flying after dark should be illuminated.



Flip-Flops vs. Escalators

It's summer! Time for flip-flops and those plastic shoes called "Crocs." Whether it's you wearing them or your child, either of you could get caught on an escalator. Loose-fitting shoes made of flexible, spongy material can get caught in the escalator teeth.

A spokesman for the Washington, DC subway system—which has almost 600 escalators—says they see five or six incidents of shoe entrapment a week during summer. Most related injuries are minor, but toes could be amputated.

The Good Housekeeping Research Institute says shoes should be of a type that stays securely in place and completely encloses the foot. Leather is a good choice, but so are sneakers as long as the laces are tied.

The Indispensible Toothbrush



In January of 2003, the toothbrush was selected as the number one invention Americans could not live without, beating out the automobile, computer, cell phone and microwave oven.

Many people have used forms of toothbrushes though the ages. Indian medicine has used the twigs of neem tree or banyan tree to create toothbrushes and other oral hygiene-related products for millennia. The end of a neem twig is chewed until it is soft and splayed, and it is then used to brush the teeth.

Japanese Zen master Dogen Kigen recorded in 1223 that he saw some monks clean their teeth with a brush while in China. This brush used horse tail hairs attached to a stick made of ox bone.

William Addis of England is credited with creating the first mass-produced toothbrush in 1780. In 1770 he had been incarcerated for causing a riot. While in prison, he decided that the method for teeth brushing at the time—rubbing a rag on one's teeth with soot and salt—could be improved. So he took a small animal bone, drilled small holes in it, obtained some bristles from a guard, tied them in tufts, then passed the bristles through the holes of the bone and glued them in place. He soon became very wealthy.

The LORD gives strength to his people; the LORD blesses his people with peace. Psalm 29:11



The Most Incredible Referral Rewards Contest... Ever!!

Please see insert included or @ www.go2468.com/dajcontest

You can win three \$100 prizes between September and November or by December 31st, the Grand Prize of two interisland tickets plus \$500 CASH!!

Thanks for All the Kind Words!

DAJ Cleaning was very professional, prompt, and honest while still quoting and adhering to a very competitive price.

*Corey Staples – Ewa Beach
read more @
www.ethicalservices.com*

Dog Quotes:

*If there are no dogs in heaven,
then when I die I want to go
where they went.*

Will Rogers

*Don't accept your dog's admiration
as conclusive evidence that
you are wonderful.*

Ann Landers

*There is no psychiatrist in the world
like a puppy licking your face.*

Ben Williams

*The average dog is a nicer person
than the average person.*

Andy Rooney

See Insert This Issue:

**Learn about our
amazing
Referral Contest**

The National Baseball Hall of Fame Opens June 12, 1939

The National Baseball Hall of Fame and Museum is an American history museum and hall of fame, located on Main Street in Cooperstown, NY. It is operated by private interests serving as the central point for the study of the history of baseball in the US and beyond. Along with a large display of baseball-related artifacts and exhibits, it also honors people who have excelled in playing, managing and serving the sport.



The Hall's motto is "Preserving History, Honoring Excellence, Connecting Generations."

Among baseball fans, "Hall of Fame" means not only the museum and facility in Cooperstown, but the pantheon of players, managers, umpires, executives and pioneers who have been enshrined in the Hall. The first five men elected were Ty Cobb, Babe Ruth, Honus Wagner, Christy Mathewson and Walter Johnson, named in 1936. As of January 2010, 292 individuals have been elected to the Hall of Fame, including 203 former Major League players, 35 Negro Leaguers, 19 managers, 9 umpires and 26 pioneers, executives and organizers. The newest members include Joe Gordon, Jim Rice, Ricky Henderson, Andre Dawson and Whitey Herzog.

Facts About the D-Day Invasion

- Many disagree about the meaning of the letter D in "D-Day." What did it stand for? US Army manuals dating back as far as WWI used the terms "H-Hour" and "D-Day" to indicate the time/date of an operation's start.
- The military used the code name Operation Overlord to refer to the movement of men, planes, ships, and supplies across the English Channel, along a beach front that stretched over 60 miles.
- Approximately 5,000 vessels transported 150,000 men and 30,000 vehicles across the English Channel.
- Six parachute regiments (13,000 men) were transported in over 800 planes, dropping in the night before the invasion.
- Approximately 300 planes dropped bombs along the coast of Normandy immediately before the invasion.
- FDR offered a prayer regarding the invasion in a radio address to the nation.
- By the time dusk fell on the evening of June 6th, more than 9,000 Allied soldiers were dead and wounded. 100,000 soldiers had made it ashore.
- Within weeks, supplies were unloaded at UTAH and OMAHA beaches at a rate of 20,000 tons per day.
- From D-Day through Christmas 1944, over 30,000 Germans were captured and sent to American prisoner-of-war camps, many of which were in the United States. 33 prisoner detention facilities were located in Texas.



The Truth about Fluoridated Water

The rewards of fluoridated water seem to outweigh the risks. The addition of fluoride to the public water supplies has reduced tooth decay by as much as 70%, according to the National Institutes of Health. Fluoride strengthens enamel in children's tooth buds—developing teeth that have not yet erupted—which helps prevent decay.

Caution: Too much fluoride can cause mottling or discoloration of teeth, but this rarely happens. Levels of fluoride in drinking water—one part per million gallons—are safe.

Many very young children don't drink enough fluoridated water or drink non-fluoridated bottled or well water. Supplements are available; consult your doctor.

Also: Ingesting fluoride has no real benefits for adults because their teeth and enamel are already fully formed. – *Alan Winter, DDS*

Another Reason to Get Going

Seems like every day you hear a new reason to exercise. Add this to your incentives to do it: you'll have longer telomeres. Telomeres are caps at the ends of chromosomes, which tend to shorten as people age. Who needs them? Anybody who wants fewer wrinkles, stronger muscles and more resistance to disease. Studies by the University of Medicine and Dentistry of New Jersey show that people who exercise the most have longer telomeres. Authorities at the National Institute on Aging say the finding is "provocative."

Testing the Grumpy Guys

Doctors at Harvard Medical School say testosterone restores sexual function in men, makes them stronger, builds their bones, reduces fat and could get rid of the blues and the grumpies.

Testosterone levels decline in men beginning at age 40. Though deficiency is often treated in older men, endocrinologists at Harbor-UCLA Medical Center feel that men of all ages should be tested for deficiency. There is also some concern that deficiency could be involved in prostate cancer, according to the National Cancer Institute.

Father's Day is June 20th



Father's Day is a celebration inaugurated in the early twentieth century to compliment Mother's Day in celebrating fatherhood and male parenting.

Sonora Smart Dodd of Washington mused on the idea one Sunday in 1909, while listening to a Mather's Day sermon at the Central Methodist Episcopal Church in Spokane. She wanted a celebration that honored fathers that were like her own father, William Smart. He was a Civil War veteran, his wife died when Sonora was 16, and he had to take care of all six children.

In June of 1910, she arranged a tribute for her father in Spokane. She enlisted the help of the Spokane Ministerial Association, and young members of the YMCA went to church wearing roses: a red rose to honor a living father, and a white rose to honor a deceased father. Dodd also traveled throughout the city in a closed carriage, carrying gifts to shut-in and invalid fathers. She was the first to petition for the idea having an official Father's Day observance to honor all fathers. It took many years to make the holiday official.

In the Roman Catholic tradition, fathers are celebrated on St. Joseph's Day, commonly called the Feast of Saint Joseph, on March 19.

I went to a bookstore and asked a saleswoman, "Where's the self-help section?" She said if she told me, it would defeat the purpose!

George Carlin

House Dust Mite Facts

- It is the house dust mite waste, not the mites themselves that triggers asthmatic and allergic attacks. Research has revealed the trigger is microscopic protein in the excrement called *Derp 1*
- Mites live on carpets, pillows, upholstered furniture, blankets, mattresses, in the air handling system, etc..
- The average dust mite is 0.5 mm in length, not visible to the naked eye. Over 7,000 can fit on a finger nail.
- A dust mite molts several times during its life, producing 200 times its weight in waste and will lay 300 eggs. Each mite produces 40 to 100 feces pellets per day. The mite's droppings are coated in an enzymatic slimy substance which after drying becomes mixed with other particles forming household dust.
- Dust mite feed on human skin flakes. They thrive on temperatures from 66°-77°F. Regular vacuuming only removes very small percentage of them, whereas a **high-heat deep-steam cleaning can drastically lessen an allergic reaction.** "Our truckmount equipment heats the water up to 220°F. It's a cleaning and sanitizing process."

Demetrius Santana
DAJ Carpet Cleaning and Restoration
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Ewa Beach, HI 96706
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Your New Issue Has Arrived!

Look Inside For Some Amazing Money-Saving Tips and More!

Check out our amazing contest to win three \$100 prizes and two interisland tickets plus \$500 CASH!!



The Dalmatian Equation

A nursery school teacher was delivering a station wagon full of kids home one day when a fire engine with lights flashing and a wailing siren at full blast zoomed by. Sitting in the front seat next to the driver of the fire engine was a Dalmatian. The children, never having seen a dog in a fire engine before, started to discuss what the dog must be for.

“They use him to keep the crowds back,” said one youngster.

“No,” said another, “he’s just for good luck.”



Several more ideas were put forward and an animated discussion soon ensued. A little girl who had sat quietly throughout the discussion in deep thought finally brought the argument to a close.

“They use the dog,” she said firmly, “to find the fire hydrant.”

Who Wants To Win Movie Tickets?

**Take my Trivia Challenge
And you could win too!**

Once again we are giving away 3 sets of movie tickets! Everyone who responds by the 12th day of the month will be entered into a draw to win 2 FREE tickets! Take your best guess, and then email us at trivia@dajcleaning.com. Remember, your chance of winning are better than you think!

This month's Mega Trivia Question:

Which baseball player was NOT among the first five players in the Baseball Hall of Fame?

- A) Babe Ruth B) Honus Wagner C) Ty Cobb
D) Walter Johnson E) Lou Gehrig

HINT: The answer is somewhere in this newsletter