



# 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

## August is National Inventor's Month!

There are numerous lists "out there" that describe the *Top Inventions of All Time*, and of course, they all differ slightly. The majority of the lists seem to have these items in common, among the greatest inventions ever. In no particular order:

**The Printing Press:** The first of many giant steps taken toward mass dissemination of the written word, the printing press changed the way information was collected, stored, retrieved, discovered and promoted. Instrumental in the Reformation, the Renaissance and the Scientific Revolution.

**The Television:** First patented in 1923, the television has helped connect people around the world, entertained billions, and kept generations of children occupied on lazy weekend mornings.

**The Laser:** The term is actually an acronym for Light Amplifier by Stimulated Emission of Radiation. The foundation for its development was laid by Albert Einstein himself, when he wrote in 1917 that atoms could be stimulated to emit photons in a single direct ion. Lasers have impacted a multitude of facets of our society, from medical to scientific to consumer.

**The Automobile:** Cars have come a long way since their humble origins, permitting the rapid transportation of people and goods. Of course, much could be said of the negative environmental effects of this – upwards of 20 million new vehicles are sold each year in the US alone. But there's no denying the fact that the automobile – and the internal combustion engine in general – helped to shrink this country like nothing else before it.

**The Internet:** Beginning life as a secret Pentagon project, the original idea behind the internet was to build a communications network that would remain intact and effective, even if parts of it were damaged or destroyed. It has revolutionized the way information is accessed and stored, as well as connected people worldwide in ways never before approached.

**The Phone:** Around the world point-to-point communication, provided the lines are intact. Comprised of a microphone, an earphone, a ringer, a keypad, and the rest is magic! As with many other great inventions (such as radio, TV, the light bulb, the computer) there were actually many inventors pioneering experimental work on "voice transmission over wires," yet it is popularly understood that Alexander Graham Bell was the first to be awarded a patent in March of 1876.

**The Computer:** The first operational electro-mechanical computer was used to crack secret Nazi codes during WW2. While some may balk at the idea of the computer being considered among the most important inventions of all time, it's hard to argue against the impact they have made on every aspect of society, worldwide.

Now faith is being sure of what we hope for and certain of what we do not see. Hebrews 11:1 (NVI)



### Peach Facts

- Peaches were once known as Persian Apples.
- The phrase "you're a real peach" originated from the tradition of giving a peach to the friend you liked.
- Peaches were mentioned as early as 79 AD in literature.
- Most peaches are cultivated by grafting different combinations of rootstocks to scions.
- There are over 700 varieties of peaches; some Chinese varieties are even flat, like hockey pucks!
- In China the peach is a symbol of longevity and good luck.



- Nectarines are just peaches without the fuzz.
- Peaches are sometimes referred to as "stone fruit" due to their pits.
- A "free-stone" peach just refers to how the flesh of the peach separates from the pit.

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

Please visit

[www.go2468.com/dajcontest](http://www.go2468.com/dajcontest)

Now every cleaning job done between Aug. 1<sup>st</sup> and Nov 30<sup>th</sup> will receive a raffle ticket and a chance to win one of the \$100 prizes but only the person with more referrals will get the Grand Prize of two interisland tickets plus \$500 CASH on Dec 31<sup>st</sup>.

### Thanks for All the Kind Words!

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*Christine Noguchi – Honolulu*  
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### Thoughts on Time

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*Lost time is never found again.*  
**Benjamin Franklin**

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*Men talk of killing time,  
while time quietly kills them.*  
**Dion Boucicault**

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*Time is a dressmaker  
specializing in alterations.*  
**Faith Baldwin**

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*Time is but the stream  
I go a-fishing in.*  
**Henry David Thoreau**

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*Time is what we want most,  
but what we use worst.*  
**William Penn**

### See Insert This Issue:



What Do Red Wine, Pizza, Greasy Burgers, Berry Pie, & Spaghetti Sauce Have In Common?

## Grilling Can Be Healthy

Mark Stengler, NMD



Many people like to barbecue in the summer, but cooking food on a grill has potential health dangers.

**Good News:** You can relax and enjoy barbecued food safely if you take a few steps to protect yourself.

**What to avoid:** Grilling foods at very high heat or for long periods of time can create carcinogenic compounds. *Polycyclic aromatic hydrocarbons* (PAHs) are formed when any food, including meats and vegetables, is charred. Don't cook your food to a charred crisp, and do scrape off any part that is blackened. Cook meats thoroughly but on the lowest heat and shortest time possible to avoid the chemical reaction that can take place inside the meat that creates carcinogenic *heterocyclic amines* (HCAs). There is no single temperature or cooking time at which HCAs form.

### Before you cook on the grill...

- **Use marinade.** Research has shown that marinating meats (such as pork, beef, fish or chicken) before cooking can reduce HCAs by as much as 70%. The benefit of marinating is that it increases the moisture content of the food, which prevents the chemical reaction in the fish or meat that produces carcinogens at high heats. Marinading for as little as 10 minutes is enough. Marinades with antioxidant-rich spices, such as hot pepper, allspice, sesame and ginger, are particularly protective, say University of Western Ontario researchers.
- **Choose thinner cuts of meat,** because they don't require as much cooking time.
- **Trim the fat.** This reduces the fat drippings, which decreases the flames that can char or blacken food.
- **Partially cook meat, poultry or fish in the kitchen,** then finish on the grill. This will cut down on the amount of time that the meat is on the grill but will give you enough time to get that grilled flavor.
- **Cook plenty of vegetables.** They taste great, are full of antioxidants, and have no creatine, the chemical in meat that creates HCAs.
- **Keep the flame and the heat low,** and flip the food frequently (about every minute) to prevent overcooking on either side.

## Antibiotics and Calcium Don't Mix

Taking *fluoroquinolone* antibiotics, such as Cipro, Levaquin or Tequin, with calcium-rich or -fortified foods, such as milk, orange juice and breakfast cereals, can reduce antibiotic absorption. This makes treatment less effective and may lead to the development of antibiotic-resistant bacteria.

**Self-defense:** Whenever possible, take these antibiotics with water—and either two hours before or after meals. Ask your doctor how to take other antibiotics, which also may need to be taken separately from meals. – *Guy Amsden, PharmD*

## August Birthday Hall of Famer: Alfred Hitchcock

Alfred Hitchcock was born August 13, 1899 in Leytonstone, London, the youngest of three children, named after his father William's brother. His family was Roman Catholic, with his mother Emma Jane being of Irish extraction. Hitchcock was sent to the Jesuit Classic School St. Ignatius' College in Stamford Hill, London. He often described his childhood as being very lonely and sheltered, a situation compounded by his obesity.



Hitchcock said he was sent by his father on numerous occasions to the local police station with a note asking the officer to lock him away for ten minutes as punishment for behaving badly. This idea of being harshly treated or wrongfully accused is frequently reflected in many of his films.

Hitchcock's mother would often make him address her while standing at the foot of her bed, especially if he misbehaved, forcing him to stand there for hours. These experiences would later be used for the portrayal of the character of Norman Bates in his movie *Psycho*.

Hitchcock's father died when Alfred was 14. That same year, Hitchcock left St. Ignatius' to study at the London County Council School of Engineering and Navigation in Poplar, London. After graduating, he became a draftsman and advertising designer with a cable company.

During this period, Hitchcock became intrigued by photography and started working in film production in London, working as a title-card designer for the London branch of what would become Paramount Pictures. His rise from title-card designer to director (in 1925) took five years.

**The Best Hitchcock Films?** (One Man's Opinion): *The 39 Steps*; *Rebecca*; *Foreign Correspondent*; *Mr. and Mrs. Smith*; *Notorious*; *Rear Window*; *Vertigo*; *North by Northwest*; *Psycho*; and *The Birds*.

## VJ Day: August 15, 1945 The Day the War Ended

A little after noon on August 15, 1945, Japan standard time, Emperor Hirohito's announcement of Japan's acceptance of the terms of the Potsdam Declaration was broadcast to the Japanese people over the radio. Earlier the same day, the Japanese government had broadcast an announcement over Radio Tokyo that "acceptance of the Potsdam Declaration would be coming soon," and had advised the Allies of the surrender by sending a cable to US President Harry S. Truman via the Swiss diplomatic mission in Washington DC.



On August 15 & 16 some Japanese soldiers, devastated by the surrender, committed suicide. Well over 100 American POWs were also executed, as well as many Australian and British POWs in Borneo, at both Ranau and Sandakan, by the Imperial Army.

Since the European Axis Powers had surrendered three months earlier (VE Day), VJ Day was the official end of World War II.

The formal Japanese signing of the surrender terms took place on board the battleship *USS Missouri* in Tokyo Bay on September 2, 1945, and at that time Truman declared September 2 to be the official VJ Day.

In Australia and most other allied nations, the name VP Day was used from the outset. VP Day celebrations around the world take place on August 14 each year.

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*There are nights when the wolves are silent  
and only the moon howls.*

**George Carlin**

## Carpet and Rug Institute (CRI) Seal of Approval

We proudly announce that we are the very **FIRST** local company that has been recognized by the Carpet and Rug Institute (CRI) as a **Seal of Approval Service Provider** the carpet cleaning industry's most important certification. This prestigious designation is reserved for only those firms using carpet cleaning systems and products that pass the industry's highest standards of excellence. The Carpet and Rug Institute (CRI) is the trade association representing all major carpet manufacturers. Since 2007, CRI approved service providers are required to service all carpet still under factory warranty. With DAJ Carpet Cleaning you will not risk voiding any manufacturer warranties. In fact DAJ Carpet Cleaning is a CRI "Authorized Service Provider" for all major carpet brands including, Shaw Floors, Mohawk and Beaulieu of America.



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# Your New Issue Has Arrived!

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

Have your carpets or upholstery cleaned and you can win three \$100 prizes! Refer DAJ to others and you can win two interisland tickets plus \$500 CASH!!  
[www.go2468.com/dajcontest](http://www.go2468.com/dajcontest)



## The First Lincoln Penny is Issued August 2, 1909

The Lincoln cent is the current one-cent coin in the US. It was adopted in 1909, replacing the Indian Head cent. Its obverse, featuring a bust of Abraham Lincoln (to commemorate his centennial), has been in continuous usage since then. Its reverse was changed in 1959 from a wheat stalks design to a design which includes the Lincoln Memorial (to commemorate Lincoln's sesquicentennial) and was replaced again in 2009 with four new designs for the bicentennial.

There are more one-cent coins produced than any other denomination. In its lifespan, this coin has weathered both world wars, one of which temporarily changed its composition due to metal needs as part of the war effort.



*The old Indian head penny next to Lincoln.*

## 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 12<sup>th</sup> 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](mailto:trivia@dajcleaning.com). Remember, your chance of winning are better than you think!

This month's Mega Trivia Question:

**Which famous scientists laid the foundation for the invention of the laser in 1917?**

- A) Nicola Tesla B) Albert Einstein
- C) Thomas Edison D) Niels Bohr

*HINT: The answer is somewhere in this newsletter*