



# Healthy Home News

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

## August Birthday Hall of Famer: Francis Scott Key



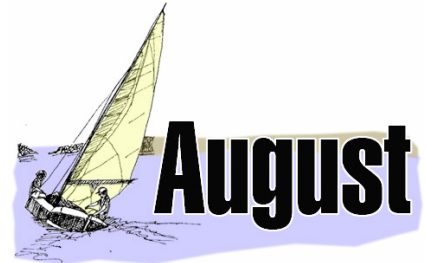
**Francis Scott Key** (August 1, 1779 – January 11, 1843) was an American lawyer and amateur poet who wrote the words to the United States national anthem, “The Star-Spangled Banner”. He was an alumnus of St. John’s College, Annapolis, Maryland.

He was born at the family plantation Terra Rubra near Keymar, Maryland. During the War of 1812, Key, accompanied by the American Prisoner Exchange Agent Col. John Stuart Skinner, dined with Vice Adm. Cochrane, RAdm. Sir George Cockburn and Major General Robert Ross, aboard the HMS Tonnant where they negotiated the release of a prisoner, Dr. William Beanes (A

resident of Upper Marlboro, Maryland captured by the British after he placed rowdy stragglers under citizen’s arrest). After the release of Dr. Beanes, Skinner, Key and Beanes were allowed to return to their own sloop, but were not allowed to return to Baltimore because they had become familiar with the strength and position of the British units and of the British intention to attack Baltimore. As a result of this, Key witnessed the bombarding of Ft. McHenry during the Battle of Baltimore and was inspired to write a poem entitled “The Defence of Fort McHenry”, later named “The Star Spangled Banner”. Under this name, the song was adopted as the American national anthem by a Congressional resolution in 1931, signed by President Herbert Hoover.

He died at the home of his daughter Elizabeth Howard in Baltimore from pleurisy and was initially interred in Old Saint Paul’s Cemetery in the vault of John Eager Howard. He was later, in 1866, moved to his family plot in Frederick at Mount Olivet Cemetery. The Key Monument Association erected a memorial in 1898 and the remains of both Francis Scott Key and his wife were placed in a crypt in the base of the monument.

Key was a distant cousin and the namesake of F. Scott Fitzgerald whose full name was Francis Scott Key Fitzgerald. His direct descendants include geneticist Thomas Hunt Morgan, and guitarist Dana Key. Francis Scott Key was inducted into the Songwriters’ Hall of Fame in 1970.



*In the parching August wind,  
Cornfields bow the head  
Sheltered in round valley depth  
On low hills outspread.*

**Christina Rossetti**

**Family Meal Month, Aug. 1-31.** According to the Food Marketing Institute, American families eat dinner together four times a week on average. The National Center on Addiction and Substance Abuse says kids who eat with their parents are 60 percent less likely to smoke, drink, or use drugs.

**80th Anniversary of First Female to Swim English Channel, Aug. 6.** In 1926, U.S. Olympic medalist Gertrude Ederle, age 19, became the first woman to swim the English Channel. Although many had said women would never be able to withstand the high seas and exposure to jellyfish and sharks, Ederle proved them wrong and beat the former men's record by more than two hours.

*Duct tape is like the Force.  
It has a light side, a dark side  
and it holds the world together.*

**Get Free Cleaning Tips And Specials At Our Website [www.PermaCleanAdvantage.com](http://www.PermaCleanAdvantage.com)!**

## Outstanding Client of the Month!

### Meet Sandy Taylor

Sandy owns Desert Pacific Printing located at 5641 E. Broadway. Desert Pacific Printing has been in business over twenty years. They specialize in getting your printing from disk to press faster than anybody else. Call Sandy Taylor at **745-8004** today for all your printing needs.

Every month I choose a very special **Client of the Month**. It's my way of acknowledging good friends and saying "thanks" to those who support our business with referrals, word of mouth and repeat business...YOU might be my next **Client of the Month**!

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*Apologetic work is so dangerous to one's faith. A doctrine never seems dimmer to me than when I have just successfully defended it.*

**C.S. Lewis**

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*He who gossips to you will gossip about you.*

**Turkish proverb**

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*Not all who wander are lost.*

**J.R.R. Tolkien**

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*It is not the mountain we conquer, but ourselves.*

**Sir Edmund Hillary**

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*Grief can take care of itself, but to get the full value of a joy you must have somebody to divide it with.*

**Mark Twain**

**See Article in This Issue:**



**It's That Time Again...**

*If it's been 6-12 months since you've cleaned your carpets...*

## The History of the Hammock

Historians believe that the Mayan Indians of Central America were the first to invent hammocks 1,000 years ago. The earliest hammocks were woven from the bark of hamak trees, thus the name. Fishermen and sailors used their nets for both work and rest, and hammocks spread to South America and



throughout the islands in the Atlantic. Christopher Columbus is said to have brought several hammocks from the Bahamas back to Europe. In the 1800s, the British used hammocks in their prisons to save space. More than half a million are still sold annually in North America.

## From the Beach to the Olympics

Volleyball, originally called "*Mintonette*," was developed by William Morgan at the Holyoke Massachusetts YMCA in 1895. In 1915, the Outrigger Beach and Canoe Club in Hawaii came up with the idea of organizing games on Waikiki's scenic - and cushioning - sands. By the late 1940s, annual two-man beach volleyball tournaments were taking place in Southern California before spreading to Northern California, Florida, and Brazil. At the same time, women joined the fun, first on coed, then all-women teams. The California Beach Volleyball Association was founded in 1965, and professional men's and women's beach volleyball organizations appeared in the 1980s. The popularity of the sport grew steadily, with the first men's world championship in 1987, followed by the women in 1993, by which time televised tournaments were a staple of cable TV sports. Beach volleyball proved itself as a demonstration sport at the 1992 Olympic Games in Barcelona and was elevated to an official sport at the 1996 Atlanta Games. At the 2004 Olympic Games in Athens, Brazil took gold in the men's competition; the U.S. took gold in the women's event.



## The Accidental Potato Chip

The potato chip is the fortuitous result of a restaurant complaint. In 1853 at Moon's Lake House, a high-fashion resort in Saratoga Springs, N.Y., a patron complained that chef George Crum's fried potatoes were too thick. According to the National Snack Association, Crum was miffed - and decided to fry up a batch of potatoes so thin and crisp that they couldn't be skewered by a fork. His get-even plan backfired: the unhappy patron and other restaurant guests loved his innovation, and Crum's "Saratoga Chips," as they were first called, immediately became a popular restaurant item. By 1895, entrepreneurs began making potato chips for sale in stores, but potato chips really took off with the invention of a mechanical potato peeler in the 1920s. According to the Snack Food Association, potato chips are currently a \$6 billion retail market, making them America's number one savory snack. Annual consumption of potato chips and shoestring potatoes in the U.S. amounts to 17 pounds per person.

# It's That Time Again

Well, if it's been 6-12 months since you've cleaned your carpets...it's time to call us.

***"But why do I need to clean my carpet so often?"*** The fact is that it's the everyday build-up of dirt and soils that will cause more damage and "wear and tear" to your carpet than any foot traffic. **Plus, the major carpet fiber manufacturers such as Shaw and Dupont recommend that you have your carpets professionally cleaned every 6 to 18 months.** Some of them will not even honor their "wear warranties" unless you can prove you've had them professionally cleaned at least that often.

***"But if I clean my carpets that often won't they get dirty faster?"*** This is a common concern I run into all of the time. So I ask people, "Does washing your clothes make them get dirty faster?" Of course not! So, why would cleaning make your carpets get dirty faster? **Then why is this a common misconception?** Because sometimes people elect not to reapply the carpet protector that has worn off. Unprotected carpet can become a "dirt magnet" and cause your carpet to resoil more quickly, not to mention wear out prematurely. Make sure you avoid this costly mistake and choose a cleaning package that includes carpet protector. Applying a good carpet protector will give you more soil removal when you vacuum and spills will not become permanent stains.

***"So how often should I get my carpets cleaned?"*** This answer is different for every home and every family. **When examining this question, take these things into consideration that may increase the frequency rate: number of people living in the home, pets, smoking habits, number and age of children, soiling conditions, health status of occupants, allergy conditions, and the amount of time spent indoors, to list just a few.** Most of my clients need to clean every 6-12 months.

After examining your personal circumstances, give me a call and I'll put you on the schedule. **Plus, if you call before August 31, 2006 you can save \$25.00 off your cleaning. We look forward to hearing from you.**



## Call 574-4221

### Splitting Pills to Save Money

It's not uncommon for medications to cost the same regardless of the dosage, so some health maintenance organizations now routinely recommend that patients request a double dosage and then split the pill, potentially saving hundreds to thousands of dollars a year. Ask your doctor if your pills can safely be cut in half (capsules, time-released medicines, or enteric-coated pills cannot), and invest in a \$5 pill splitter - most drug stores sell these - to insure that you're getting the precise dosage.

## 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!

My business runs on the positive comments and referrals from people just like you! I couldn't do it without you!

A special thanks to all these fine folks who referred me...

**Domanic Busher, Jim & Suzanne Faustlin, Audra Ostling, Liz Ellis, Donna Crawford, Mike Jones, Jeannie McCall, Frank Worden, Barb Carolyn, Susie Hall, Kim Reynolds, Michon Javelosa, Lisa Bielat**

## This Month In History

**25 Years Ago:** 8/1/1981  
MTV premiers.

**45 Years Ago:** 8/2/1961  
Beatles 1st gig as house band of Liverpool's Cavern Club

**50 Years Ago:** 8/11/1956  
Elvis Presley releases "Don't Be Cruel"

**70 Years Ago:** 8/9/1936  
Jesse Owens wins 4th gold medal of Berlin Olympics

**95 Years Ago:** 8/22/1911  
Mona Lisa stolen from Louvre.

**130 Years Ago:** 8/1/1876  
Colorado becomes 38th state

**140 Years Ago:** 8/10/1866  
Transatlantic cable laid - Former Pres Buchanan communicates over it to Queen Victoria

**175 Years Ago:** 8/1/1831  
London Bridge opens

**230 Years Ago:** 8/2/1776  
Formal signing of the Declaration of Independence

**2,486 years ago!! :**  
8/9/BC480: Persia defeats Spartan king Leonidas at Thermopylae.

*(read: Gates of Fire by Steven Pressfield)*

## Thanks For All The Kind Words!

"Your Technicians, Julian & Jamie, did a wonderful job on my upholstery that not even Sears could clean."

*-Rosa Bejarano*

"I am very impressed that when there was a problem with scheduling you handled it beautifully and completely to my satisfaction."

*-Lu Hawkins*

# Your New Issue Has Arrived!

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

## Sign of the Times

Working as a computer instructor for an adult-education program at a community college, I am keenly aware of the gap in computer knowledge between my younger and older students. My observations were confirmed the day a new student walked into our library area and glanced at the encyclopedia volumes stacked on a bookshelf.

“What are all these books?” he asked.

Somewhat surprised, I replied that they were encyclopedias.

“Really?” he said. “Someone printed out the whole thing?”

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The word *robot* was coined in 1920 in a play, R.U.R. (the initials stood for “Rossum’s Universal Robots”), written by Czech dramatist Karel Capek. The word was made up by his brother Josef. When Karel was writing his play, he couldn’t decide on a name for these artificial creatures. Originally, he proposed the word “labors”. Josef proposed “robots”, coming from the word “robota”, which means “work” in Czech and other Slavic languages, including Russian.

## 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. And the first ## people who call my office with the correct answer wins **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, then call me at **ppp!** Remember, your chances of winning are better than you think!

This month’s MegaTrivia Question:

**What famous landmark had its opening on  
August 1, 1831?**

- a) The Statue of Liberty b) The Eiffel Tower  
c) The Sydney Opera House d) London Bridge

**HINT:** *The answer is somewhere in this newsletter*

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*The only true all-terrain vehicle? A Rental Car.*

*The best way to deal with predators is to taste*