



NEWS
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August

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



Air Conditioner vs. Windows:

There's a popular myth that driving with the car windows open saves more gas than using the AC. According to Consumer Reports, the AC causes only a 1% hit to your mileage. Most vehicles will burn more than that while driving with the windows open. On the highway at least, use that AC. It will keep you cool, which will keep you focused, and safer.



Iced Tea with Lemon, the Old Stand-By:

Adding a hit of citrus to your favorite iced tea is not just tasty, it's a good health move, as it turns out. Purdue University researchers say that the citrus in lemons, oranges and limes helps you absorb far more of the anti-oxidants in both black and green teas. Whether out at your favorite eatery, or making it at home, drop a slice or wedge into your next cup and enjoy.

Water Safety Tips from the Red Cross

Summer's here! With the rise in temperatures comes a rise in the desire to hit the local pools or beaches to try and keep cool and have fun. Whatever water-related fun you plan on having this Summer, remember these important water safety tips from the Red Cross, to reduce the risk of mishap.

- **Learn to Swim:** The first tip may seem like a no brainer, but it is the best thing a person can do to stay safe in the water. The Red Cross has swimming courses for those wanting to learn, no matter your current age or skill level. Contact your local Red Cross chapter to check on availability and to enroll.
- It is always safer to **swim with a buddy** than to swim alone.
- **Rules** are meant to be followed. Posted rules aren't designed to put a damper on your fun – they are in the best interest of you and those you care about!
- It's always best to swim under the supervision of **trained lifeguards**.
- Avoid drinking alcohol while swimming, as it affects your judgment, balance and coordination.
- And remember the age-old adage of getting out of the water if summer storm clouds move your way.



The Rings of Saturn: An Unfolding Mystery



Galileo Galilei first observed the rings in 1610 with his telescope, but he was unable to identify them as such. He wrote to the Duke of Tuscany that "The planet Saturn is not alone, but is composed of three, which almost touch one another and never move nor change with respect to one another. They are arranged in a line, and the middle one is about three times the size of the lateral ones." He also said Saturn seemed to have "ears."

In 1655, Christian Huygens became the first person to suggest that a ring surrounded Saturn. Using a telescope that was far superior to those available to Galileo, Huygens observed Saturn and wrote that "it [Saturn] is surrounded by a thin, flat, ring, nowhere touching, inclined to the ecliptic."

In 1675, Giovanni Domenico Cassini determined that Saturn's ring was composed of multiple smaller rings with gaps between them; the largest of these gaps was later named the Cassini Division.

In 1859, James Clerk Maxwell demonstrated that the rings could not be solid or they would become unstable and break apart. He proposed that the rings must be composed of numerous small particles, all independently orbiting Saturn - a theory proven correct in 1895. - *Wikipedia*

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Wonder: The Statue of Zeus at Olympia



The **Statue of Zeus at Olympia** was one of the classical Seven Wonders of the Ancient World. It was made by the famed classical sculptor Phidias (5th century BC) circa 432 BC in Olympia, Greece.

The seated statue, 39 feet tall, occupied the whole width of the aisle of the temple built to house it. "It seems that if Zeus were to stand up," the geographer Strabo noted early in the 1st century BC, "he would unroof the temple."

Zeus was a chryselephantine sculpture, made of ivory and accented with gold plating. In the sculpture, he was seated on a magnificent throne of cedar wood, inlaid with ivory, gold, ebony, and precious stones.

In Zeus' right hand there was a small statue of Nike, the goddess of victory, and in his left hand, a shining scepter on which an eagle perched. Plutarch, in his *Life of the Roman general Aemilius Paulus*, records that the victor over Macedon "was moved to his soul, as if he had beheld the god in person," while the Greek orator Dio Chrysostom declared that a single glimpse of the statue would make a man forget his earthly troubles.

The circumstances of its eventual destruction are a source of debate. Some scholars argue that it perished with the temple in the 5th century AD; others argue that it was carried off to Constantinople, where it was destroyed in the great fire of the Lausaeion (Schobel 1965).

Perhaps the greatest discovery in terms of finding out about this wonder came in 1954-1958 with the excavation of the workshop at Olympia where Phidias created the statue. Tools, terracotta molds and a cup inscribed, "I belong to Phidias" were found here, where the traveler Pausanias said the Zeus was constructed. This has enabled archaeologists to re-create the techniques used to make the great work. – *Wikipedia*

Dunk It, Dip It



When painting anything, make sure you dip a 3 x 5 index card into the paint to make it easier to match it at a later date if needed.

The Sapphire: Traditional August Birthstone

Sapphires are formed at great depth in the earth's mantle or the lowest part of the crust. Although blue is considered the normal color for sapphires, they can be found across a full range of spectral colors as well as brown, colorless, grey and black. Those other than blue in color are considered fancy color sapphires. Some natural sapphires can be found as completely transparent, or "white." White sapphires usually come out of the ground as light grey or brown and are then heated to make them clear. However, in very rare circumstances they will be found in a clear state.

The cost of sapphire gems varies depending on their color, clarity, size, cut, and overall quality. Significant sapphire deposits are found in Eastern Australia, Southeast Asia, and Sri Lanka. Sapphire and rubies are often found together in the same area, but one gem is usually more abundant.



Real Sharpie



An easy way to sharpen scissors is to fold a piece of aluminum foil 3-4 times, then cut through it several times.

Buy a New Lid

If you lose a top knob to a saucepan lid, try placing a screw with the thread side up into the hole then attaching a cork on it.



Pharmacist Tip of the Month!



Let your doctor know that price is an issue for you if you need to take prescription drugs. Find out if there is a generic alternative to brand-name medications—or if there is an entirely different, less costly medication that might work just as well for your condition. Greater savings are available for larger quantities also.

It took me seventeen years to get 3,000 hits in baseball. I did it in one afternoon on the golf course.

Hank Aaron

Friendship is the hardest thing in the world to explain. It's not something you learn in school.

But if you haven't learned the meaning of friendship, you really haven't learned anything.

Muhammad Ali

Action expresses priorities.

Mohandas Gandhi

It is a kingly act to assist the fallen.

Mother Teresa

Advertisements contain the only truths to be relied on in a newspaper.

Thomas Jefferson

How To Win \$25

Have a useful household tip or remedy to share? If we use yours, you win \$25.

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info@HealthyHomeNewsletter.com

Please include your name, full mailing address and phone number.

This Month In History

20 Years Ago (8/8/88): Chicago Cubs starts 1st home game under lights

45 Years Ago (8/28/63): Martin Luther King Jr.'s famous "I have a dream speech" at Lincoln Memorial

50 Years Ago (8/29/58): Air Force Academy opens

105 Years Ago (8/1/1903): 1st coast-to-coast automobile trip (SF-NY) completed

125 Years Ago (8/26/1883): Krakatoa erupts, kills 36,000

130 Years Ago (8/21/1878): American Bar Association organizes at Sarasota, NY

135 Years Ago (8/1/1873): San Francisco's 1st cable car begins service

140 Years Ago (8/8/1868): Quake and tsunami destroys Arica, Chile

145 Years Ago (8/16/1863): Emancipation Proclamation signed

175 Years Ago (8/10/1833): Chicago incorporates as a village of about 200


205 Years Ago (8/9/1803): 1st horses arrive in Hawaii

210 Years Ago (8/2/1798): British under Adm. Horatio Nelson beat French at Battle of Nile

265 Years Ago (8/10/1743): Earliest recorded prize fighting rules formulated

315 Years Ago (8/4/1693): Dom Perignon invents champagne

The Wizard of Oz Notes from the Set



In January 1938, MGM bought the rights to the hugely popular novel from Samuel Goldwyn. The film's script was adapted by Noel Langley, Florence Ryerson, and Edgar Allan Woolf. The script went through a number of revisions before the final shooting. The original producers thought that a 1939 audience was too sophisticated to accept Oz as a straight-ahead fantasy; therefore, it was reconceived as a lengthy, elaborate dream. Because of a perceived need to attract a youthful audience through appealing to modern fads and styles, the script originally featured a series of musical contests. A spoiled, selfish princess in Oz had outlawed all forms of music except classical and operetta, and went up against Dorothy in a singing contest in which Dorothy's swing style enchanted listeners and won the grand prize. This part was initially written for Betty Jaynes. The plan was later dropped.

Another scene, which was removed before final script approval and never filmed, was a concluding scene back in Kansas after Dorothy's return. Hunk (the Kansas counterpart to the Scarecrow) is leaving for agricultural college, and extracts a promise from Dorothy to write to him. The implication of the scene is that romance will eventually develop between the two, which also may have been intended as an explanation for Dorothy's partiality for the Scarecrow over her other two companions.

The final draft of the script was completed on October 8, 1938.

A persistent rumor suggests that negotiations took place early in pre-production for Shirley Temple to play the part of Dorothy. The tale is almost certainly untrue, yet the story appears in many film biographies (including Temple's own autobiography). – *Wikipedia*



Guerrilla Gardening

With a history dating back to the early 1970's, guerrilla gardening began as a non-violent means of making a political and environmental statement. Activists take over ("squat") an abandoned piece of land which they do not own in order to grow crops or plants. Guerrilla gardeners believe in re-considering land ownership in order to reclaim land from perceived neglect or misuse and assign a new purpose to it. Some guerrilla gardeners carry out their actions at night, in relative secrecy, to sow and tend a new vegetable patch or flower garden. Others work more openly, seeking to engage with members of the local community. Still others have no political agenda. They see a piece of neglected neighborhood ground – often just a small patch – and decide to take it upon themselves to plant some nice looking vegetation there.

Thank You!

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HEALTHY

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HOME

NEWS

Secrets For Living
A Healthy, Wealthy
& Happy Life

Your New Issue Has Arrived!

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

Removing Wallpaper What Fun!



There comes a time in everyone's life...when it's time to change the wallpaper! This is a job normally anticipated on the same level as getting audited...but it doesn't have to be. Consider these tips to make wallpaper removal a lot less time consuming:

- **Perforate:** Tools such as the Paper Tiger (think of it as a specialized pizza cutter), are designed to safely perforate existing wallpaper without damaging the drywall underneath.
- **Soak:** Brush the surface with water or a chemical wallpaper stripper – use enough to really soak through and saturate. This will loosen the adhesive enough to allow peeling. Of course, non-porous vinyl will resist this method.
- **Steam:** If the soak method isn't your cup of tea, try using a wallpaper steamer. Take care not to damage the drywall!
- **Wallwik:** A recent invention called "Wallwik" involves soaking fabric sheets in a dissolvent, and layering them over the wallpaper. A quarter hour later, the wallpaper can be peeled away, reducing mess.



Smoothie

When applying wallpaper, try using a paint roller instead of a sponge to smooth the paper out.

Who Wants To Win?

Take our Trivia Challenge and you could win too!

This is one of our favorite parts of the newsletter! Each month we'll give you a new trivia question. And the first 3 people who e-mail us with the correct answer win two FREE movie tickets. Enjoy a night out on us with someone special in your life! Take your best guess, then call or e-mail us at:

wlee@longsrx.com

This month's Mega Trivia Question:
What year was champagne invented?

A) 1903 B) 1878 C) 1758 D) 1693 E) 1408

HINT: The answer is somewhere in this newsletter

A flow of words is a sure sign of duplicity.
Honore De Balzac

Are Your Drawers a Problem

If you are having problems with sticky drawers, try rubbing a candle along the tops of the runners.