



Healthy Home News

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

SEPTEMBER

*The stripped and shapely
maple grieves
The ghosts of her
departed leaves.
The ground is hard,
as hard as stone.
The year is old,
the birds are flown.
And yet the world, in its distress,
displays a certain loveliness---*
John Updike

Words of Wisdom

*Time is the coin of your life. It
is the only coin you have,
and only you can determine
how it will be spent.
Be careful lest you let other
people spend it for you.*
Carl Sandburg

*People are like stained-glass
windows.
They sparkle and shine when
the sun's out,
but when the darkness sets in,
their true beauty is revealed
only if there is light within.*
Elizabeth Kubler-Ross

How To Control Aging By Starting Now

If you think you can wait until later to prevent premature aging, you will miss some of the most important times of your life to do it.

Most people's muscle mass declines with age, and the rate of loss accelerates after age 45.

The amount of muscle you retain, or build, is determined partly by how many muscles are used. Use them frequently and you maintain their strength. Push them to the limits of their capacity by exercise, and you increase strength no matter how old you are.

Doctors at Tufts University say most middle-aged people's weight problem is excess body fat coupled with too little muscle.

As you age, you can lose whole sets of muscles and nerves that work together to make your body function. Between ages 30 and 70, it is estimated that people experience a 20 percent decrease in the strength of the thigh. You can regain muscle mass and strength (through strength training) no matter what shape you're in when you begin.

How much oxygen your body can process in a given time is an important biomarker called your aerobic capacity. By age 65, it is typically 30 percent to 40 percent less than in young adults. People at any age can reverse the trend with aerobic exercise, the kind that makes you huff and puff. And when you build muscle with strength training, you also increase aerobic capacity.

Other methods to slow aging include eliminating sugar, meat, and empty calories thereby eliminating high cholesterol, high blood pressure and many other ailments. The older you are, the more fluids you should drink to keep hydrated.

Frisbee Marks 57th Birthday

More than half a century ago, New England college students were eating the product of Frisbie Pie Co. Even better, throwing and catching those empty Frisbie pie pans became a great game.

At the same time, the Wham-O company was making the Plato Platter, which was used in essentially the same way. It was invented by Fred Morrison. The students began calling the Platters Frisbies too.

Wham-O founders Rich Knerr and Arthur Melin obtained the marketing rights for the name college kids had labeled their product. But they didn't spell it right, and the Pluto Platter became the Frisbee.

Inventor Morrison thought it was a terrible name. Now, 87 years old and living in Carpinteria, Calif., Morrison says it just goes to show that he is a bad judge of names.

After 57 years, people still like to test their skill and physical condition playing Frisbee in the park, either with each other or with their dogs.



And The Winner Is....

Sue and Larry Graves

Sue and Larry won a \$150 gift certificate for Bed and Breakfast and/or dinner at **The Pinehurst Inn**. It is my way of thanking them for referring my business to their friends and participating in this summer's referral contest.

Also a big thank you to all who participated. My business runs on word of mouth referrals from my happy clients- like YOU!

Winston Churchill Quotes:

A fanatic is one who can't change his mind and won't change the subject.

A prisoner of war is a man who tries to kill you and fails, and then asks you not to kill him.

An appeaser is one who feeds a crocodile, hoping it will eat him last.

*Broadly speaking,
the short words are the best,
and the old words best of all.*

*Courage is what it takes to stand up
and speak; courage is also what it
takes to sit down and listen.*

*Great and good
are seldom the same man.*

History is written by the victors.



Antique Apples Are Growing In Popularity And Here Are Some Of The Best Ones To Try...

There are literally thousands of different kinds of apples but you will most likely see just 8 or 10 varieties such as, Red Delicious, Gala, Fuji, Granny Smith, Golden Delicious, and McIntosh at your local supermarket. That's because there are only about 10 varieties that make up 80% of the apples grown for consumption, and that's the business of apples.

But, because of people's interest in local, organic farming there has been a resurgence of popularity in heirloom, or "antique" apple growing. By growing heirloom apples, small orchards get a competitive advantage over the orchards that mass produce. Here are some antique apples you might want to look for at your next trip to your farmers market or an apple festival.

Maiden's Blush – This small, to medium sized apple is harvested in August/September and is an heirloom that dates back to the 1700's. It is described as crisp and tender, with vanilla and citrus notes, but it is sharp and will cause you to pucker straight from the tree. It will mellow a bit with storage, but this apple is best for cooking, desserts, and making cider.

Ribston Pippin – This little beauty hails from the early 1700's in England. This apple is harvested in mid-September and is described as hard and crisp. It is a sweet apple that is great for eating fresh, and it also works great for baking, and making ciders and sauces. It is thought that the Ribston Pippin is perhaps one of the parents of a Cox Pippin.

Roxbury Russet – This antique apple is believed to be the first apple variety originating in North America, possibly dating back to Massachusetts in 1649. This medium sized apple ripens in October and is very sweet due to its high sugar content. This makes for good fresh eating and great cider making.

Golden Russet – This golden beauty dates back to England in the late 1600's and is often claimed as the best tasting of the russet apples. It's a juicy apple that becomes ripe in October. The Golden Russet's honey-like sweetness makes it popular for eating fresh and highly sought after for cider making.

There are so many delicious heirloom apples to discover this is just a snapshot into a few that are available.

Information sources: www.orangepippin.com
www.scottfarmvermont.com and www.maplevalleyorchards.com

See Insert This Issue:

The "No Brainer"



Approach To Caring For Your Carpet

You Can Avoid Over Thinking, Brooding

In one way, animals are way ahead of us. The ape and the tiger never brood about the past, worry about the future, or spend time dissecting the boss's last remarks over and over again.

Humans are the only species prone to over thinking, say psychologists at Ohio State University. They can fall into "mental potholes," and that's not harmless. New studies show that those who ruminate have higher blood pressure and heart rates, less effective immune systems, higher stress levels, and more depression.

Over thinking is often caused by trying to solve problems or get over life's traumas say researchers at Temple University. Sometimes, however, the best answer to a problem does not become available or clear. Constantly thinking about it does no good.

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. Anyone who calls in with the correct answer will be put in a drawing to win **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, then call me at **482-3660!** Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:
**In what year did J.R.R. Tolkien
publish *The Hobbit*?**

A) 1984 B) 1962 C) 1957 D) 1937

HINT: The answer is somewhere in this newsletter

- A better idea is to settle on a time when you will consider it again and decide not to think about it until then.
- Putting your true feelings about a situation down on paper helps to determine what your feelings really are, which can be very helpful.
- Avoid discussing the problem over and over with friends who will sympathize with you. Talk to people who can suggest solutions.
- Meditate or pray frequently when you are besieged by over thinking.
- Consider whether your expectations in this situation were unrealistic and whether they still are.

This Month in History

42 Years Ago (9/5/72): 11 Israeli athletes are slain at Munich Olympics

57 Years Ago (9/4/57): Ford Motor Co introduces the Edsel

62 Years Ago (9/8/52): Ernest Hemingway's "Old Man & the Sea" published

77 Years Ago (9/21/37): J.R.R. Tolkien, publishes "The Hobbit"

87 Years Ago (9/30/27): Babe Ruth hits record setting 60th HR

107 Years Ago (9/26/1907): New Zealand becomes a dominion

122 Years Ago (9/26/1892): 1st public appearance of John Philip Sousa's band

142 Years Ago (9/21/1872): John Henry Conyers of SC becomes 1st black student at Annapolis

152 Years Ago (9/23/1862): Lincoln's Emancipation is published in Northern Newspapers

232 Years Ago (9/16/1782): Great Seal of US used for 1st time

242 Years Ago (9/1/1772): Mission San Luis Obispo de Tolosa forms in California

327 Years Ago (9/26/1687): Parthenon destroyed in war between Turks & Venetians

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DR CYNTHIA COLWELL

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**4 Free Muscle Relaxation Therapies
With Regular Chiropractic Adjustment.
A \$100 Value.**

Go in for an adjustment and see how a great chiropractor can help you. I use to have constant migraines until I found Dr Cyndi. I never have headaches now! Joanna

A Special Offer For Swept Away Clients Only

Thanks For All The Kind Words!

My friend recommended I try Swept Away and I am so glad that I did. Joanna did an amazing job and went over and over my carpets until they looked new again. Great job, great attitude, and she made having my carpets' cleaned fun!

Sally Fallon, Talent

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Carpet Cleaning
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Odor Removal
Color Repair
Carpet Repair

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

**Congratulations to Lucy Dobson, this month's
movie trivia winner....call in with your answer
today and you too could be a winner!**

Never compromise your health. Choose the most conscientious and educated company. **Choose Swept Away!!**

The “No Brainer” Approach To Caring For One Of Your Home’s Most Valuable Investments....

Hello friends and clients! Can you believe how fast summer flew by? Now it's the hustle and bustle of getting the kids off to school, right before the rush of the Holiday Season is upon us. **Who has time to think about carpet cleaning when there is so much else to do? Not you!** So don't even think about it. Just trust your favorite carpet cleaner to take care of everything with my “No Brainer” offer.

Remember the 7th Grade?

This really isn't rocket science. It's more like “cause and effect” just like you learned in Science class in the 7th grade. Here it goes: You live in a home with carpet = *the carpet needs cleaning every 8- 12 months.* You use a great carpet cleaner = *your carpet will look great and last longer.* You are living a super busy fast paced life = *you use a carpet cleaner with a “No Brainer” offer and have one less thing in your life to think about.*

The ABC's Of Carpet Care

So what's all this “No Brainer” talk about? It's as simple as ABC.

A: You call me and schedule a cleaning in September.

B: You save \$20 just for calling.

C: I'll give you a FREE touch up of spots and spills before your Holiday guests arrive. (A \$99 value!)

It's a real No Brainer! PLUS, to make this offer even more “No Brainer-ish” (I made that word up.) I'm going to give you a bottle of my famous spotter. I want you to be able to enjoy the benefits of clean carpet as long as possible. So try it out! Just **call me today at 541-482-3660** and you'll feel smarter by the days end. But hurry, I'm only extending this “No Brainer” offer to people who **call before September 30, 2014.**