



Healthy Home News

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

Earl/Jodi Broker – Professional Carpet And Cleaning Services – 812 N. Helen Ave., Sioux Falls, SD 57104
Phone – 605-338-9017

September 11th is Patriot Day

"By a joint resolution approved December 18, 2001, the Congress has designated September 11 of each year as 'Patriot Day'."

In the USA, **Patriot Day** occurs on September 11 of each year designated in memory of the nearly three thousand who died in the September 11, 2001 attacks. Most Americans refer to the day as "Nin Eleven," "September 11th," or some variation thereof.

US House of Representatives Joint Resolution 71 was approved by vote of 407-0 on October 25, 2001. It requested that the President designate September 11 of each year as Patriot Day. President George W. Bush signed the resolution into law on December 18, 2001. It is a discretionary day of remembrance.

On this day, the President directs that the American flag be flown half-staff and displayed from individual American homes, at the White House and on all US government buildings and establishments, home or abroad. The President also asks Americans to observe a moment of silence beginning at 8:45 am (Eastern Daylight Time), the time of the first plane crash on September 11, 2001.

US Air Force is Established, Sept. 1947

Initially part of the United States Army, the United States Air Force was formed as a separate branch of the military on Sept. 18, 1947. It is the most recent branch of the US military to be formed.

The USAF is the largest and most technologically advanced Air Force in the world, with 5,573 manned aircraft in service, approximately 18 unmanned combat air vehicles, 2,130 air-launched cruise missiles, and 450 intercontinental ballistic missiles. The USAF has over 325,000 personnel on active duty, over 100,000 reserves, and over 100,000 in the Air National Guard. In addition, the Air Force employs over 170,000 civilian personnel including indirect hire of foreign nationals.

According to the **National Security Act of 1947** which created the Air Force:

In general, the United States Air Force shall include aviation forces both combat and service not otherwise assigned. It shall be organized, trained and equipped primarily for prompt and sustained offensive and defensive air operations. The Air Force shall be responsible for the preparation of the air forces necessary for the effective prosecution of war except as otherwise assigned and, in accordance with integrated joint mobilization plans, for the expansion of the peacetime components of the Air Force to meet the needs of war.



The Facts on Sunscreen

Sunscreen is important for skin cancer prevention and wrinkles. Get the facts on how to use it correctly...

Use Daily: including on rainy days and in winter. Even brief exposure adds up over time.

UVA and UVB rays are harmful: they cause skin cancer and premature aging. UVA tans skin. UVB burns it. Both cause wrinkles. SPF ratings do not refer to UVA rays, so be sure your sunscreen also includes a UVA block, such as transparent minimum 6% zinc oxide.

Sunscreen with higher numbers is not much more effective: SPF 15 blocks 93% of UVB rays. SPF 30 blocks 97%. The difference matters most to people who tan or burn easily.

Use adequate amounts of sunscreen: An eight-ounce bottle of SPF 15, if applied properly, is enough for a weekend at the beach.

Waterproof sunscreen protects you for about 80 minutes while you are in the water. So reapply if you are in the water longer and after you towel off. – David Herschthal, MD

Get Free Cleaning Tips and Specials at our Website www.pccssf.com This is a new site check it out!

Professional Carpet And Cleaning Services not only cleans your carpets. We also do:

Fire/Water damage (flooding) clean up from Beginning to End:

Carpet Stretching:
Spot Dyeing:
Tile, Grout & Stone

Cleaning:

Rugs including Oriental:
Upholstery:
Stain/Pet Odor:

FREE CARPETAUDITS
(Priceless)
Power wash decks & patios

*Anyone who keeps the ability
to see beauty never grows old.*

Franz Kafka

*My imagination is a monastery
and I am its monk.*

John Keats

*A man may die, nations may rise
and fall, but an idea lives on.*

John F. Kennedy

*A man can't ride your back
unless it's bent.*

Martin Luther King, Jr.

*I love the feeling of the fresh air
on my face and the wind blowing
through my hair.*

Evel Knievel

*An ounce of mother is worth
a pound of clergy.*

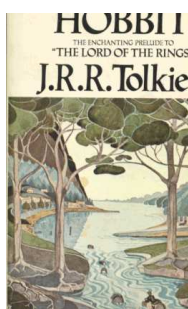
Rudyard Kipling

See Insert This Issue:



**Here is a
Lesson
Everyone with
Carpet Needs!**

The Hobbit, by JRR Tolkien Published September 1937



The Hobbit, or *There and Back Again*, is a fantasy novel and children's book by *JRR Tolkien*. Set in a time "between the dawn of faerie and the dominion of men" *The Hobbit* follows the quest of home-loving Bilb Baggins to win a share of the treasure guarded by th dragon, Smaug.

It was published on September 21, 1937 to wic critical acclaim, being nominated for the **Carnegie Medal** and awarded a prize from the *New York Herald Tribune* for best juvenile fiction. The book remain popular and is recognized as a classic children's book.

Bilbo's journey takes him from light-hearted rural surroundings in deeper, darker territory. The story is told in the form of an episodic quest, a most chapters introduce a specific creature, or type of creature, of Tolkien Wilderland.

The final chapters deal with the climactic *Battle of Five Armies* where many of the characters and creatures from earlier chapters re-emerge engage in conflict. Critics have cited Tolkien's own experiences and t themes of other writers who fought in World War 1, along with the author professional knowledge of Anglo-Saxon literature and personal interest fairy tales, as the chief influences.

Due to the book's critical and financial success, a sequel was requested l Tolkien's publishers. As work on *The Lord of the Rings* progressed, Tolkien made retrospective accommodations for it in one chapter of *The Hobbit*. These few but significant changes were integrated into the second edition.

The work has never been out of print since the paper shortages of t Second World War.

National Apple Month

The first apple trees in the US were planted by the pilgrims in the Massachusetts Bay colony.

The first apple nursery was opened in Flushing, NY in 1730.

The science of apple growing is referred to as *pomology*.

Apples are actually a member of the rose family, along with pear peaches, plums and cherries.

Apples are not self-pollinating. They need bees to pollinate t flowers to form fruit.

25% of an apple's volume is air, which is why they float.

There are 2,500 varieties of apples grown in the US, and 7,50 varieties grown throughout the world.

One apple has 5 grams of fiber. They're also fat, sodium a cholesterol free.

Two-thirds of the fiber and many of the antioxidants are found in t apple peel.

The game of apple-bobbing began as a Celtic New Year's traditi for trying to determine one's future spouse.



September Birthday Hall of Famer: Agatha Christie



Agatha Mary Clarissa Miller was born in Torquay Devon, England on September 15, 1890. Known worldwide as **Agatha Christie**, she was an English crime writer of novels, short stories and plays. She also wrote romances under the name Mary Westmacott, but is best remembered for her 80 detective novels and her successful West End theatre plays.

Her works, particularly those featuring Hercule Poirot and Miss Jane Marple, have given her the title of the “Queen of Crime” and made her one of the most important and innovative writers in the development of the genre.

Christie has been referred to by the *Guinness Book of World Records* as the best-selling writer of books of all time and the best-selling writer of any kind, along with William Shakespeare. Only the Bible is known to have outsold her collected sales of roughly four billion copies of novels. She is currently the most translated individual author in the world with only the collective corporate works of Walt Disney Productions surpassing her. Christie’s books have been translated into at least 56 different languages.

Her stage play *The Mousetrap* holds the record for the longest initial run in the world, opening at the Ambassador Theater in London on November 25th, 1952, and as of 2009 is still running after more than 23,000 performances.

In 1955, Christie was the first recipient of the *Mystery Writers of America’s* highest honor, the *Grand Master Award*, and in the same year, *Witness for the Prosecution* was given an *Edgar Award* by the MWA, for *Best Play*. Most of her books and short stories have been filmed, some many times over, and have been adapted for television, radio, video games and comics.

Does Teflon Really Cause Cancer?

Teflon has not been found to cause cancer. *Perfluorooctanoic Acid (PFOA)*, a chemical used in the synthesis of Teflon, has been labeled a “likely carcinogen” by a panel advising the Environmental Protection Agency, but Teflon pans do not emit PFOA when used properly.

Teflon cookware might emit a small amount of PFOA when it’s heated to extreme temperatures – for example, when a Teflon frying pan has been left empty on a heated burner for an extended period. Even then, it has not been established that overheated Teflon produces a dangerous amount of PFOA. Still, it wouldn’t be unreasonable to dispose of a Teflon pan that has been left empty on a heated burner.

Approximately 95% of the population has some amount of PFOA in their bloodstream – but most of this PFOA likely comes from stain- and water-repelling treatments used on carpets and on fabrics. Grease-resistant food packaging, such as the microwave popcorn bags and cardboard fast food boxes, also might contain small amounts of PFOA.

The fact that PFOA is in our bodies does not mean that we are all going to die from PFOA-related cancers. Individuals who have worked in factories producing PFOA, and perhaps some people who live in neighboring areas, seem to have the highest levels of PFOA. – *Ronald Melnick, PhD, senior toxicologist with NIEHS*

Eggs Protect Eyesight

Lutein in eggs helps fight age-related macular degeneration, the leading cause of blindness among older men and women.

Recent Study: The lutein in eggs is absorbed two to three times better than lutein from other sources, such as spinach or supplements. One egg a day can double your lutein intake. – *Elizabeth Johnson PhD, Tufts University, Boston*

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients and friends who graciously referred me to the 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...

Chad F. & Jean K.

Thanks for All the Kind Words!

Friendly Service, a good job was done,
carpet & furniture look & smell nice
- Chad

Reliable, Courteous, Thorough &
Informative – Jean

Your New Issue Has Arrived!

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

The Beatles Release “Abbey Road” September, 1969

Abbey Road is the eleventh official UK album and the seventeenth US album released by The Beatles. Though work on *Abbey Road* began in April 1969, making it the final album recorded by the band, *Let It Be* was the last album released before the band’s dissolution in 1970.

Abbey Road was released on September 26, 1969 in the UK, and on October 1st, 1969 in the United States. Produced and orchestrated by George Martin for Apple Records, it is regarded as one of *the Beatles’* most tightly constructed albums, although the band was barely operating as a functioning unit at the time.

Rolling Stone Magazine named it the 14th greatest album of all time, even though the magazine initially gave the album a mixed reception. Their November 15, 1969 issue features two very different reviews – a strongly negative one from Ed Ward, who particularly criticizes its overproduction, and a rave review from John Mendelsohn.

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. The first people who call my office with the correct answer will win **two FREE movie tickets**. Enjoy a night out on the town with someone special in your life! Take your best guess and then call me at **338-9017 - M-F, 8-5 P.M.** Remember, your chances of winning are better than you think!

This month’s Mega Trivia Question

**What pen name did Agatha Christie use
to write romance novels?**

- A) Kathleen Kellow B) Mary Westmacott
C) B.J. Daniels D) Jackie Collins

HINT: The answer is somewhere in this newsletter

You must have done business with PCCS in order to win movie tickets.



Even If You Aren't Going Back To School... Here Is A Lesson Everyone With Carpet Needs!

Hello friends and clients. September brings crisp mornings and thoughts of routine and reorganization – and for many of you that means “back to school” time. But whether or not you have kids in school, I’ve got a little homework for you....

Look Down.

As your carpet “teacher” I love to hand out this assignment. Why? Because **most people are too busy to notice it’s time to clean the carpets.** These days 6-12 months fly by and before you know it the carpets are dirty, and in need of a professional cleaning.

“But My Carpet Doesn’t Look Dirty!”

Even if your carpets don’t *LOOK* dirty, often they are. I know there are a percentage of you that have carpets that do get some visible soiling. Life happens. So do kids, pets and food spills. But there are also some of you who keep your carpets so immaculate that you don’t realize they are dirty. Yet deep inside those carpets are dry soils, dust mites, dust mite feces, pollens, molds and pollutants. Icky stuff. Some visible, much of it invisible.

And, if you’ve gotten my ads in the past you know what that means **Polluted indoor air.** Your carpet can only hold so much. When your carpet gets full, those allergens, pollutants and soils get redistributed into your indoor air with every step. So for your carpets to be truly dirty only time has to go by. If it’s been 6-12 months since your last cleaning your carpets *are* dirty. But no worries. Your friendly carpet cleaner to the rescue.

And Now For MY Homework...

Give me a call and I will look up your cleaning history. I can determine by your last cleaning date and home traffic, what areas should be cleaned and how frequent. Maybe it’s been 12 months and you have 2 dogs and 2 people living in the home but no one ever goes into three of your four bedrooms. Your cleaning needs are going to be different than the family with 3 kids and 2 cats and 3 overused bedrooms. Likewise, their cleaning schedule will be different from the couple with no kids, and no pets. See what I mean? Every one of you will have different high traffic areas, different traffic levels, and different cleaning needs.

So make me do my homework, give me a call at 338-9017 or contact me at jodi@pccssf.com

Call Professional Carpet And Cleaning Services At 338-9017

or

e-mail me at jodi@pccssf.com by September 30, 2009

**And make me do my homework on you cleaning schedule.
BONUS: You Get EXTRA CREDIT in the form of \$35.00 savings.**

Contact me today!

*Not valid with other offers

