



# Healthy Home News

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

## July Is National Ice Cream Month

- In 1984, President Ronald Reagan declared July to be National Ice Cream Month, citing the food's "nutritious and wholesome" qualities. He decreed that patriotic Americans should mark the month with "appropriate ceremonies and activities."



- Americans consume the most ice cream in the world per capita, with Australians coming in second. In 1924, the average American ate eight pints a year. By 1997, it had jumped to 48 pints per year.
- The most avid ice cream eaters in the U.S. are the good citizens of Omaha, Nebraska, who eat more ice cream per person than any other American town.
- Vanilla is the most popular flavor by far, accounting for between 20 to 30 percent of yearly sales worldwide. Chocolate comes in a distant second, with about 10 percent annually. The rest of the top 5 is butter pecan, strawberry and mint chocolate chip.
- One of the major ingredients in ice cream is air. Without it, the stuff would be as hard as a rock.
- Among the most unusual flavors of ice cream ever manufactured are avocado, garlic, azuki bean, jalapeno and pumpkin.
- According to the *Guinness Book of World Records*, the biggest ice cream sundae in the world was made in Alberta Canada in 1988, weighing in at nearly 55,000 pounds. The same year, a baking company and a sheet-metal firm in Dubuque Iowa teamed up to produce the world's largest ice cream sandwich, which tipped the scales at nearly 2,500 pounds. And in 1999, Baskin Robbins created an ice cream cake at a beach hotel in the United Arab Emirates that weighed just under 9,000 pounds.

## July Birthstone: The Ruby

The ruby's name comes from *ruber*, Latin for red. Rubies have a hardness of 9.0 on the Mohs scale of mineral hardness; among the natural gems only diamond is harder, with a Mohs rating of 10.0.

All natural rubies have imperfections in them, including color impurities and inclusions of rutile needles known as "silk". Gemologists use these needle inclusions found in natural rubies to distinguish them from synthetics, stimulants or substitutes. Usually the rough stone is heated before cutting. Almost all rubies today are treated in some form, with heat treatment being the most common practice. However, rubies that are completely untreated but still of excellent quality command a large premium.



*Oh, say does that star-spangled  
banner yet wave  
O'er the land of the free  
and the home of the brave?*

## The Bikini



The history of the bikini is a checkered one. Though the bikini shocked when it appeared on French beaches in 1947, its origins date back millennia.

Depictions of bikini-like garments appear at the Chalcolithic site of Catalhoyuk, and two-piece bikini-like garments were worn by women for athletic purposes in Greece as far back as 1400 BC.

Mosaic artwork dubbed "Bikini Girls" dating back to the Diocletian period (286-305 AD) in Rome, Sicily gained significant archeological renown, while statues of Venus in a bikini was found elsewhere in the Roman Empire. In the modern era, the first functional two-piece swimsuit was designed in 1913 by Carl Jantzen. Australian swimmer-performer Annette Kellerman was arrested in 1907 for wearing a two-piece. Later it was made popular by pin-up girls like swimmer-actress Esther Williams and actress Ava Gardner, Rita Hayworth and Lana Turner.

Thank you for all the kind words!

Jenny Rogers of Anchorage, AK



“ Awesome! I am always happy to have you come! The quality of your work is great and very meticulous. I appreciate your attention to detail & suggestions about carpet care. Hints about the use of throw rugs (don't put them on your carpet if they 're rubber backed!) Thanks for that ~ I 'll be more careful in the future.“

## Quotes on Patriotism:

*I have long believed that sacrifice is the pinnacle of patriotism.*

**Bob Riley**

*I only regret that I have but one life to lose for my country.*

**Nathan Hale**

*Ask not what your country can do for you; ask what you can do for your country.*

**John F. Kennedy**

*Patriotism is supporting your country all the time, and your government when it deserves it.*

**Mark Twain**

*The proper means of increasing the love we bear our native country is to reside some time in a foreign one.*

**William Shenstone**

**See Insert This Issue:**



**Endless  
Summer  
Special!**

## The First Hair Dryer



Around the turn of the century, women used vacuum cleaners to dry their hair! Early vacuum cleaners sucked air in through the front and blew it out the back, so the ladies would attach the vacuum hose to the rear of the machine and aim it at their wet heads. The first true hair dryer was developed in the early 1920s in Germany. Made of nickel or chrome-plated steel with a wooden handle, it was large, heavy, and unwieldy. Although modern dryers are lighter and more attractive, they operate on the same principal as the first hair dryer, in which a fan propels air over heated coils and out the nozzle.

## Hair Today, Gone Tomorrow

Hair falls out continually as new hair grows in. But if you notice a sudden hair loss, or clumps of hair falling out, see your doctor. According to the American Academy of Family Physicians, excessive hair loss can signify thyroid or other hormonal problems, fungal infections, lupus or diabetes. It can also be a side effect of such medicines as blood thinners, chemotherapy drugs, birth control pills and antidepressants; a sign of too much vitamin A; or an allergic reaction to a new shampoo.

## Parting Hair

Some social scientists subscribe to the notion that the way people part their hair reflects their personalities. A part on the left indicates a logical, mathematical bent; a right part signifies a freer, more artistic air. Those who part their hair in the middle or are bald are generally viewed as balanced and trustworthy.

In general, men normally part their hair on their left, women on the right. People who stray from these norms may do so because of their unique natures or jobs. Hillary Clinton and Margaret Thatcher both part their hair on the left. Most U.S. Presidents have parted their hair on that side, too.

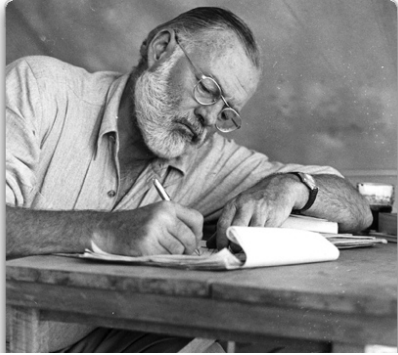
## Identity Theft After Death

Yearly, some 400,000 checking accounts are opened in the names of people who are deceased, according to the Identity Theft Research Center in San Diego, California. Many are part of identity theft scams that result in many thousands of dollars in credit card charges. When a loved one dies, the ITRC recommends:

- Don't include the day and month of birth in death notices. Give just the year. Don't give the deceased's address.
- Mail copies of the death certificate to the credit-reporting services, Equifax, Experian and TransUnion. Cancel credit card accounts immediately after death.
- Visit the department of motor vehicles and cancel driver's licenses or ID cards to prevent duplicates from being issued.
- A few weeks after the death, get a free credit report from each bureau.

# Hemingway and Brando: American Legends

## Ernest Hemingway and the Iceberg Theory



As a young writer living in Paris in the 1920s, Ernest Hemingway conceived the idea of a “new theory” on writing, called *the Iceberg Theory*, after writing the short story “Out of Season.”

“I omitted the real ending [of *Out of Season*] which was that the old man hanged himself. This was omitted on my new theory that you could omit anything, and the omitted part would strengthen the story.”

The concept of the iceberg theory is sometimes also referred to as the “theory of omission.” Hemingway believed the writer could describe one thing (such as Nick Adams fishing in *Big Two-Hearted River*) though an entirely different thing occurs below the surface (Nick Adams concentrating on fishing to the extent that he does not have to think about anything else).

In his essay *The Art of the Short Story*, written in the late 1950s, Hemingway is clear about his method: “A few things I have found to be true. If you leave out important things or events that you know about, the story is strengthened. If you leave out or skip something because you do not know it, the story will be worthless. The test of any story is how very good the stuff is that you, not your editors, omit.”

In 1954, Hemingway received the Nobel Prize in Literature. The prize was awarded to Hemingway “for his mastery of the art of narrative, most recently demonstrated in *The Old Man and the Sea*, and for the influence that he has exerted on contemporary style”. When asked about the use of symbolism in his work, and particularly in the most recently published *Old Man and the Sea*, he explained, “No good book has ever been written that has in it symbols arrived at

beforehand and stuck in. That kind of symbol sticks out like raisins in raisin bread. Raisin bread is alright, but plain bread is better. I tried to make a real old man, a real boy, a real sea, a real fish and real sharks. But if I made them good and true enough, they would mean many things. The hardest thing is to make something really true—and sometimes truer than true.”

## Marlon Brando: The Original Method Man



Marlon Brando (4/3/1924—7/1/2004) is considered by many critics to be the greatest actor in motion picture history. He was best known for his role as Stanley Kowalski in *A Streetcar Named Desire* and his Academy Award winning performance as Terry Malloy in *On the Waterfront*, both directed by Elia Kazan in the early 1950s.

In middle age, his well-known roles included his Academy Award winning performance as Vito Corleone in *The Godfather*, Colonel Walter Kurtz in *Apocalypse Now* (both directed by Francis Ford Coppola) and an Oscar nominated performance as Paul in *Last Tango in Paris*.

Brando had a significant impact on film acting. He was the foremost example of the “method” acting style, and was initially parodied for his “mumbling” diction, but his mercurial performances were highly regarded. Director Martin Scorsese said of him, “He is the marker. There’s ‘before Brando’ and ‘after Brando’.” Actor Jack Nicholson once said, “When Marlon dies, everybody moves up one.”

## 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...

**Tom Williams** referred Tim & Char Shill  
**Rebecca Riski** referred Angela Plukett  
**The Grout Doctor** referred Jeanna Ilgen  
**Diane Land** referred Heather Holovet  
**Terry Gose** referred Joyce Bishop

**Matt Miller** referred P.J. Larson  
**Rena Florio** referred John Katcher  
**Rye Kirby** referred Yvonne Hotch  
**Janet Jones** referred Carol Castel  
**Barbara Halcro** referred Mary Halcro with M Street Investments



## Don't Let The Summer Sneak By Without Calling "You-Know-Who"!

*Hello friends and clients.* I hope you are having a wonderful summer...but don't let the lazy summer days slip by without calling me! Soon the kids will start getting ready to go back to school and you'll be frantic to cram in just one more summer getaway and then suddenly you'll look down and ...

### "Uh-Oh....Are those traffic lanes?"

"Traffic Lanes" that shadowy hint of grime and dirt that begin to create certain wear patterns in your once beautiful, fluffy carpets. Your delicate carpet fibers start becoming vulnerable to break down and fray. If you don't call your professional carpet cleaner right away ...those lanes could become (gulp!) permanent.

### "Don't Let Your Carpets Age In Dog Years!"

Remember when your carpet was new? Kind of like a little puppy – young and fresh and happy. But we all know our furry friends age "in dog years" and unfortunately are "91" by the time we've only had them 13 years – a carpet that isn't cleaned on a regular schedule can age similarly. I've seen 10-year-old carpets that still look like new and 3-year-old carpets that looked like they were 20.

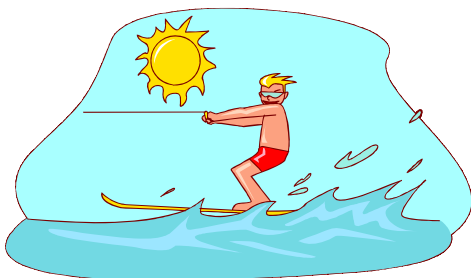
It all comes down to cleaning and maintenance.

I know this is not the most exciting subject and the summer sun is calling to you but just one more thing....

### "How Does \$30 off Sound To You?"

That's \$30 cash you can put towards having a little more fun before summer is truly over. And that's exactly what you'll save if you go ahead and call me today. Remember – clean *before* traffic lanes appear to prevent premature carpet aging and extend the beauty and life of your investment.

I'll make this really easy. Just call me and ask for the "Endless Summer Special!" Then you'll save your carpets and some money. Call 373-7410 today!



### **The Endless Summer Special!**

Call The Carpet Man at **Anchorage,**  
562-7410 **Valley** 373-7410

before August 31, 2010 and receive  
**\$30 CASH off your cleaning\*!**

\*not valid with other offers.

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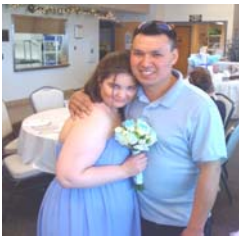
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# Your New Issue Has Arrived!

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

## CONGRATULATIONS!

The winner of last month's Trivia contest was...



**Lori Atuk of Anchorage, AK**

Was the first person to correctly answer the

June Trivia Question:

**“Which baseball player was NOT among the first  
five players in the Baseball Hall of Fame?”**

**E) Lou Gehrig**

Take your best shot at this month's trivia challenge!

Just email your answer and contact information to  
info@carpetmanclean.com ~ YOU may be our next

BIG winner!!

## 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 person to email my office with the correct answer will win **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, and then call me at ! Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

**What city was Ernest Hemingway living in when  
he came up with his *Iceberg Theory* on writing?**

- A) Amsterdam B) Madrid C) Rome  
D) London E) Paris

*HINT: The answer is somewhere in this newsletter*