



# Healthy Home News

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

## Healthy Tips for Lunchtime

The average American eats at a restaurant more than four times a week. This practice may be very convenient – but it's not always healthful. Restaurant food has more fat, salt and cholesterol than home-cooked meals.

**Lunchtime Traps:** Is a veggie sandwich the ideal lunch? Not necessarily. The two ounces of cheese typically added to these popular lunchtime meals contain three-quarters of a day's allowance for saturated fat. Tuna salad is packed with 720 calories, thanks to the mayonnaise. Chicken salad has 550 calories.

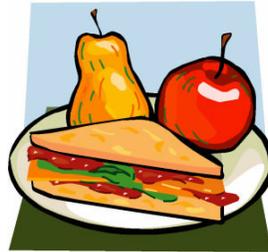
**Best Choices:** Opt for a turkey, roast beef, chicken breast or veggie sandwich without cheese. Ask for extra veggies, light mayo, mustard, ketchup or light salad dressing. Don't assume that a salad is diet food, either. A taco salad is served in a fried taco shell filled with ground beef, cheese, sour cream and guacamole. It contains 1,100 calories and a full day's quota of saturated fat.

Greek salads are weighted down with feta cheese, which is high in saturated fat. An Oriental chicken salad contains 750 calories, due to the dressing, nuts and fried noodles.

**Helpful:** If you're ordering a salad, ask for light dressing on the side. Use no more than a few teaspoons. Also, order cheese, nuts and noodles on the side – and use them sparingly.

The worst thing you can eat at a steak house isn't the steak – it's the appetizers. A fried onion served with dipping sauce has more than 2,000 calories. An order of cheese fries with dressing has about 3,000 calories. Have a salad and bread instead.

-- Michael F. Jacobson, PhD.



## Tomato Shrapnel

Every year on the last Wednesday in August, Buñol, Spain, hosts La Tomatina, the world's biggest food fight. More than 20,000 participants from around the world take part in a week-long celebration -- and throw more than 90,000 pounds of tomatoes at one another. The tradition began on a day in the 1940s, when a group of friends began pelting each other with the fruit. Passersby joined in, and, before long, much of the town as well. They had so much fun that the food fight became an annual affair. Today, the main event is preceded by a week of fireworks, parades, food, and street parties. On the final day of the festival, large tomato-laden trucks roll into town, and "officials" begin the pelting, setting the stage for a free-for-all. It takes about a half-hour to run through 150,000 tomatoes.



# August

*The quiet August noon  
has come;  
A slumberous silence fills the sky,  
The fields are still,  
the woods are dumb,  
In glassy sleep the waters lie.*

**William Cullen Bryant**

**How August Got Its Name:** This month was once known as Sextillis because it was the sixth month of the old Roman calendar. The name was changed to honor Augustus Caesar, the grandnephew of Julius Caesar. July, the month named after Julius, had 31 days, and August – originally only 30 days – was given an additional day so Augustus would not look inferior.

**Brewing Sun Tea:** Brewing iced tea in the warmth of the sun is a delicious treat and far more flavorful than instant tea made at the sink.

4 to 6 tea bags  
1 cup sugar (optional)  
1½ quarts of cold water

Put the tea and sugar in a 2-quart clear glass container and fill with water. Cover and put in direct sunlight for two to three hours. Serve over ice; refrigerate remaining tea for up to 24 hours. Makes eight six-ounce servings.

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## Referral Rewards Client of the Month!

**Carolyn Hocking**  
**Keensburg, IL**

**Our big winner in June was Carolyn Hocking. Carolyn won \$100.00 for providing us with 35 referrals. Thanks again, Carolyn!**



**Vesuvius Day, Aug. 24.** This day memorializes the eruption of Mt. Vesuvius in 79 AD in Italy, which buried the towns of Pompeii and Herculaneum. Mt. Vesuvius is the only active volcano on the European mainland and has since had multiple eruptions, killing thousands.

## The 12 Universal Dreams

Anthropologists, psychologists and dream workers have found similar themes in dreams. These so-called universal dreams transcend all generations and cultures.

**1) Being chased or attacked:** More than 80 percent of people dream they're being pursued or attacked, although who or what is attacking or doing the pursuing varies from place to place.

**2) Being injured, ill or dying:** One myth about dreaming is that if you die in your dream, you die in life. That's not true, of course, but dream deaths do occur. They involve deaths of famous people, your parents or children, a lover and even yourself.

**3) Car or other vehicle trouble:** Fairly common nightmare among all people and ages, whether or not the dreamers actually drive. Sometimes they have problems with an aircraft they're flying. May occur when the dreamer feels events in waking life are out of control.

**4) House or property loss or damage:** In these dreams, your house is damaged or destroyed by fire, water or other causes. These dreams may surface because you feel that some valuable aspect of waking life is at risk.

**5) Poor test or other poor performance:** You've probably dreamed of arriving for a test and found the exam has already started. Or you search fruitlessly for the room. This stems from the innate feeling that we need to achieve or compete.

**6) Falling or drowning:** Falling is one of the most common nightmares among people of all ages, and may be a reflection of feeling insecure, helpless or of having no support or solid grounding. Some people may actually fall from their beds during this dream. Dreaming about drowning is less frequent, and often occurs when a person feels overwhelmed.

**7) Being naked in public or inappropriately dressed:** This is a common scenario that occurs at all ages, including with children. The dreams involve feelings of exposure and vulnerability, and often include an element of embarrassment or shame.

**8) Missing the boat or other transport:** You rush to catch a departing bus, train, airplane or ship, only to have it leave without you. These leave you engulfed in an overwhelming feeling of frustration rather than fear. These dreams reflect feelings that you are missing out on something in waking life.

**9) Machine or telephone malfunction:** Moderately common, and more frequent in women. These occur when you feel anxious about making an emotional connection or when you feel you're losing touch with someone.

**10) Natural or man-made disasters:** You're confronted with overwhelming floods, tidal waves earthquakes, volcanic eruptions, tornadoes, hurricanes, bombings or chemical warfare. These dreams may depict personal problems raging out of control. They can be among the most frightening dreams.

**11) Being lost or trapped:** In these highly common dreams, you're lost and feeling desperate. You may be buried alive or locked in a cage. Or you dream of not being able to move; you're powerless to scream or breathe. These dreams may occur when you feel confusion or conflict about how to act in waking life.

**12) Being menaced by the dead or a spirit:** You feel you are being haunted or berated by someone who has died. There may be feelings of terror, guilt, resentment or abandonment. They may occur when you feel guilty or responsible for a death, or anxious about the situation.

## Women's Equality Day, Aug. 26

**WHEREAS**, the women of the United States have been treated as second-class citizens and have not been entitled the full rights and privileges, public or private, legal or institutional, which are available to male citizens of the United States; and

**WHEREAS**, the women of the United States have united to assure that these rights and privileges are available to all citizens equally regardless of sex; and

**WHEREAS**, the women of the United States have designated August 26, the anniversary date of the passage of the Nineteenth Amendment, as symbol of the continued fight for equal rights: and

**WHEREAS**, the women of the United States are to be commended and supported in their organizations and activities,

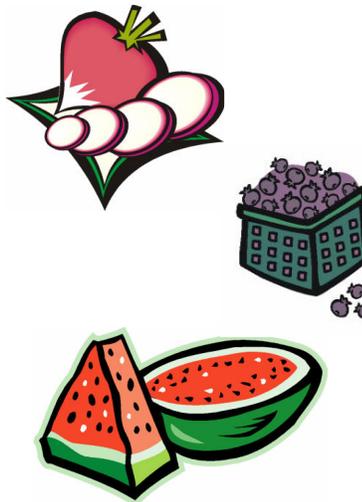
**NOW, THEREFORE, BE IT RESOLVED**, the Senate and House of Representatives of the United States of America in Congress assembled, that August 26th of each year is designated as Women's Equality Day, and the President is authorized and requested to issue a proclamation annually in commemoration of that day in 1920, on which the women of America were first given the right to vote, and that day in 1970, on which a nationwide demonstration for women's rights took place.

*(This was a Joint Resolution of Congress in 1971, and presidents have issued proclamations every year since.)*

## Summer Snacks

When you reach for a snack this summer, consider these suggestions by the American Dietetic Association. Not only will you enjoy a tasty treat, you'll get valuable nutrition at the same time.

- **Radishes:** no fat or cholesterol, rich in vitamin C, and beneficial phytochemicals.
- **Blueberries:** no sodium or cholesterol, good source of vitamin C, fiber and phytochemicals.
- **Watermelon:** high levels of vitamins C and A, fiber, potassium and lycopene. Its high water content makes it great for replenishing fluids.
- **Avocados:** rich in fiber, folate and vitamin B6, as well as vitamins C and E. Although avocados are high in fat, it is the mono-unsaturated kind, which can help lower blood cholesterol.



## This Month In History

**10 Years Ago (8/24/95):** Microsoft releases the Windows 95 operating system. Within four days, 1 million copies are sold.

**15 Years Ago (8/2/90):** Iraq invades Kuwait, leading to the Gulf War.

**25 Years Ago (8/14/80):** Polish Solidarity leader Lech Walesa leads the first of many strikes at Lenin shipyard in Gdansk.

**30 Years Ago (8/20/75):** NASA launches the Viking 1 planetary probe towards Mars.

**40 Years Ago (8/6/65):** President Lyndon B. Johnson signs the Voting Rights Act of 1965 into U.S. law to allow the federal government to oversee voter registration and elections and to ban discriminatory practices, such as literacy tests.

**60 Years Ago (8/6/45):** The United States detonates an atomic bomb on Hiroshima, Japan.

**100 Years Ago (8/25-27/1905):** The Boston Red Sox (then known as the Pilgrims) lose three consecutive double-headers.

## Thank You!

Thanks to YOU the word is spreading! Our business runs on the positive comments and referrals from people just like you! Stacy and I couldn't do it without you!

A special thanks to these fine folks who referred us:

**Carolyn Hocking, Amy Davis, Connie Reed, Lana Bates, Marilyn Bader, Karen Schnarre, Susan Feutz, Kathy Nelson and Reina Krieg**

## Thanks For The Kind Words!

**Lana Bates, Princeton:**

"I'm already telling people how great it is to actually still be able to purchase high quality professional service!

You were very professional, informative and most of all thorough. You have a real passion for your work and service offered."

David and Stacy Gruttadaurio  
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## What We Don't Know Yet

For the deep thinkers out there, the following is a recently released list of the top 20 questions whose answers are still eluding scientists.

- What Is the Universe Made Of?
- What is the Biological Basis of Consciousness?
- Why Do Humans Have So Few Genes?
- To What Extent Are Genetic Variation and Personal Health Linked?
- Can the Laws of Physics Be Unified?
- How Much Can Human Life Span Be Extended?
- What Controls Organ Regeneration?
- How Can a Skin Cell Become a Nerve Cell?
- How Does a Single Somatic Cell Become a Whole Plant?
- How Does Earth's Interior Work?
- Are We Alone in the Universe?
- How and Where Did Life on Earth Arise?
- What Determines Species Diversity?
- What Genetic Changes Made Us Uniquely Human?
- How Are Memories Stored and Retrieved?
- How Did Cooperative Behavior Evolve?
- What Are the Limits of Conventional Computing?
- Can We Selectively Shut Off Immune Responses?
- Is an Effective HIV Vaccine Feasible?
- What Can Replace Cheap Oil -- and When?

## Who Wants To Win Movie Tickets?

*Take our **Hide-N-Seek Challenge**  
and you could win too!*

Each month I'll give you a new search question. And the first 2 people who call the office with the correct answer wins **two FREE movie tickets** for the Princeton theatre. Enjoy a night out on me with someone special in your life! Take your best guess, and then call Stacy at **812-385-5800!**

**PLEASE NOTE:** If you have won in the last 90 days, please give someone else a chance to win, too! Thanks!

This month's **Hide-N-Seek Question:**

**How many referrals were submitted by our  
June Referrals Contest winner?**

(HINT: The answer is somewhere in this newsletter)

## Perseid Meteor Showers, Aug. 9-13.

Astronomers say this phenomenon occurs when the Earth enters the orbit of the Swift-Tuttle Comet every year. The dozens - sometimes hundreds - of meteors seen are dust and debris flying off the comet as it nears the sun. The best time to view the showers is between 2 a.m. and dawn.