



Healthy Home News

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

703-925-0022

General Water Safety Tips from the Red Cross

www.RedCross.org

- **Learn to Swim:** The best thing anyone can do to stay safe in and around the water is to learn to swim. Always swim with a buddy - never alone. The American Red Cross has swimming courses for people of any age and swimming ability. To enroll in a swim course, contact your local Red Cross chapter.
- **Supervision:** Swim in areas supervised by lifeguards.
- **Obey the Rules:** Read and obey all rules and posted signs.
- **Safety Gear:** Children or inexperienced swimmers should take precautions, such as wearing a personal floatation device when in or around the water.
- **Mind the Too's:** Watch out for being too tired, too cold, too far from safety, too much sun and/or too much strenuous activity.
- **Know Your Environment:** Be knowledgeable of the water environment you are in and its potential hazards, such as deep and shallow areas, currents, obstructions, and entry/exit points.
- **Watch the Weather:** Stop swimming at the first sign of bad weather.
- **No Diving:** Use a feet-first entry when entering the water. Enter head first only when the area is clearly marked for diving.
- **Keep a Clear Head:** Do not mix alcohol with swimming, diving or boating. Alcohol impairs judgment, balance and coordination, affects swimming and diving skills and reduces the body's ability to stay warm.



Buying A Used Car

If the cost of a new car makes you hesitate, consider that a certified pre-owned car will cost much less and give trouble-free service for a long time.

"Pre-owned" is a synonym for "used car" (according to the Kelley Blue Book), but a certified pre-owned vehicle has had a detailed inspection and comes with an extended warranty. The certification process has removed one of the major drawbacks to buying a used car or truck -- uncertainty about its mechanical condition.

Vehicle dealerships realized several years ago that they needed a special category to draw attention to the best used cars on their lots. The certified program works for them and for the buyers as well.

Buying pre-owned will save several thousand dollars over the price of a new vehicle, but it does cost a bit more than the price of a non-certified car.

Honoring the American Flag

June is **National Flag Month** in the U.S., with June 14th set aside as **Flag Day** – a day to commemorate the adoption of the flag, which occurred on June 14th, 1777, by a resolution of the Second Continental Congress.

In 1916, President Woodrow Wilson issued a proclamation that officially established June 14 as Flag Day, and in August 1949, National Flag Day was established by an act of Congress.

Flag Day is not an official federal holiday, though in 1937, Pennsylvania became the first (and so far, only) U.S. state to celebrate Flag Day as a state holiday. The largest Flag Day parade is held annually in Troy, New York, which typically draws 50,000 spectators.

Get Free Cleaning Tips and Specials at our Website www.absolutecarpetcare.com!

Outstanding Client Of the Month!

**Ron Ridell, Promax
Management**

Thank you for your referrals!

Every month I choose a very special **Client of the Month**. It's my way of acknowledging good friends and saying "thanks" to those who support me and my business with referrals, word of mouth and repeat business... YOU might be my next **Client of the Month**! Watch for your name here in an upcoming issue!

Thoughts on Movies

*A film is a petrified
fountain of thought.*

Jean Cocteau

*I think cinema, movies and magic
have always been closely associated.*

*The very earliest people who made
films were magicians.*

Francis Ford Coppola

*A lot of movies are about life;
mine are like a slice of cake.*

Alfred Hitchcock

*A wide screen just makes a bad film
twice as bad.*

Samuel Goldwyn

Am I a romantic?

*I've seen Wuthering Heights ten
times. I'm a romantic.*

Johnny Depp

*Every great film should seem new
every time you see it.*

Roger Ebert

See Insert This Issue:



**Our Carpet
Cleaning
Company Can Be
Your Source for
Free Money!**

www.absolutecarpetcare.com

The Army National Guard: Defending America for 375 Years



1775: A ragtag group of farmers and townsmen muster on a hill, their flintlocks at the ready. All the previous day they heard the approaching drums that signaled the advance of an English infantry column. Now they watch as smoke rises from the town of Concord, Mass. The Redcoats have set the town on fire.

The citizen-soldiers meet the Redcoats at a bridge and return fire. It was the "shot heard round the world" that started the American Revolution.

Even in 1775, these citizen-soldiers were part of a long tradition of militias that began in the 1600s and from which the National Guard marks its birth. In fact, the Army National Guard has been in existence for 375 years.

Ironically, it was the British who brought the idea of a citizen militia to the new world. Because settlements were scattered and vulnerable, every male between the ages of 16 and 60 was required to possess arms and participate in the defense of the community.

Since then, Guard members have played a major role in every conflict in which our nation has been engaged. It is a proud heritage that includes 19 of our presidents, such as George Washington, Harry S Truman and George W Bush. Today, more than 35,000 men and women continue the tradition of the citizen soldier as members of the Army National Guard.

Father's Day is June 19th

The idea to start an annual Father's Day celebration was the brainchild of a woman named Sonora Dodd of Washington. She first had the idea for a "Father's Day" while listening to a Mother's Day sermon in 1909. Sonora wanted a special day to honor her father, William Smart, who was a Civil War veteran. He had been widowed when his wife died while giving birth to their sixth child. Mr. Smart was left to raise the newborn and his other five children by himself on a rural farm in eastern Washington state.

It wasn't until after Sonora became an adult that she realized the selflessness her father had shown in raising his children as a single parent. In her eyes, he was a courageous, selfless and loving man. He was born in June, so she chose to hold the first Father's Day celebration in Spokane, WA on June 19, 1910.

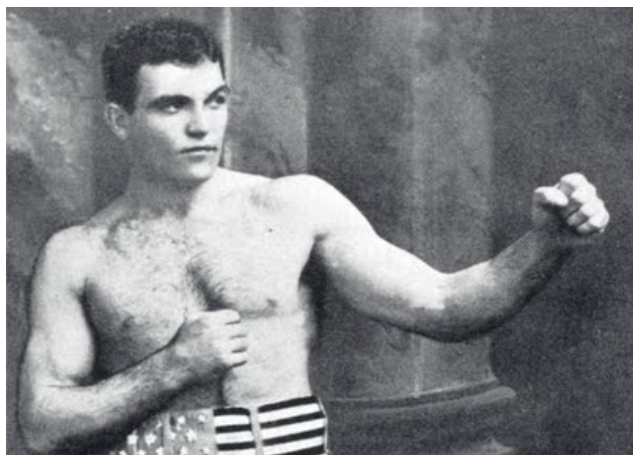


In 1924, President Calvin Coolidge supported the idea of a national Father's Day, but it would not be until President Lyndon John signed a presidential proclamation in 1966 that the third Sunday in June was recognized as Father's Day nationwide.

703-925-0022

June Birthday: Jack Dempsey 6/24/1895

Remembering D-Day: June 4, 1944



William Harrison "Jack" Dempsey (aka *The Manassa Mauler*) was an American heavyweight boxer who held the world heavyweight title from 1919 to 1926. Dempsey's aggressive style and exceptional punching power made him one of the most popular boxers in history. Many of his fights set financial and attendance records, including the first million-dollar gate. He is listed #10 on *The Ring's* list of all-time heavyweight greats and #7 among its *Top 100 Greatest Punchers*. He was elected to the International Boxing Hall of Fame in 1954.

Jack Dempsey Quotes:

A champion is someone who gets up when he can't.

I was a pretty good fighter. But it was the writers who made me great.

Tall men came down to my height when I hit 'em in the body.

A champion is someone who is ready when the bell rings. Not just before, not just after, but when it rings.

The D-Day operation of June 6, 1944 brought together the land, air and sea forces of the allied armies in what became known as the largest invasion force in human history. The operation, given the codename OVERLORD, delivered five naval assault divisions to the beaches of Normandy, France.

The invasion force included 7,000 ships and landing craft manned by over 195,000 naval personnel from eight allied countries. Almost 133,000 troops from England, Canada and the United States landed on D-Day. Casualties from the three countries during the landing numbered 10,300. By June 30th, over 850,000 men, 148,000 vehicles, and 570,000 tons of supplies had landed on the Normandy shores.

June 2nd is Yom Yerushalayim: Jerusalem Day

On the anniversary of the reunification of Jerusalem, we remember the special significance of the Holy City, and why it is the capital of the Jewish nation.

Jerusalem Day is an Israeli national holiday commemorating the reunification of Jerusalem and the establishment of Israeli control over the Old City in June of 1967.

The day is marked by state ceremonies, memorial services for soldiers who died in the battle for Jerusalem, parades through downtown Jerusalem, reciting the *Hallel* prayer in synagogues, lectures on Jerusalem-related topics, singing and dancing, and special television programming. Schoolchildren throughout the country learn about the significance of Jerusalem, and school in Jerusalem hold festive assemblies. The day is also marked in Jewish schools around the world.

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...

**Helene Leipzig, Shaone Morrisson, Julie Testa,
Jack McNamee & Marion Monaghan**

Thanks for

All the Kind Words!

I loved the experience working with Absolute from the website to the techs. It was honestly the most seamless experience that I have ever had with a carpet cleaning vendor. The level of service and quality of the cleaning FAR exceeded my expectations. Thanks!!!! *April Thatch*



45921 Maries Rd., #180
Dulles, VA 20166

Your New Issue Has Arrived!

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

Congratulations!! This month's Birthday winner is Ms. Martha Goodwin! It's never too late to enter – send us an e-mail – put Birthday in the subject line – then include your name, address, Month & Day of your birthday and you will be eligible during your birthday month for \$200.00 worth of free cleaning! You may also enter your spouse's birthday!

The World's First Zoo

The London Zoo is the world's oldest scientific zoo. Opened in London on April 27, 1828, it was intended to be used as a collection for scientific study. It was eventually opened to the public in 1847. Today it houses over 16,000 individual animals and creatures (over 750 different species), making it one of the largest collections in the UK.

Initially, it was believed that tropical animals could not survive outside in London's chilly weather, so these animals were kept indoors until 1902. The newly-appointed secretary of the Zoological Society of London (a man named Peter Mitchell) undertook a major restructuring of the zoo campus, including the buildings and enclosures. He brought many of the tropical animals outdoors - where many of them thrived. It was an idea inspired by similar minds at the Hamburg Zoo in Germany.

In 1853, the Zoo added a permanent aquarium - also the first ever established in the world. They also coined the term aquarium.

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 3 people who call 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 **703-925-0022!** Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:
In what year did the Normandy landings of D-Day take place?

A) 1940 B) 1944 C) 1948 D) 1954

HINT: The answer is somewhere in this newsletter

Last month's winners were: Lynn Bullard, Maria Pace & Abdoulaye Alaganou