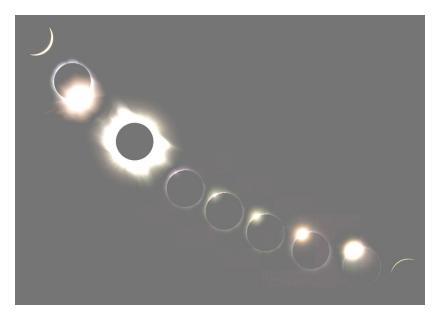
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Healthy Home News

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

A Solar Eclipse is Coming August 21!

A total solar eclipse is coming August 21 and if you're able to catch a glimpse you just may remember it as one of the coolest things you've ever seen. Here are some facts you may find interesting:



- **1.** A solar eclipse is a lineup of the Sun, the Moon and Earth. The Moon, directly between the Sun and Earth, casts a shadow on our planet. If a person is the dark part of that shadow (the umbra), they'll see a total eclipse. If they're in the light part (the penumbra), they'll see a partial eclipse.
- **2.** The solar eclipse will occur on August 21, 2017 and the total eclipse will be visible mostly in the U.S., but it will also be visible as a partial eclipse in parts of Canada and the U.K.
- **3.** In Ottawa, we will experience the partial eclipse beginning at around 5:15pm and lasting until about 7:45pm. At its peak, around 6:35pm, the sun will be about 60% obscured.
- **4.** This will be the first total solar eclipse on the North American continent in 38 years. The last one occurred February 26, 1979.
- **5.** Remember that looking at an eclipse (especially a partial eclipse) is harmful to the eyes. The safest way to experience it is via an indirect viewing method, such as a pinhole viewer.



Three cool websites to visit this month:

www.AttackoftheCute.com

A real crowd pleaser, this photo blog is where readers everywhere contribute pictures of their cute pets. This is a family-friendly and office-friendly website. Big thumbs up and guaranteed smiles for everyone!

www.Lifehacker.com

Lifehacker is a life tips and software recommendation site. It is appealing because it's so practical and useful. Much of the content deals with how you can accomplish more in your life. There is some really clever content at this website; you're very likely to find something quite useful to you.

www.Despair.com

Here sarcasm and cynicism are made beautiful. As an antithesis to motivational posters, the effect is funny and guarantees laughter in offices everywhere.

Get Inspired

"Don't judge each day by the harvest you reap, but by the seeds that you plant."

-Robert Louis Stevenson



Outstanding Client of the Month!

Mrs. Lise Hammond

Every month I choose a very special Client of the Month. It's my way of acknowledging loyal clients and saying a big "Thank you!" to those who support me and my business with referrals and repeat business... You could be my next Client of the Month!



More facts on the upcoming total eclipse

This eclipse will be the most-viewed ever. This is based on three factors: 1) the attention it will get from the media; 2) the typical weather on that date; and 3) the large number of people who will have access to it from nearby large cities.

Totality is safe to look at. During the time the Moon's disk covers that of the Sun, we are told it's *safe* to look at the eclipse. In fact, to experience the awesomeness of the event, those who experience totality (sadly, that doesn't apply in Canada) *must* look at the Sun without a filter.

Yes, the Sun's a lot bigger. Our daytime star's diameter is approximately 400 times larger than that of the Moon. What a coincidence that it also lies roughly 400 times farther away. This means both disks appear to be the same size.

You won't need a telescope. One of the great things about the total phase of a solar eclipse is that it looks best to naked eyes. The sight of the corona surrounding the Moon's black disk in a darkened sky is unforgettable. That said, binoculars give you a close-up view — but still at relatively low power — that you should take advantage of several times during the event.

Only one large city has a great view. Congratulations to the 609,000 people in Nashville. The city center and parts north of it will experience 2+ minutes of totality. Unfortunately, that's the only large city with a great view.

It will also be seen in the U.K. The total solar eclipse in the U.S. results in a small partial eclipse visible at sunset in the United Kingdom.

This event will happen! For astronomers (professional or amateur), some of the problems they have are due to the uncertainty and limited visibility of some celestial events. Comets may appear bright if their compositions are just so. Meteor showers might reach storm levels if we pass through a thick part of the stream (oh, and the best views are after midnight). A supernova as bright as a whole galaxy is visible now but you need a telescope to view it. In contrast, this solar eclipse will occur when they say, where they say, for how long they say, and in the daytime, no less. Guaranteed!

Quotes for August...

"Once upon a time I was falling in love, but now I'm only falling apart. And there's nothing I can do, a total eclipse of the heart." - Bonnie Tyler (from the 1983 hit song, 'Total Eclipse of the Heart')

"When the moon covers the sun, we have a solar eclipse. What do you call it when birds do that?" - Kim Young-ha

August in Pop Culture History

Look at what happened in past Augusts...

Aug. 1st, 1957 – The **United States and Canada** formed the North American Aerospace Defense Command (NORAD). Due to a wrong number in a **Sears ad misprint**, a child called to check on where **Santa** was that evening (December 24th), and NORAD has been tracking Santa every Christmas Eve since its inception.

Aug. 2, 1870 - Tower Subway, the first underground tube railway, opened in **London, England**.

Aug. 3, 1492 – **Christopher Columbus** set sail from Palos de la Frontera, Spain.

Aug. 4, 1693 – Celebratory date for **Dom Perignon's** invention of Champagne.

Aug. 5, 1620 – The **Mayflower** departed from Southampton, England, headed towards North America.

Aug. 6, 1620 – Harry **Houdini** performed one of his greatest stunts, spending 91 minutes underwater in a sealed tank before escaping.

Aug. 8, 1969 – At a "zebra crossing" in London, photographer lain Macmillan took one of the most famous photographs of all time, the cover of the **Beatles** album, **Abbey Road**.

Aug. 10, 1873 – Louvre Museum opened in France.

Aug. 13, 1942 – **Walt Disney's** fifth full-length animated film, Bambi, was released in theaters.

Aug. 16, 1896 – Skookrum Jim Mason, George Carmack and Dawson Charlie discovered gold in a tributary of the Klondike River in the Yukon, starting the **Klondike Gold Rush**.

Aug. 22, 565 – Columba, an Irish missionary, reported seeing a monster in **Loch Ness**, Scotland.

Aug. 28th, 1898 – Caleb Bradham invented the carbonated soft drink that would later be called "**Pepsi-Cola**."

Aug. 29^{th} , 1966 – The **Beatles** performed their last concert at Candlestick Park in San Francisco.

August Fun Facts



The birthstones for August are the **peridot and the sardonyx**.

The zodiac signs for August are **Leo** (July 23 - August 22) and **Virgo** (August 23 - September 22)

The birth flowers for August are the **gladiolus and the poppy**.

On August 6, 1926, Gertrude Ederle successfully **swam the English Channel**.

The Romans gave this month its name in 8 BC, after the first Roman **Emperor Augustus** who ruled from 27 BC until his death in AD 14. It has 31 days because Augustus wanted as many days as Julius Caesar's month of July had (they took the extra day from February).

August was previously named **Sextilis** in Latin – it was the sixth month of the Roman calendar.

August is also related to the word "auger," a hole-digging tool, because farmers dug for next season at this time of year.

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients who graciously refer me to their friends, family, and neighbors! My business runs on the positive comments and referrals from people just like you. I couldn't do this without you! A special thanks to all these fine folks who referred me last month...

Mr. Campbell, Mr. Doug McLaren, Ms. Joan Paris

Thanks for All the Kind Words!

Thank you very much for your hard work and friendly service. Always happy with the results. - Indira Zhigalova