



R a i n e s R e v i e w

A R E P U T A T I O N F O R R E S U L T S A N D E X C E P T I O N A L S E R V I C E M A R C H 2 0 0 6

RECOGNIZING THOSE WHO MAKE A DIFFERENCE

Who's Packing Your Parachute?

Charles Plumb was a US Navy jet pilot in Vietnam. After 75 combat missions, his plane was destroyed by a surface-to-air missile. Plumb ejected and parachuted into enemy hands. He was captured and spent six years in a communist Vietnamese prison. He survived the ordeal and now lectures on lessons learned from that experience!

One day, when Plumb and his wife were sitting in a restaurant, a man at another table came up and said, "You're Plumb! You flew jet fighters in Vietnam from the aircraft carrier Kitty Hawk. You were shot down!" "How in the world did you know that?" asked Plumb.

"I packed your parachute," the man replied. Plumb gasped in surprise and gratitude. The man pumped his hand and said, "I guess it worked!" Plumb assured him, "It sure did. If your chute hadn't worked, I wouldn't be here today."

Plumb couldn't sleep that night, thinking about that man. Plumb says, I kept wondering what he had looked like in a Navy uniform: a white hat; a bib in the back; and bell-bottom trousers. I wonder how many times I might have seen him and not even said

'Good morning, how are you?' or anything because, you see, I was a fighter pilot and he was just a sailor." Plumb thought of the many hours the sailor had spent at a long wooden table in the bowels of the ship, carefully weaving the shrouds and folding the silks of each chute, holding in his hands each time the fate of someone he didn't know.

Now, Plumb asks his audience, "Who's packing your parachute?" Everyone has someone who provides what they need to make it through the day. He also points out that he needed many kinds of parachutes when his plane was shot down over enemy territory - he needed his physical parachute, his mental parachute, his emotional parachute, and his spiritual parachute. He called on all these supports before reaching safety.

Sometimes in the daily challenges that life gives us, we miss what is really important. We may fail to say hello, please, or thank you, congratulate someone on something wonderful that has happened to them, give a compliment, or just do something nice for no reason. As you go through this week, this month, this year, recognize people who pack your parachutes.

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Home repairs and more:

Spring cleaning tips on how to keep your home safe



Homeowners know all too well that maintaining their abodes can be costly. But putting off a repair until later can result in more expensive fixes. Here are a few problems that homeowners can nip in the bud.

Any water leak evidenced by a stained ceiling, a rocky toilet, or musty smell can cause severe damage such as dry rot, mold, or an infestation of termites. You should fix it immediately. For instance, replacing your roof may cost a lot, but it's much cheaper than replacing the underlying roof structure if you simply ignore the problem.

If your lights dim when you open the fridge or use the microwave, it could be due to bad wiring or an overload of appliances on one circuit. Try to distribute your appliances more evenly across circuits or not run more than one heavy

duty appliance at a time. Your best bet is to have an electrician update your wiring.

To combat a smoky chimney, have the chimney swept annually (about \$100). Burn small, hot fires instead of big, smoky ones. Never burn trash, cardboard or gift wrap in the fireplace.

Make sure your air conditioning filters are clean and in good repair. Dirty or missing filters can lead to a fire or an air conditioner breakdown. With a mere \$2 filter, you can preserve a \$6,000 air conditioning system.

- Adapted from MSN Money

Make Your Trash Can Happy

Want to freshen up your trash cans? Here are a few ideas to deodorize your trash receptacles and keep things smelling nice by simply using common household products: Use some flavoring extracts. There are many that smell wonderful like lemon, vanilla, peppermint and chocolate. Get a cotton ball and soak a little extract into it.

Then put the cotton ball into the bottom of the trash bin (not in the trash bag). Put an anti-static dryer sheet into the bottom of your trash can. It will keep your waste-basket smelling fresh - just as it does your clothes. Clean your trash can with white vinegar. The vinegar will help neutralize any odors.

- Adapted from the PageWise website

Ten Things You Should Know About Mold

1. Potential health effects and symptoms associated with mold exposures include allergic reactions, asthma, and other respiratory complaints. However, per the Centers for Disease Control "there is no causal link between mold and health issues in humans at this point in time."
2. There is no practical way to eliminate all molds and mold spores in the indoor environment, as mold is ubiquitous, the way to control indoor mold growth is to control moisture.
3. If mold is a problem in your home or work environment, per the Centers for Disease Control "it must be removed" and eliminate sources of moisture.
4. Fix the source of the water problem or leak to prevent mold growth.
5. Way to reduce indoor humidity (to 30-60%) to decrease mold growth: vent bathrooms, dryers, and other moisture-generating sources to the outside; use air conditioners and de-humidifiers; increase ventilation; and use exhaust fans when cooking, dishwashing, and cleaning.

6. Clean and dry any damp or wet building materials and furnishings within 24-48 hours to prevent mold growth.
7. Clean mold off hard surfaces with water and detergent, and dry completely. Absorbent materials such as ceiling tiles, that are moldy, may need to be replaced.
8. Prevent condensation: Reduce the potential for condensation on cold surfaces (i.e., windows, piping, exterior walls, roof, or floors) by adding insulation.
9. In areas where there is a perpetual moisture problem, do not install carpeting (i.e., by drinking fountains, by classroom sinks, or on concrete floors with leaks or frequent condensation).
10. Molds can be found almost anywhere; they can grow on virtually any substance, providing moisture is present. There are molds that can grow on wood, paper, carpet, and foods.

Source: US Environmental Protection Agency

Airplane Comedy

These are real quotes heard by airline passengers:

Prior to departure: "Welcome aboard flight 245. To operate your seat belt, insert the metal tab into the buckle and pull tight. It works just like every other seat belt. If you don't know how to operate one, you probably shouldn't be out in public unsupervised."

"In the event of a sudden loss of cabin pressure, masks will descend from the ceiling. Grab the mask and pull it over your face. If you're traveling with a small child, secure your mask before assisting with theirs. If you're traveling with more than one child, pick your favorite."

"Use your seat cushion as a flotation device. In the event of an emergency

water landing, please paddle to shore and keep the cushion with our compliments."

Upon landing: "Please be sure to take all of your belongings. If you're going to leave anything, please make sure it's something we'd like to have."

"We'd like to thank you folks for flying with us today. And the next time you get the insane urge to go blasting through the skies in a pressurized metal tube, we hope you'll think of us."

The hardest thing to understand in the world is the income tax.
-ALBERT EINSTEIN

MATH TRICK

Here is a math trick so unbelievable that it will stump you.

1. Grab a calculator. (you won't be able to do this one in your head)
 2. Key in the first three digits of your phone number (NOT the area code)
 3. Multiply by 80
 4. Add 1
 5. Multiply by 250
 6. Add the last 4 digits of your phone number
 7. Add the last 4 digits of your phone number again.
 8. Subtract 250
 9. Divide number by 2
- Do you recognize the answer?

FIZZLE OUT SODA? SCIENTISTS ARE SAYING SOFT DRINKS COULD LEAD TO OBESITY



FITNESS EXPERTS SAY A HEALTHY DIET IS THE BEST APPROACH TO SCALE THE NUMBERS BACK.

According to a recent article from the Associated Press, drinking soda may be a leading cause for obesity in children.

The article noted that one in every five calories in our diets is liquids, and scientists are researching even more to see what effects drinking soda has on our population in regards to weight gain.

Rumor has it that a surgeon general's warning label could be placed on the soda can.

Countless of studies have monitored the results of children drinking the sugary sweet beverage. Most have found an increase in weight during the studies, according to this article. Some scientists claim that linking the drink to obesity can't be 100% proven.

However, the debate continues. As with all high-calorie foods and sugary snacks and drinks, too much in excess is never a good thing. The numbers on the scale can increase for anyone who doesn't watch what they eat. The best way to avoid it all? Fitness experts agree that sticking to a healthy diet and treating yourself every now and again is the best way to keep those pounds off.

The federal government's Dietary Guidelines for Americans are updated every five years by a panel of eminent nutritionists, medical professionals and fitness experts to reflect the latest scientific and medical knowledge. The Guidelines provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases, according to the American Council on Exercise and departments of Agriculture (USDA) and Health and Human Services (HHS.)

To download your free copy of the 2005 Guidelines, visit: <http://www.healthierus.gov/dietaryguidelines/>

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uniformly. We use the mind, body, and breath to perform the movements correctly, allowing a new awareness of alignment, muscle function, and control. Each exercise utilizes the 'power-house' - abdomen, lower back and buttocks. Strengthening these core muscles enables the rest of the body to move with ease while performing Pilates or other daily activities."

If you're wondering about the name "Pilates," here's the history behind it. Joseph Pilates, the founder of the Pilates Method, was born in Germany in 1880. His childhood was difficult and he suffered a variety of physical ailments including asthma, rickets and rheumatic fever. In order to fight the effects of these ailments, Pilates began studying bodybuilding, diving, skiing and gymnastics. Eventually, he moved to the United States and opened a studio in New York. His method attracted several famous dancers and dance studios, and eventually became an effective strength-building program.

- Adapted from anacaban.com and bodymind.net

Core knowledge What is Pilates?

If you're looking for a fitness plan to start after consulting your physician about exercise options, you might want to consider the popular Pilates program.

According to Pilates expert Ana Caban, "The Pilates Method of Body Conditioning is a series of precise movements done on specifically designed apparatus or on a mat to develop the body



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