



**IN THIS EDITION
 OF
 SERVICE THAT
 ROCKS!**

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THE RIDDLER

I am weightless
 but you can see me.
 Put me in a bucket
 and I'll make it lighter.

What am I?



Answer in Joke of the Month,

**Bottled Water:
 FAQ on Safety and Purity**



Nov. 7, 2008 -- Americans drank 9 billion gallons of bottled water last year, or slightly more than 29 gallons for every man, woman, and child in the country. They also spent \$22 billion on a product that critics of the

bottled water industry say they should be getting for free from their home faucets. Most of the criticism has focused on the environmental impact of bottled water. But an investigation released two weeks ago also raises questions about the purity and even safety of commercially available water. WebMD looked into many commonly asked questions and concerns about bottled water.

Here is what they found:

The Environmental Working Group tested 10 best-selling brands of bottled water for 170 contaminants and found different mixtures of 38 contaminants, including bacteria, fertilizer, and industrial chemicals at levels similar to those allowed in tap water. Two of the samples, bought in San Francisco, contained the chemical compound trihalometrane in levels that exceeded the amount allowed in California. "The bottled water industry really presents this image of purity, but our investigation demonstrated that it is really hit or miss," says Environmental Working Group senior scientist Olga Naidenko, PhD.

But the International Bottled Water Association, which represents most bottlers, charged that the group's report contained "false claims and exaggerations" and noted that the group's sample was not representative of the hundreds of bottled waters on the market. Joseph Doss, president of the International Bottled Water Association, states that California has much stricter contamination restrictions than the FDA. He says the state's allowed level of trihalometrane is eight times lower than the level allowed by the federal government.

How can I tell if the water I purchase started out as tap water?

Roughly 45% of the water sold in single-serve bottles comes from a municipal water source. By law, bottled water that comes from a municipal water supply has to disclose this on its label unless the bottler takes steps to further purify the water, which most do. In this case, the label will say "purified water" or "purified drinking water," but the original source is probably tap water.

Water labeled "spring water" comes from an underground water spring, but it may be piped to the bottling plant. "Mineral water" comes from an underground source and must contain no less than 250 parts per million total dissolved solids, such as salts, sulfur compounds, and gasses. No minerals may be added to the water by the bottler. "Artesian water" or "artesian well water" must come from a well that taps a confined aquifer

Which is safer, bottled or tap water?

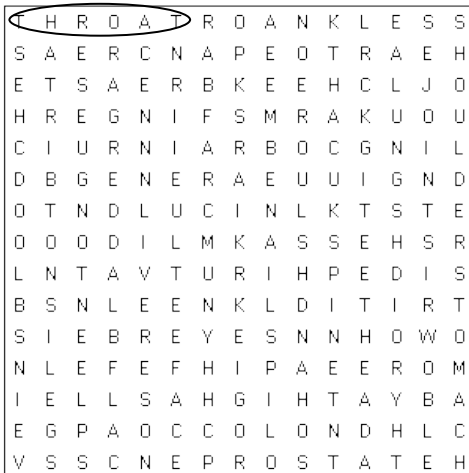
Assuming that both the municipal tap water source and the bottler are in compliance with regulations, the experts contacted by WebMD say bottled water is no safer than tap water and tap is no safer than bottled. The experts point to two cases where bottled water may be recommended -- in emergency situations when contaminants in the local water supply exceed permitted standards and in homes where corroded plumbing could cause lead or copper to contaminate drinking water. Most experts who spoke to WebMD say there is little to worry about.



Word Search

This month's topic for April's Word Search is body parts. Find the words supplied below the puzzle within the puzzle. Words may be vertical, horizontal, diagonal, they may ascend and descend, they may be forward or backwards. There may be left over letters.

I started by circling the word throat and crossed it off the list. You take it from here!



- | | | | |
|---------|----------|-----------|-------------------|
| ANKLES | FACE | LEGS | SKULL |
| AORTA | FEET | LIPS | SPINE |
| ARMS | FINGER | LIVER | SPLEEN |
| BLADDER | HAIR | LUNGS | STERNUM |
| BLOOD | HAND | MOUTH | STOMACH |
| BRAIN | HEAD | NAILS | TEETH |
| BREAST | HEART | NECK | THIGH |
| CALF | HIP | NOSE | THROAT |
| CHEEK | JOINTS | PANCREAS | THYROID |
| CHEST | JUGULAR | PROSTATE | TOE |
| COLON | KIDNEY | RIB | TONGUE |
| EAR | KNEE | SHOULDERS | TONSIL |
| ELBOW | KNUCKLES | SKIN | VEINS |
| EYES | | | WRIST |

* Quote of the Day *

Pain is inevitable. Suffering is optional.

~M. Kathleen Casey

HEALTHY LIVING CORNER



Antioxidants and Your Immune System: Super Foods for Optimal Health



One of the best ways to keep your immune system strong and prevent colds and flu might surprise you: Shop your supermarket's produce aisle. Experts say a diet rich in fruits and vegetables can help you ward off infections like colds and flu. That's because these super foods contain immune-boosting antioxidants.

What are antioxidants? They are vitamins, minerals, and other nutrients that protect and repair cells from damage caused by free radicals. Many experts believe this damage plays a part in a number of chronic diseases, including hardening of the arteries (atherosclerosis), cancer, and arthritis. Free radicals can also interfere with your immune system. So fighting off damage with antioxidants helps keep your immune system strong, making you better able to ward off colds, flu, and other infections.

Adding more fruit and vegetables of any kind to your diet will improve your health. But some foods are higher in antioxidants than others. The three major antioxidant vitamins are beta-carotene, vitamin C, and vitamin E. You'll find them in colorful fruits and vegetables – especially those with purple, blue, red, orange, and yellow hues. To get the biggest benefits of antioxidants, eat these foods raw or lightly steamed; don't overcook or boil.

Beta-carotene and other carotenoids: Apricots, asparagus, beets, broccoli, cantaloupe, carrots, corn, green peppers, kale, mangoes, turnip and collard greens, nectarines, peaches, pink grapefruit, pumpkin, squash, spinach, sweet potato, tangerines, tomatoes, and watermelon.

Vitamin C: Berries, broccoli, Brussels sprouts, cantaloupe, cauliflower, grapefruit, honeydew, kale, kiwi, mangoes, nectarines, orange, papaya, red, green or yellow peppers, snow peas, sweet potato, strawberries, and tomatoes.

Vitamin E: Broccoli, carrots, chard, mustard and turnip greens, mangoes, nuts, papaya, pumpkin, red peppers, spinach, and sunflower seeds.

Other super foods that are rich in antioxidants include: Prunes, Apples, Raisins, All berries, Plums, Red grapes, Alfalfa sprouts, Onions, Eggplant, Beans.

Vitamins aren't the only antioxidants in food. Other antioxidants that may help boost immunity include: Zinc: Found in oysters, red meat, poultry, beans, nuts, seafood, whole grains, fortified cereals, and dairy products. Selenium: Found in Brazil nuts, tuna, beef, poultry and fortified breads, and other grain products.

IMPORTANT NOTICE

Starting April 1, 2009, a charge of \$24.95 (non-members) and \$14.95 (members) will be accessed for (dial-up) downloads during normal business hours. This does not apply to card access members. The charge is to cover our cost of calling up a panel and making changes, adding / deleting codes, event logs or changing the time.

If you have any questions please contact: michael@eesystems.com.



Word of the Month

"Indubitable"



\in-DOO-buh-tuh-bull - *adjective* : too evident to be doubted : unquestionable

Did you know? There's no reason to question the fairly straightforward etymology of "indubitable" — a word that has remained true to its Latin roots. It arrived in Middle English in the 15th century from Latin "indubitabilis," itself a combination of "in" ("not") and "dubitabilis" ("open to doubt or question"). "Dubitabilis" is from the verb "dubitare," meaning "to doubt," which also gave us our "doubt." The word "dubitable" also exists in English, and of course means "questionable or doubtful," but it is fairly rare.

MEGA-TRIVIA

*Would you like to win a \$25 gift card?...
Your chances just got a lot better!*

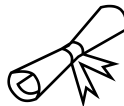
There has never been an easier way to get 25 bucks! Challenge your brain with our Mega-Trivia question and email us with your best guess.

**YOU REALLY HAVE NO IDEA
JUST HOW GREAT YOUR ODDS
ARE OF WINNING!**

All emails with the correct answer will be placed in a hat (or whatever is lying around) and 1 winner will be randomly selected. The winner will receive a \$25 gift card.

Email your best response to info@eesystems.com

April Mega-Trivia Question:



Which is the only European capital city NOT situated on a River?

??

Last issue's Mega Trivia asked:

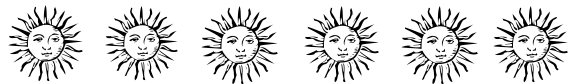
Which are the highest mountains in North America? Mount McKinley in Alaska rises 20,320 feet and Mount Logan In the Yukon Territory rises 19,551 feet.

Referral Program



We love our loyal client base...and we love it even more when you throw us a bone!

If someone you refer to us turns into a client you will receive a \$75.00 gift certificate to Morton's Steakhouse!



APRIL JOKE

There were two cows, chatting over the fence between their fields.

The first cow said, "I tell you, this mad-cow-disease is really pretty scary. They say it is spreading fast. I heard it hit some cows down on the Johnson Farm."

The other cow replies, "I ain't worried, it don't affect us ducks."

ANSWER TO RIDDLE: A HOLE

April Shower of Savings!

\$40.00 OFF
any on-site service



Limit one per customer for on-site services. *Expires May 15, 2009.*

Do You Have A Tough Security or Communications Question?

Then call or email it in! We're always ready and willing to answer any security or communications questions you may have – (714) 323-1993, or email michael@eesystems.com

April 2009



Light on Sleep



If you're looking for a way to cut down on snacking, you might want to get more sleep.

That's according to a new study of 11 adults whose sleep and eating patterns were studied at the University of Chicago's sleep research lab. Participants spent two weeks getting only 5 1/2 hours of sleep a night. At least three months later, they went back to the sleep lab and spent two weeks sleeping for 8 1/2 hours per night.

Throughout that time, participants were provided meals and they had unlimited access to snacks. The researchers -- who included Arlet Nedeltcheva, MD, of the University of Chicago monitored what participants ate, down to the nibble.

Participants averaged 220 extra calories from snacks -- mainly carbohydrates eaten at night -- on the days after sleeping only 5 1/2 hours, compared to after sleeping 8 1/2 hours.

Participants weren't especially active during their extra hours of time awake. So their extra snacking when they had little sleep created a bloated calorie tab, setting them up for weight gain.

Source: WebMD Health News



Did You Know?



Barbie's measurements if she were life size: 39-23-33.

The Statue of Liberty's tablet is two feet thick.
There are two credit cards for every person in the United States.

There are only thirteen blimps in the world.
Nine of the thirteen blimps are in the United States.

Naugahyde, plastic "leather" was created in Naugatuck, Connecticut.

Emus cannot walk backwards.

When a coffee seed is planted, it takes five years to yield it's first consumable fruit.

The common goldfish is the only animal that can see both infra-red and ultra-violet light.

Des Moines has the highest per capita Jello consumption in the U.S.

Hacky-sack was invented in Turkey.

If you stretch a standard Slinky out flat it measures 87 feet long.

Dirty Harry's badge number is 2211.

The pupil of an octopus' eye is rectangular.

"Mr. Mojo Risin" is an anagram for Jim Morrison.

Our eyes are always the same size from birth, but our nose and ears never stop growing.

The Swiss flag is square.

The white part of your fingernail is called the lunula.

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

April History and Events

April 5th - Palm Sunday

April 9th - Passover

April 10th - Good Friday

April 12th - Easter



~April 1st is **All Fools Day**~

~April 22nd is **Earth Day**~

April Birthstone -- Diamond

April Flower -- Daisy, Sweet Pea

Obscure month-long events...

Cancer Control Month

Alcohol Awareness Month

Famous April Birthdays

Jack Webb, 2nd - 89 years old

Wayne Newton, 3rd - 67 years old

Francis Coppola, 7th - 70 years old

Joseph Pulitzer, 10th - 162 years old

Thomas Jefferson, 13th - 266 years old

Pope Benedict XVI, 16th - 82 years old

Adolf Hitler, 20th - 120 years old

Meadowlark Lemon, 25th - 77 years old

John James Audubon, 26th - 224 years old