



Preferred Meal Systems, Inc.

# THE PREFERRED WORD

September 2011

## Labor Day Word Search!



G H O L I D A Y X L T R I P H  
 S E P T E M B E R A X E A R P  
 T B R M L A V E M B B L M R N  
 P K B E M P H I M O V A E I I  
 D X V H S S W H V R A X R M V  
 M O N D A Y B Y A D C N I C L  
 B N O S C H O O L A A F C A G  
 E K B K Z N C I Q Y T N A K T  
 M Q B P A R T Y G T I B R K V  
 F G R Z Q Q O J Q O O H T B T  
 P P E J N Q W O M L N E J X V  
 M K A J W J O D J Q T X P U E  
 C B K U N Z R F I U P M T I X  
 S P L B H C K L P A F O Y F C  
 M U L R M W W L Z B N X U Q H

America Break Holiday	Labor Day Monday No School	Party Relax September	Trip Vacation Work
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## Rock Star News

### Why Was Labor Day Started?

Labor Day is the first Monday in September and was started to celebrate American workers. Labor Day is a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

The first Labor Day in the United States was observed on August 26, 1878 in Boston, by the Central Labor Union of New York and became a federal holiday in 1894.

Traditionally, Labor Day is celebrated by most Americans as the symbolic end of the summer season.



### DATES TO

### REMEMBER

- September 5th - Labor Day
- September 11th - Patriot Day  
National Grandparent's Day
- September 23rd - First Day of Autumn  
Native American Day

Remember September is National Read a New Book Month & Hispanic Heritage Month!



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# PARENT'S CORNER

## The Power of Sleep!



When you're scrambling to meet the demands of modern life, cutting back on sleep can seem like the only answer. How else are you going to get through your never-ending to-do list or make time for a little fun? Sure, a solid eight hours sounds great, but who can afford to spend so much time sleeping? The truth is you can't afford not to.

According to the National Institutes of Health, the average adult sleeps less than 7 hours per night. In today's fast-paced society, 6 or 7 hours of sleep may sound pretty good. In reality, it's a recipe for chronic sleep deprivation. While sleep requirements vary slightly from person to person, most healthy adults need between 7.5 to 9 hours of sleep per night to function at their best.

Make sleep a priority. You must schedule sleep like any other daily activity, so put it on your "to-do list" and cross it off every night. But don't make it the thing you do only after everything else is done – stop doing other things so you get the sleep you need.



# ROCK & ROLL HALL OF FAME

## BONO'S CHARITY WORK, EVENTS & CAUSES!

There are few people in the music industry who have the presence of Bono. The Irish frontman of U2 helps fight poverty and hunger, and is constantly in direct contact with world leaders and policy makers in his quest to make the world a better place. Some of Bono's charity organizations and events he has done to over the years include:



- Bono has been a leader in the fight against poverty, and has helped to create the ONE Campaign, DATA, (RED) and EDUN, a clothing company which is striving to stimulate trade with poverty stricken countries.
- Bono was on Forbes' Generous Celebrity List for his work with Debt AIDS Trade Africa against the spread of AIDS and for debt relief in Africa, participation in fundraising concerts like Live 8, and his donation of \$50,000 to "One in Four Ireland".
- Bono received 3 nominations for the Nobel Peace Prize, and was knighted in 2007 for his charity contributions.
- Bono has traveled to Ethiopia, Nicaragua and El Salvador to draw attention to the conflicts and help children in the area.



# Thinktrition™ Junk Food!

## Why You Should Limit Your Intake!

Good nutrition is the bedrock of lifelong health, and it begins in infancy. Healthy eating can stabilize your body's energy and sharpen your mind. Unfortunately, between peer pressure and the constant television commercials for junk foods, eating healthy can be difficult sometimes.



However, there are simple steps that you can take to change your eating habits in order to give your body the opportunity to grow into a healthy and confident adult. Some changes that can make a big impact in your overall health include:

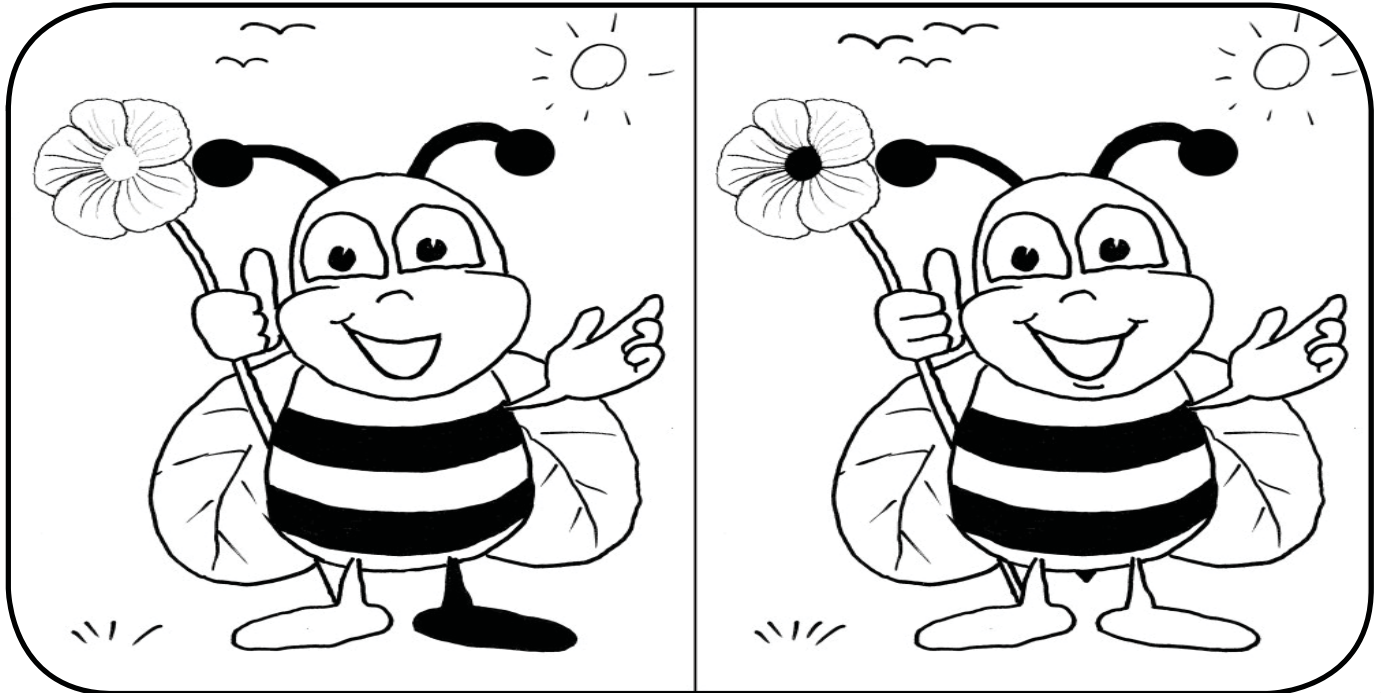


- Avoiding processed, packaged, restaurant, and fast foods.
- Go with fresh, frozen or canned vegetables instead of French fries or chips.
- Cut back on salty snacks; instead eat fresh or dried fruits as a sweet and healthy snack.
- Drink milk, water or fruit juice instead of soda.
- Exercise at least 30 minutes a day. Try walking around the block or playing sports with friends.



# Spot The Difference!

There are 10 differences between the two pictures, can you find them all?



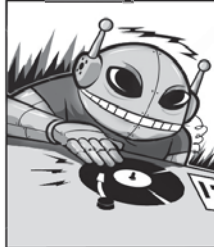
## Fruit Of The Month!

### Guavas

- Guavas are low in calories and fats but contain several vital vitamins, minerals, and antioxidants that play a role in preventing certain types of cancers. Guavas are also known to be immune boosters for the body.
- The fruit is very rich source of soluble dietary fiber.
- Fresh guava-fruit is an excellent source of antioxidant vitamin-C that provide more than three times the daily-recommended intake.
- Studies suggest that lycopene in pink guavas prevents skin damage from UV rays and offers protection from prostate cancer.
- In the tropical regions, guavas are readily available year around. Red flesh variety such as "thai maroon" flesh guavas are rich in nutrition than green apple guavas.



## MUSICOLOGY



### Saxophone

Did you know...

- The saxophone was invented in 1840.
- The saxophone was invented by Adolphe Sax, born Antoine Joseph Sax.
- The saxophone was invented in Dinant, Belgium.
- The saxophone was patented in Paris.
- The saxophone is usually played in Jazz and Pop music.
- The saxophone is a single reed instrument.
- The noise is made by the vibrating of air inside the tubing.
- The sound is made when the flat cane reed vibrates against the mouthpiece.
- This instrument is made in seven sizes.

