

## Important Dates

10/11	Columbus Day
10/16	National Boss' Day
10/24	United Nations Day
10/31	Halloween
11/2	General Election
11/7	Daylight Saving Time Ends
11/11	Veteran's Day
11/25	Thanksgiving Day
11/26	Black Friday
12/1	Hanukah begins At sunset
12/4	National Cookie Day
12/5	Walt Disney's B-Day
12/7	Pearl Harbor Day
12/16	Boston Tea Part (1773)
	Ludwig Von Beethoven's Birthday
12/17	1st Flight Wright Brother Day
	National Maple Syrup Day
12/24	Christmas Eve
12/25	Christmas Day
12/26	Kwanza Begins
12/31	New Year's Eve

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### Thought for the season:

Prevent a fire this holiday: Do not overload outlets with multiple adaptors or power strips; relocate cords instead.

## 'Smoke Alarms': A Sound You Can Live With!



If you're wondering why the National Fire Protection Association is focusing on smoke alarms when most homes already have at least one, you've come to the right place.

The NFPA theme for 2010 is, *Smoke Alarms: A Sound You Can Live With!* Unfortunately, homeowners sometimes unplug or remove the device after a false alarm. That's a very dangerous move.

\* The kitchen fire alarm is the one most likely to be removed because residents burn toast or food and don't want to be bothered by the sound. Then they don't bother to put it back in place. In home fire deaths, some 23 percent of smoke

alarms had been purposely disconnected.

A better plan would be to move the alarm some distance from the toaster so it doesn't go off as often. But keep it in the kitchen.

\* Cooking is the number one cause of home fires and injuries.

One of the most significant things you can do during Five Prevention Week (Oct. 3-9), is to update your smoke alarm system.

\* Replace batteries and check the alarm to be sure it works.

\* Install another smoke alarm in a different area of the house, such as near bedrooms. Interconnected alarms that sound at the same time increase safety.

\* Consider having smoke alarms hard-wired into the electrical system. Perma-

nent installation eliminates the task of changing batteries. Hard-wired alarms worked in 91 percent of home fires in recent years, while battery operated units worked only 75 percent of the time.

More than half of smoke alarms in reported fires and two-thirds of alarms in homes with fire deaths were battery operated.

\* Smoking is the leading cause of fire deaths.

\* Heating is the second leading cause of home fires, fire deaths and fire injuries.



Photo courtesy of: <http://www.homesandcondosblog.com/wp-content/uploads/2009/02/energy-saving-tips1.jpg>



## Tips to Save Energy

The title alone is enough to keep you flipping the pages and ignore the article. The phrase is overused and environmentalists have hijacked it for their own agenda. Fortunately, in everything there is something good. There ARE things you can do to lower costs in and around the home. Less money for energy means more somewhere else.

With all energy saving suggestions, it is prudent to determine the long term payoff. For example, replacing all your single pane windows sounds great until you realize it will take 20-30 years of energy savings to pay back the cost of the windows. Make sure you get good advice before talking a large product like that. There are a few things, however, that you can do with little investment required.

First, buy a programmable thermostat. Program it to 5-10 degrees cooler (or warmer) at night and when you will be away. This can produce significant savings. A good programmable thermostat will run close to \$100, but on aver-



age, save \$250 a year. That is a good chunk of savings if you consider it long term.

Fixing leaky ducts in the basement or attic is another relatively low cost improvement. Look at your furnace ducts and find all gaps. Sealing and/or wrapping with insulation will stop the supply air from heating spaces that don't need heated, such as crawlspaces or unused basement. You may want to consider hiring a professional to do this the right way, so you are not just throwing money at sealant and insulation. Possible savings are in the \$400 dollar range per year depending on how much is leaking and how well it is improved.

Installing attic insulation is also effective at reducing costs. Older houses in particular are notorious for low levels of insulation in the attic, partly due to the presence of Knob and tube wiring. That wiring, installed from the 20's to the 50's

required dissipation of heat to function without burning.

Adding insulation could prove to be a fire hazard, so make sure you understand the layout before beginning. Doubling the insulation in the attic from 4 to 8 inches could help save around \$200 per year. This also depends on the insulation in the walls, which is probably pretty sparse in older homes.

If you are concerned about the insulation in your home, I would encourage you to get a home energy audit or thermal imaging scan. These will help you to determine exactly where and how much is leaking out of your home and help you to create an action plan that will help save you money long-term without breaking the bank now.

Photo courtesy of: <http://www.programmable-thermostat.com/photos/2100-m.jpg>





Dr. John Baumgardner

- *B.S. Electrical Engineering, Texas Tech University - 1968*
- *M.S. Electrical Engineering, Princeton University - 1970*
- *M.S. Geophysics and Space Physics, UCLA - 1981*
- *Ph.D. Geophysics and Space Physics, UCLA - 1983*

# Creation Minute

Here is an excerpt from the U.S. News & World Report (June 16, 1997) which dedicated a respectful four-page article to the merits of Dr John Baumgardner (<http://www.rae.org/believe.html>) . The article touted him as "the world's pre-eminent expert in the design of computer models for geophysical convection." He has earned degrees from Texas Tech University (B.S., electrical engineering), and Princeton University (M.S., electrical engineering), as well as a Ph.D. in geophysics and space physics from UCLA. It was stated that since 1984 he had been employed as a technical staff member at Los Alamos (New Mexico) National Laboratory and now is an adjunct faculty member of ICR (Institute for Creation

Research). "The views expressed in the following interview do not necessarily represent the views of Los Alamos National Laboratory or the United States government."

### Why did you choose a career in science?

**Dr. Baumgardner:** As far back as I can recall I seemed to have had an aptitude in scientific things. When I was about six years old, before I started school, friends of my parents and relatives would bring broken appliances for me to work on and fix. I had my own little workbench in my dad's shop where I would work on those electrical appliances. My sense is that I was gifted from birth with a natural ability. Science was an area of strength in school, so it wasn't unnatural for me to select a science major in college.

### What are your goals as a scientist?

**Dr. Baumgardner:** I would say my primary

goal in my scientific career is a defense of God's Word, plain and simple. In our day it's like the Philistines in the days of Saul and David. When David came to the battle to bring some supplies to his brothers, he heard Goliath taunting the armies of Israel. And David said, "Who is this uncircumcised Philistine that he should defy the armies of the living God?" (1 Samuel 17:26). I believe the church is like the Israelite army, cowering in the face of Goliath, when there ought to be people stepping forth to slay Goliath. God's Word is being mocked and ridiculed today throughout the academic world, and I say it's time for Christians to stand up and take on these challenges. Soon after I became a Christian, when I was 26 years old, I started to see what was going on. I guess God put it in my heart to try to do something about this situation.

I'm trying to understand what happened to the Earth in Noah's flood and put together a solid scientific case that supports the biblical account of a world-destroying catastrophic flood. Back in 1978 I felt strongly led to go back to graduate school and get professional credentials to work on the problem of what happened to the Earth in the flood. As part of my Ph.D. research, I



*If the human brain were so simple that we could understand it, we would be so simple that we couldn't.*  
- Emerson M. Pugh

## New Home Decor Trend

When you want to spruce up a room, why not add a mirror? It can add light and depth, and you won't have to push out a wall or add a window to do it. A framed mirror is attractive, hanging alone or in a group. What's more, it can be far less expensive than adding art work to a wall and less risky. Sizeable art pieces can

overwhelm a room. The big choice in mirror frames can make them compatible with any room of the house. A little care should be taken so the frame goes with the furniture. A rustic frame, for example, would be out of place in a room with polished furniture in cherry or white finishes. Some decorators are leaning framed mirrors against a wall for a dra-

matic effect. They are choosing wide frames in a variety of finishes and hues. Even floor mirrors can be doubled or tripled for a striking effect. In a small room, a standing mirror can do wonders. It opens up the space by reflecting the outdoors and the furniture. In bathrooms, the new trend is to upsize mirrors so they fill out the entire space above a long vanity or counter

Picture courtesy of: <http://www.todayifoundout.com/wp-content/uploads/2010/02/gold-dollar-sign.jpg>



THOUGHTS FROM THE CRAWLSPACE

## Consumers Spending More on Electronics

The lure of electronics, like the latest smart phones and flat-screen televisions, has consumers spending more of their disposable incomes on t e c h . As electronics become their first choices, they are



spending less on durable goods like big appliances, furniture and home updates, like new cabinets and floors. Because the cost of phones and iPads is less than the cost of big ticket items, what do they do with the rest of

their money? They put it in a savings account. And that's good news!



Picture courtesy of: [http://www.google.com/imgres?imgurl=http://www.geekosystem.com/wp-content/uploads/2010/04/ipad\\_touch\\_mock\\_up.jpg&imgrefurl=http://www.geekosystem.com/category/ipad-ipad-ipad-ipad-ipad/&h=379&w=500&sz=44&tbnid=Jzt6Ob04hJfIqM:&tbnh=99&tbnw=130&prev=/images%3Fq%3Dipad%2Bpictures&zoom=1&q=ipad+pictures&hl=en&usq=\\_MN4vLn5XXvkWgD5u39k6hyW-6p4=&sa=X&ei=1ea-TK3iIlmOnwleP0e2JDg&ved=0C8RQ9QewAQ](http://www.google.com/imgres?imgurl=http://www.geekosystem.com/wp-content/uploads/2010/04/ipad_touch_mock_up.jpg&imgrefurl=http://www.geekosystem.com/category/ipad-ipad-ipad-ipad-ipad/&h=379&w=500&sz=44&tbnid=Jzt6Ob04hJfIqM:&tbnh=99&tbnw=130&prev=/images%3Fq%3Dipad%2Bpictures&zoom=1&q=ipad+pictures&hl=en&usq=_MN4vLn5XXvkWgD5u39k6hyW-6p4=&sa=X&ei=1ea-TK3iIlmOnwleP0e2JDg&ved=0C8RQ9QewAQ)

## Fish Oil May Slow Biological Aging



Researchers at Northwestern University and elsewhere have found that the omega 3 fats in fish oil have a life-lengthening effect for heart patients. The question is: Will they do the same thing for the rest of us?

Patients in their studies who consumed the most fish oil showed the least shortening of telomeres, a sign of biological aging. Patients with the lowest levels of omega 3s had the fastest rate of telomere shortening over a five year period.

The study did not specify cause and effect. That is, those with higher omega 3 levels might have healthier habits.

The American Heart Association reports that other studies have shown increased survival rates for patients who consume omega 3s from fish oil, but previously, no one could establish why it happened. At this point, the telomere length is becoming an important indication of biological age.

Picture courtesy of:  
[http://www.abc.net.au/news/stories/2010/02/02/2808143.htm&h=559&w=840&sz=64&tbid=dTVYBk8vKJ8rjM:&tbnh=96&tbw=145&prev=/images%3Fq%3Dfish%2Boil%2Bpictures&zoom=1&q=fi+oil+pictures&usg=\\_\\_PZwF1pbXCR80uADj8F9anNtF0sM=&so=X&ei=qeu-TMzUK9GmnQex6u\\$Jdg&ved=0CCAQ9QEwAw](http://www.abc.net.au/news/stories/2010/02/02/2808143.htm&h=559&w=840&sz=64&tbid=dTVYBk8vKJ8rjM:&tbnh=96&tbw=145&prev=/images%3Fq%3Dfish%2Boil%2Bpictures&zoom=1&q=fi+oil+pictures&usg=__PZwF1pbXCR80uADj8F9anNtF0sM=&so=X&ei=qeu-TMzUK9GmnQex6u$Jdg&ved=0CCAQ9QEwAw)

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## Toboggan Rides – Winter fun coming

Are you ready to start planning your winter fun for the end of this year and into 2011? What a blast! According to the DNR website, "That's what you'll say once you've experienced the quarter mile toboggan track at speeds of 35-40 miles per hour! The toboggan operates weekends from the Friday after Thanksgiving through February, with extended holi-

day hours." So, if you have not experienced this ride here in local Indiana near Angola, then write it down on your list of "must dos" for this winter season. Bring the whole family for a ride of their lives! Try out the to-

boggan ride! Check out the virtual video: <http://www.in.gov/dnr/parklake/4699.htm>.



## Antioxidants in Coffee



Coffee is a valuable source of disease-fighting antioxidants. Fruits and berries have higher levels, but because coffee is consumed more often, it is the top antioxidant source in American diets.



The good news for decaf lovers is decaf is very similar in antioxidant content. Even better, adding milk to either type of coffee doesn't affect the antioxidant level.

*Determine the thing that can and shall be done, and then we shall find the way.*

- Abraham Lincoln



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(continued from page 2) **Creation Minute**

developed a three-dimensional model for the Earth's interior called Terra. Today it is recognized as the most capable code computer model of its type in the world. Currently NASA is funding this effort as one of their nine grand challenge projects in high performance computing for the next three years. It's recognized as a unique tool for understanding the dynamics of the mantle of the Earth.

**What is NASA's interest in this project? Your goal sounds like it's different from theirs.**

**Dr. Baumgardner:** Well, they see it as an important means for solving as yet unanswered questions about the Earth. They have a number of satellite observation programs for monitoring the Earth and measuring tectonic motions of the Earth's surface. They see my computer model as complementing some of these observational programs. They see it as cutting-edge science. And the model can be applied to the other terrestrial planets of the solar system - Venus, Mars, and Mercury in particular.

**Dr. Baumgardner:** I believe that there is strong evidence in favor of the proposition that the Earth has suffered a major cataclysm in the past that is responsible for most of the fossil-bearing portions of the sedimentary record.

**The great flood of Noah's day?**

**Dr. Baumgardner:** Yes. There's an abrupt beginning to the portion of the geological record that contains fossils. There's a worldwide discontinuity in the record, above which we find fossils, below which we do not. Above that boundary there is abundant evidence that the sedimentary layers were deposited rapidly by processes that were global in lateral extent—a regime dramatically different from anything we can observe on the Earth today. The majority of the sedimentary record since that point is the product of global catastrophism. My work in particular has focused on what conceivable mechanism could result in such an event. I believe I have identified it or at least a likely candidate for a mechanism.

**And what is that?**

**Dr. Baumgardner:** The name that other people have applied to this process is thermal runaway. Tectonic plates of the Earth's surface can slide down into the hot mantle that comprises about the outer 2,000 miles of the Earth. What I'm finding is that this runaway process involving the tectonic plates can indeed occur and cause a massive catastrophe at the Earth's surface. One exciting discovery from the Magellan mission to Venus in the early 1990s was that Venus had been entirely resurfaced in the relatively recent past. The high resolution images showed the surface of Venus had been catastrophically flooded with lava, presumably as a result of some process interior to the planet. All the ancient craters had been obliterated by this lava. The images show hardly any change of a geological nature has occurred on Venus since this catastrophe. So within our own solar system we now have at least one indisputable example of global tectonic catastrophe. This was exciting to me because for years I had been investigating a similar possibility for the Earth. I firmly believe the idea of a global tectonic catastrophe on the Earth is not a far-fetched idea, but close to being established scientific fact. And, of course, this supports what the Scripture has said all along about the past history of the Earth.

**How do you deal with the creation/evolution controversies?**

**Dr. Baumgardner:** If ever there was in the history of mankind clear evidence for creation, evidence for a Super-Intelligence behind what we see today, it's the genetic code. Incredibly complex information structures, coded in DNA, form the genetic blueprints for every living organism. Evolutionists have absolutely no clue as to how such structures could arise by natural processes, much less how the code itself could come into existence. Actually, evolutionists do not have a viable mechanism for macroevolution at any stage, whether we're talking about the origin of a first living cell or the origin of new structures in existing organisms. Natural selection and mutation alone are pitifully inadequate to account for what we see, especially with our current understanding of molecular biology. And in the area of Earth science, uniformitarianism—the idea that the present is the key to the past, that the present can explain the past—is essentially obsolete. It won't be long, in my opinion, before that idea completely collapses.

**Because there's so much evidence for catastrophism?**

**Dr. Baumgardner:** That's right. The evidence for catastrophism supports an entirely different understanding of the fossil record—that it's a product of a single catastrophe rather than hundreds of millions of years of gradual change.



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