

GOOD NEWS SUNDAY FAIRFIELD

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[@GoodNewsSundayFairfield](#)

35th edition – July 18, 2021



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This is our 35th edition of Good News Sunday Fairfield. We want to continue bringing you good news and heartwarming stories in these difficult times.

Iqbal Alimohd is 69 years old and is a checker cab driver. Him and his family deliver groceries on Saturday. He has been doing it for the past 15 years on the weekend. His wife takes calls and orders and his sons started helping in the start of the pandemic. A lot of people appreciate what they do. They have very big kind hearts.

The governor of Missouri has signed a new bill. This bill is special. Now August 31st is Random Acts of Kindness Day in Missouri. This day is coming soon and you should do a random act of kindness like donating food or money clothes or anything else that spreads kindness like cards to health workers or veterans or anyone. This day also encourages you to do lots of random acts of kindness on any day.

This next story shows a cop who is very brave and leaves no one behind. In Tennessee there was a big house fire. A cop ran into the house with people pointing inside the house in panic because there was someone still inside so with out hesitation he ran in the house. He ran in and grabbed the disabled woman who was still in there and carried her out to safety. He was a big hero. Do you want to be safe from a fire then go to <https://www.fairfieldct.org/fireprevention>.

Eleanor Love worked at a flower shop and volunteers at the National Health Corps. After she went to a medical school, she heard about a very successful flower regifting program so she decided to start her own. She started working hard and kept on working. Now she is giving flowers to a lot of patients. She has brought lots of smiles to peoples faces.

Smoking

As smoking and vaping is becoming a bigger and bigger issue, we want educate you on what it is, the dangers and more.

Overview

Smoking is when you inhale usually tobacco smoke through a device. The smoke can be delivered by cigarettes, cigar, vapes and much more. This smoke is filled with tar, nicotine (which is a highly addictive substance) and many toxic metals.

Cigarettes and cigars

Cigarettes and cigars are made by taking tobacco leaves mixing them with the other substances and putting them on a machine. This blend is prepared and then rolled in wrappers. They work by someone lighting the end of them. You then inhale the smoke created and breath it out.

Vapes

Vapes are made in two parts. The first is the vape it has a battery, a micro controller and a heat plate there is also a space for a pod. A pod is a container with a liquid version of nicotine and the other substances. This is sometimes flavored with even more harmful chemicals. Vapes work when you turn on the battery this will heat up the heating plate and the plate is under the pod so it heats that up to. You then breath in the vapor from the heated chemicals through an opening.

Marketing

Tobacco companies specifically vape companies realized that they had to corner the teen market so they could have a dedicated customer base for most of their life. So, these companies put a lot of money into making them seam harmless and fun. For example, vaping companies lied and said that it was just vapor but in reality, there was more nicotine than should have been there, making it highly addictive. These companies made kids think that it was cool and popular. That meant that a lot of kids fell into it because of peer pressure. They have faced a lot of criticize for marketing to kids even though they say they aren't.

Affects

Smoking let's lots of dangerous chemicals in your body this affects almost all the organs in your body. Smoking can cause heart disease, cancer, stroke, diabetes and more. Smock can affect lung growth and give children COPD (chronic obstructive pulmonary disease) which means that it is very hard for them to breath because they have chronic bronchitis or emphysema. Smoking also lead to shortness to breath and loss of energy. It will also cause your organs to shrink.

Solution and recourses

The good news is that if you quit smoking your body will heal itself after a decade or two!

For help to quit smoking go to: [Quit Smoking | Smoking & Tobacco Use | CDC](#)

For more information about smoking go to: [What Is The Real Cost? - Smoking and Tobacco Facts](#)

Quote of the week.

“If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart.”

- Nelson Mandela

“Kindness is like snow- It beautifies everything it covers.”

- Kahlil Gibran

Name: _____
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Respiratory System

Find the words.

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

MOUTH
TRACHEA
ALVEOLI
FLU
THORACIC

NOSE
EPIGLOTTIS
ASTHMA
CANCER

Announcements

A ten-year-old girl is the founder of a non-profit called Reading Treasury. Oola Breen-Ryan is the founder. She gives books to homeless shelters. Each box she gave had 2 diverse books to fit the theme, 1 hand-bound journal, 1 handmade bookmark, a card, 1 cool item that goes with the theme, book charms, pencil, pencil sharpener, pens, book sticker. There are different types of themes including one for babies and to help them learn to read and write and count and sunshine and rainbow's theme and much more. She brings joy to many people and help them learn. To learn more and help go to [Reading Treasury – Spreading Love and Books](#).

The library is having a virtual Storytime for children ages 0-5. There will songs, rhymes, books and more. Registration ends and it starts at 9:15 on July 23. To register go to [Virtual Storytime | Fairfield Public Library \(librarymarket.com\)](#).

On this day (July 18) ...

In 64 the Great Fire of Rome began. It was a out of control fire that burned a lot of Rome under the rule of Emperor Nero

In 1743 the first half page ad was published in the NY Weekly Journal.

In 1895 George “Machine Gun” Kelly was born.

In 1918 Nelson Mandela was born. He later became the first black president of South Africa.

In 1950 Richard Branson was born. He later made The Virgin Group.

In 1921 Jhon Glenn was born. He later became the first American to orbit the Earth and a senator.

In 1967 Vin Diesel was born.

Credit to: www.onthisday.com

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Have a great Sunday!