



Legacy Chapter No. 555 Order of Eastern Star

Hello to Everyone from Legacy No. 555 Order of Eastern Star

The "warm" summer days have arrived and our thoughts have turned to staying cool and hydrated, BUT...

DO NOT DRINK BOTTLED WATER THAT HAS BEEN LEFT IN A CAR!!!

Heat reacts with the chemicals in the plastic of the bottle which releases dioxin into the water. Dioxin is a toxin increasingly found in cancer tissue, especially breast cancer. Dioxins are highly poisonous to cells in our bodies.



Also, don't freeze plastic bottles with water in them as this also releases dioxins from the plastic.

Do not heat food in the microwave using plastic containers, this especially applies to foods that contain fat. The combination of fat, high heat and plastic releases dioxin into the food. Instead, use glass, such as Pyrex or ceramic containers for heating food ... You get the same result but without the dioxin.

So, such things as TV dinners, instant soups, etc., should be removed from their containers and heated in something else. Paper isn't bad, but you don't know what is in the paper. It's safer to use tempered glass, ceramic dishes, etc.

Not too long ago some of the fast food restaurants moved away from the styrene foam containers to paper. The dioxin problem is one of the reasons they did this.

Plastic wrap, such as Cling Film, is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out of the plastic wrap and drip into food. Cover food with a paper towel instead.

Walter Reed Army Medical Center says:

NO plastic containers in the microwaves

NO plastic water bottles in the freezer

NO plastic wrap in microwaves

I just thought it would be nice to remind everyone about this, I know I'm paying attention.

Our next meeting is September 6, 2017. The theme is "Patriotic", so put on your red, white and blue and come celebrate Labor Day and the end of summer with us. We'd love to hear about your summer (graduations, weddings, births and travel). It's a great time to share your news.

Don't worry, we all know the summer heat will end and then we can complain about how COLD it is.

Have a wonderful (safe) summer and hope to see you this fall.

Star Love,

