



Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

April 

Did you know.....

After purchasing something new – especially a “large ticket” item - there is always that thought “Did I make the right decision?” But there are also certain pleasures as well – what about the “new car” smell, who hasn’t watched TV shows they don’t even like on their new 52” screen and how about wriggling your bare toes in your new carpet. While you are enjoying the barefoot experience we hope you are reading the warranty for that carpet.

As a homeowner you have certain obligations to ensure that you maintain your carpet and thereby maintain your warranty.

In the Carpet Warranty brochure for Mohawk Carpets there are 4 obligations listed 1)know your warranty 2)keep proof of purchase 3)have carpet installed by CRI standards and 4)have proof of periodic cleaning by a certified cleaning service, once every 18 months.

Shaw Industries Inc, the largest carpet manufacturer, has several requirements that ensure your warranty and one is also proof of professional cleaning every 18 months. In Stainmaster’s™ Question/Answer section of their warranty brochure the first question is “How can I maintain my Stainmaster carpet warranty? The answer is 1) vacuum frequently 2) clean spills promptly and 3)have periodic professional carpet cleanings. And they recommend every 12 months.

We hope we are telling you something you already know, but if not, feel free to call us if you require any further information.

Because after all we are your Textile Care Consultants.

8 Tips that will help your Carpets look Great, last Longer and save you Money!!

- 1) **Vacuum regularly:** Ideally, carpet that are used daily need to be vacuumed several times weekly. In commercial settings this practice could be increased to daily.
- 2) **Use mats at each door:** Dirt migrates from the out-of-doors, mostly by foot traffic. To aid in keeping carpets clean, you should have mats placed at all entrances, both in and outside. This will minimize the amount of dirt that is tracked onto the carpets.
- 3) **Scotchgard™:** This product helps prevent the absorption of dust and dirt back into the carpet. It makes it easier to clean up spills before they are absorbed by the fibers. But, when spills do occur, they must still be cleaned up immediately. Scotchgard™ doesn’t eliminate the need to clean or vacuum regularly. It simply aids in keeping stains from becoming permanent.
- 4) **Use area rugs:** If you use area rugs over your carpet, be sure to remove and clean them regularly. Clean and restore the pile of the carpet underneath. Remember to allow complete drying before replacing rugs.
- 5) **Avoid direct sunlight:** Protect your carpet from prolonged periods of direct sunlight with blinds, shades, awnings or by rearranging the furnishings.
- 6) **Use a quality cushion:** A quality cushion should be used under your carpet, especially on stairs. Some carpets carry warranties with specific density and thickness requirements.
- 7) **Occasionally move heavy furniture:** This is to avoid excessive pile crushing. Put coasters intended for use with carpet under the legs of tables, chairs etc.
- 8) **Professionally clean carpets:** Even with regular vacuuming soil particles and oily dirt will cling to fibers. With foot traffic these particles are driven deep into the carpet. Periodic cleaning (every 12-18 months) using hot water extraction method performed by a certified carpet care professional will refresh carpet appearance.



Easter is April 8, 2007

This festival of the Christian church commemorates the resurrection of Jesus Christ. It is not always held on the same date. In AD 325 the church council of Nicaea decided that it should be celebrated on the first Sunday after the first full moon on or after the vernal equinox of March 21. Easter can come as early as March 22 or as late as April 25.

Many Easter customs come from the Old World. The white lily, the symbol of the resurrection, is the special Easter flower. Rabbits and colored eggs have come from pagan antiquity as symbols of new life. Easter egg rolling, a custom of European origin has become a tradition on the lawn of the White House in Washington, D.C.

The name Easter comes from *Eostre*, an ancient Anglo-Saxon goddess, originally of the dawn. In pagan times an annual spring festival was held in her honor. Some Easter customs have come from this and other pre-Christian spring festivals. Others come from the Passover feast of the Jews, observed in memory of their deliverance from Egypt

Client of the Month

Emily Bright

Emily Bright has been a constant customer of ours since 2003.

Every spring we can depend on a call from Mrs. Bright to either clean her area rugs, wall to wall carpet and/or upholstery. We enjoy hearing from her yearly and she gets the opportunity to enjoy improved indoor air quality because of our visits. We both win!!

For the second year in a row Professional Carpet Systems has won an International Award. The award was presented at the recent annual convention, held in Las Vegas, and the award is for excellence as the "Market Penetrator of the Year". Plainly put we do the best job at providing services to our demographic client base. Thanks to all our clients and a special thanks to all the team members.

Quotes by Mark Twain:

A man cannot be comfortable without his own approval.

Advertisements contain the only truths to be relied on in a newspaper.

Always do right. This will gratify some people and astonish the rest.

Clothes make the man. Naked people have little or no influence on society.

Don't let schooling interfere with your education.



**3 Things You Can Do To
Make The Air Inside Your
Home Healthier!**

Here's How Money Can Buy Happiness

Leave it to a Princeton University Economics professor to nix the common belief that money can't buy happiness.

When asked what we can do to achieve greater happiness, Professor Alan Kruger suggests that we try "buying memories." They don't have to be memories of an experience that cost a great deal of money, but of things that brought you joy.

He tells of taking his father to an important football game, the Super Bowl. The anticipation of the game as well as the game itself was very memorable. He framed his ticket. He bought the memory and it still makes him happy.

Money can buy photos and souvenirs of happy times. Whether they will remind you of a vacation or a day in the park, souvenirs are worth the price.

Professor Kruger says some people are inherently less happy and some more so. It's just their temperament. Still, you may be able to boost your level of happiness by thinking carefully about how you spend your time.

Being with friends and family is a good way to increase your level of happiness. Sometimes you have a choice between working for a longer time at home or at work, or just being with your family. Many surveys suggest time spent with friends and family is among our happiest times.

And spend a little money on celebrations. Celebrate small things, not just big ones. If you just celebrate big events, you won't celebrate much at all.

Easy Steps To Better Health

Recommended by health writer Tara Parker-Pope, some of these ideas are not new, but put together, they can make a big difference in your weight and fitness level.

Eat together at the table: People consume more when eating in front of the TV. And foods eaten "on the go" are generally higher in calories.

Play with kids for at least 20 minutes a day. Ride a bike, jump rope, play touch football or soccer. Visit www.caloriecontrol.org/exercalc.html to find calories burned in various sports.

Focus on favorite foods. Instead of trying to give up your favorites, eat smaller portions or switch to lower-fat versions. They can be just as good.

Eat soup. "Volume" foods like soup leave you feeling full on fewer calories.

Eat at home. Restaurant food has more fat, calories, and sodium.

Pickpocket Protection

Pickpockets are worse than ever in Europe. A simple thought to keep in mind all the time – pickpockets do not make a move until they know where your money is. That means every time you pay for something, you let them know where you carry cash and cards.

Therefore, separate your cash and credit and debit cards, keeping them in at least two, preferably three, separate places, such as in different pieces of clothing...in various pockets of your jackets, slacks, shirt...in zippered compartments in your purse, briefcase or tote...in a fanny pack worn under clothing. Then, should you be targeted, the thief will not be able to take all your money nor all your cards.

Additional defense: Always carry enough traveler's checks to cover an emergency – and keep the issuer's phone number and the serial numbers of the checks separate from the checks. The issuer will replace your checks at no charge if they are lost or stolen. – Nancy Dunnan, *Travelsmart*

Simple Steps Can Prevent Decorating Chaos

Interior decorators give these tips for keeping a balanced look in your home.

Pictures and art: Framed art should always be at eye level where it can connect with people. In a grouping or collection, the largest picture must be at eye level. The others can be grouped around it.

In the living room, art should be only about 6 inches above the sofa.

Furniture: Instead of backing furniture up to the walls, create nooks within the room that reflect how the space should be used. Find a focal point and build around it. Even angling pieces is better than having large open space in the middle of the room.

Decorating plan: Because home decorating happens in steps, create a master plan to prevent individual projects from becoming a hodgepodge of style.

Matching and overmatching: Avoid room groups where upholstery, paint, drapes, and pillows are too similar. Things can go together well without being the same.

Organizing and clutter: Decorating and real-estate experts agree that everything should have a place. If you have lots of stuff, devise special shelving or curio cabinets for it, or allow a full room for a collection.

The Coliseum

The **Coliseum**, originally known as the **Flavian Amphitheatre**, is a giant amphitheatre in the centre of the city of Rome. Originally capable of seating 50,000 spectators, it was used for gladiatorial contests and public spectacles. It was built on a site just east of the Roman Forum, with construction starting between 70 and 72 AD under the emperor Vespasian. The amphitheatre, the largest ever built in the Roman Empire, was completed in 80 AD under



Titus, with further modifications being made during Domitian's reign.

The Coliseum remained in use for nearly 500 years with the last recorded games being held there as late as the 6th century — well after the traditional date of the fall of Rome in 476. As well as the traditional gladiatorial games, many other public spectacles were held there, such as mock sea battles, animal hunts, executions, reenactments of famous battles, and dramas based on Classical mythology. The building eventually ceased to be used for entertainment in the early medieval era. It was later reused for such varied purposes as housing, workshops, quarters for a religious order, a fortress, a quarry and a Christian shrine.

Although it is now in a severely ruined condition due to damage caused by earthquakes and stone-robbers, the Coliseum has long been seen as an iconic symbol of Imperial Rome and is one of the finest surviving examples of Roman architecture. It is one of modern Rome's most popular tourist attractions and still has close connections with the Roman Catholic Church.

This Month in History

15 Years Ago (4/11/92): Euro-Disney opens near Paris France

25 Years Ago (4/17/82): Queen Elizabeth proclaims Canada's new constitution

40 Years Ago (4/29/67): Aretha Franklin releases "Respect"

55 Years Ago (4/15/52): Franklin National Bank issues 1st bank credit card

60 Years Ago (4/1/47): 1st Jewish immigrants to Israel disembark at Port of Eilat

60 Years Ago (4/10/47) Jackie Robinson became the 1st black in modern major league baseball (Dodgers)

75 Years Ago (4/2/32): Charles Lindbergh turns over \$50,000 as ransom for kidnapped son

90 Years Ago (4/2/17): President Woodrow Wilson asks Congress to declare war against Germany

95 Years Ago (4/14/12): RMS Titanic strikes an iceberg on her maiden voyage, killing ~1,500

105 Years Ago (4/2/02): 1st motion picture theater opens (Los Angeles CA)

Thank You for Referring Us!

Have you ever earned money just by talking to family and friends about what a great job a service person provided for you? Encourage your friends to book an appointment (if they mention your name they will get 100 sq ft free) then sit back and collect your REFERRAL REWARD CERTIFICATES worth 10% of your referral's cleaning bill. It can be treated like cash – mail us the certificate and redeem cash or save them and use it on your next cleaning. By saving these certificates you may be able to clean your house for FREE!!

Thanks For All The Kind Words!

Barbara and Ron Maskell – Vineland wrote:

I wish to thank you for the wonderful treatment you and your staff gave my carpets. The work was terrific and we are very pleased. I also wish to comment on your very polite and caring staff, it was such a pleasure to have them in our home. I am amazed how great my bedroom carpet turned out!! Good workers and good equipment is the answer.

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Your New Issue Has Arrived!

Look Inside For Some Amazing Money-Saving Tips and More!

**Saving and Information Inside!!!
Open Me!!!**

Hair Tips

- On fine hair, conditioners should be used at a minimum to avoid adding weight. Avoid the root area and focus on the driest ends only.
- Brushes and combs should be cleaned with warm soapy (shampoo) water and rinsed thoroughly.
- Any hair perming should be done at least two weeks prior to your special event. This will allow your curls to settle and will give you some time to learn how to make the most of your new look.
- For oily hair, use a gentle shampoo but leave it on your hair for a longer period of time rather than using a harsh clarifying shampoo.

Sick Kid Advice:

When your child is sick and you wonder what to do, check the Children's Hospital of Boston's Web site. It has a new "My Child Has ..." feature.

You can list the child's symptoms (coughing, sneezing, stomach ache, etc.) and get information on common illnesses, tips on preventive care, and explanations of treatments and tests.

Visit www.childrenshospital.org and see "My Child Has ...".

Who Wants To Win Movie Tickets?

Take my Trivia Challenge and you could win too!

Once again we are giving away 3 sets of tickets to the movies! Everyone who responds by the 12th day of the month will be entered into a draw to win 2 FREE tickets! Increase your chances by emailing your answer – we'll put your name in twice! Take your best guess, then EMAIL (triviachallenge@pcsniaagara.com) or call (905) 646-6655. Remember, your chances of winning are better than you think!

This month's MegaTrivia Question:
Who was the Caesar at the time of the completion of the Coliseum?

a) Flavius b) Nero c) Domitian d) Titus

HINT: The answer is somewhere in this newsletter
Last month's winners: D. Bastings, Cathy Waud and Roy Smith

Last month's answer: A) New York City