



Healthy Home News

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



Parents Matter: Whether lower-income city students go to public schools or private schools doesn't effect their achievement as much as their parents involvement do. In either case, findings by the Center on Education Policy show that the most significant factors in their present and future achievements are having parents who are involved in their lives, earn enough money to give them enriching experiences, and have high aspirations for their children.

Though the SAT scores of private school students were higher, their performance in math, reading, science, and history was no better. They were no more likely to go to college or be more satisfied with their jobs at age 26.

More Fiber For Better Health: New studies show that fiber benefits more than the digestive tract. It prevents weight gain and it reduces blood pressure and risk of type 2 diabetes. The best advice: eat whole grains, fruits, vegetables, and beans every day.

The Institute of Medicine recommends eating 14 grams of fiber for every 1000 calories we consume, typically about 20 to 35 grams a day.

*Anger is a wind which blows out
the lamp of the mind.*

Robert Green Ingersoll

Top Ten New Year's Resolutions

New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes.

1. **Spend More Time with Family & Friends:** Work shouldn't always come first!
2. **Fitness:** Regular exercise has been associated with more health benefits than anything else known to man. In short, exercise keeps you healthy and makes you look and feel better.
3. **Lose Excess Weight:** Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program, and the key to success for those people who made a New Year's commitment to shed extra pounds.
4. **Quit Smoking:** Even if you've tried to quit before and failed, don't let it get you down. On average, smokers try about four times before they quit for good.
5. **Enjoy Life More:** Get out and try something new! Take up a new hobby or try your hand at skiing. Go to a theater performance, or head to the local spa.
6. **Quit Drinking:** Many heavy drinkers fail to quit cold turkey, but do much better when they taper gradually, or even learn to moderate their drinking.
7. **Get Out of Debt:** Getting a handle on your finances is a promise that will repay itself many times over in the years ahead.
8. **Learn Something New:** Whether you take a course or read a book, you'll find education to be one of the easiest, most motivating New Year's resolutions to keep.
9. **Help Others:** Whether you choose to spend time helping out at your local library, mentoring a child, or building a house, there are many volunteer organizations that could really use your help.
10. **Get Organized:** On just about every New Year resolution top ten list, organization can be a very reasonable goal.

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Outstanding Client of the Month!

Meet John & Erma Mewhinney

The Mewhinney's have been customers of ours since 2002 and have recently embraced our Referral Reward Program. Over the past month, they have referred us 4 times and to date have earned (so far) over \$97 in referral bonus dollars - much of which has been used recently towards the cleaning their own home - with more to come. Special thank you to the Mewhinney's for your trust in referring us so fervently to your friends and family!

Every month I choose a very special **Client of the Month**. It's my way of acknowledging good friends and saying "thanks" to those who support me and my business with referrals, word of mouth and repeat business... YOU might be my next **Client of the Month**! Watch for your name here in an upcoming issue!

*If you want happiness for an hour,
take a nap.*

*If you want happiness for a day,
go fishing.*

*If you want happiness for a month,
get married.*

*If you want happiness for a year,
inherit a fortune.*

*If you want happiness for a lifetime,
help others.*

Chinese Proverb

*A great marriage is not when the
perfect couple comes together. It is
when an imperfect couple learns to
enjoy their differences.*

Dave Meurer

See Insert This Issue:

Time Is Marching On...



**Don't Let
Your Carpets
Be Trampled
By Neglect!**

Consider The Effects, Cost Of 'Standby Power'

Standby power occurs when electrical appliances are switched off but remain plugged into outlets. There are two types of standby power: passive and active.

Passive standby power refers to the electricity used when an appliance is turned off but can be turned on with a remote control. Active standby power refers to the electricity used when the appliance is plugged in but not in use.

Up to 75 percent of the electricity used to power home electronics is consumed while the products are plugged in but turned off. This includes VCRs, TVs, stereos, computers, and kitchen appliances.

To reduce the use of passive power, the Department of Energy suggests unplugging the appliance when not in use or using a power strip and turning off the strip's power to the appliances.

Equipment such as battery chargers for cameras and cell phones should be unplugged when not in use.

Save A Buck On Groceries

Don't be in such a hurry when going to the supermarket. Check this advice:

- Before heading out, check advertising circulars carefully. Just because it's advertised doesn't mean it's a good buy.
- Shop without kids so you can think.
- Don't shop when you are hungry. Eat first to avoid impulse buying.
- Take a list and don't buy anything else unless it's a food basic or a true bargain.
- If you see an aisle-end display of a product you want, check the price against prices on the shelf. Shelf prices may be lower, say the editors of ShopSmart.
- Buy the whole melon, vegetable, or cheese block. Prepackaged, cut-up selections cost much more.
- Try the store brands. You'll probably save money without sacrificing quality.



Rehashing An Insult Could Do You Good

Sometimes a put-down or insult is obvious, and sometimes it doesn't dawn on you until later. Either way, it can grind away on your concentration as it comes back to you many times.

Replaying an incident over and over is called ruminating. The silent suffering can make you testy and unpleasant to be around. Usually, it's far too late to come up with a clever reply.

That is, unless you can come up with a few good ones in your mind. Replaying the conversation with a new outcome makes you a winner every time because it's easier to win an argument with someone who isn't there. Creating a new ending could make you feel better even if no one else knows about it.

Psychiatrists at the University of Wisconsin say boredom can also drive away the sting. That's one reason people do crossword puzzles and sudoku. After a while, the slight no longer has the effect it once did.

Some incidents can leave you wondering if you should be angry or not. In this case, make a firm decision to just let it go.

Staying Well: Cleaner Towels

Ever noticed that your bathroom towel has a musty smell? Steve Boorstein, host of the Web site clothingdoctor.com, says it's from mildew spores developing there. His recommendations:

- Wash towels often. Traces of dirt and perspiration help mildew spores grow.
- Don't crowd them in the washer. Towels need plenty of room to agitate.
- Use the hottest washer cycle.
- Add a booster such as 20 Mule Team Borax to boost the cleaning power.
- Move towels from the washer to the dryer immediately.
- Add bleach to a load of whites to kill germs and mildew in the washer.

Agatha Christie 1890-1976

Agatha Mary Clarissa, (9/15/1890 – 1/12/1976), commonly known as **Agatha Christie**, was an English crime fiction writer. She also wrote romance novels under the name **Mary Westmacott**, but is best remembered for her 80 detective novels and her successful West End theatre plays. Her works, particularly featuring detectives Hercule Poirot or Miss Jane Marple, have given her the title the 'Queen of Crime' and made her one of the most important and innovative writers in the development of the genre.

Christie has been called the best-selling writer of books of all time, and the best-selling writer of any kind together with William Shakespeare. Only the Bible sold more with about 6 billion copies. An estimated four billion copies of her novels have been sold. UNESCO states that she is currently the most translated individual author in the world with only the collective corporate works of Walt Disney Productions superseding her. As an example of her broad appeal, she is the all-time best-selling author in France.

Her stage play, *The Mousetrap*, holds the record for the longest initial run in the world, opening at the Ambassadors Theatre in London on November 25th, 1952, and as of 2007 is still running after more than 20,000 performances. In 1955, Christie was the first recipient of the Mystery Writers of America's highest honor, the Grand Master Award, and in the same year, *Witness for the Prosecution* was given an Edgar Award by the MWA, for Best Play. Most of her books and short stories have been filmed, some many times over, and many have been adapted for television, radio, video games and comics.



Clearing Snow and Ice

Clearing snow and ice from driveways and sidewalks is hard work. To prevent injuries, follow these safety tips.

- Dress warmly, paying special attention to feet, hands, nose, and ears.
- Avoid shoveling snow if you are out of shape. If you have a history of heart trouble, do not shovel snow unless your doctor says it's okay.
- Do light warm-up exercises before shoveling and take frequent breaks.
- If possible, push snow in front of you. If you have to lift it, pick up small amounts and lift with your legs, not your back. Do not toss snow over your shoulder or to the side.
- Don't drink alcohol before or while shoveling snow. Never smoke while shoveling.
- Use rock salt or de-icing compounds to remove ice from steps, walkways, and sidewalks. Sand placed on walkways may also help prevent slipping.

*A friend to all
is a friend to none.*
Aristotle

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients and friends who graciously referred me to their friends and neighbors last month!

My business runs on the positive comments and referrals from people just like you! I couldn't do it without you!

A special thanks to all these fine folks who referred me...

Connie Shoalts, Russell Irvin, Joanne Gilbert, Al Purser, Cathy Waud, John & Erma Mewhinney

Thanks For All The Kind Words!

Andrew has been cleaning my carpets from the very beginning. He has done a great job from getting baby spit-up out of my carpets to removing blueberry stains. He was recently to the house to clean a room that one of my children had spilled a bottle of Pepsi on the carpet... that stain came out too. I have been using Professional Carpet Systems for not quite a year now and have been truly impressed. Thank you Andrew and all the staff at Professional Carpet Systems!

Fonthill Resident

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Amazing Money-Saving
Tips and More!*

Gossip And Socrates, The Great Philosopher

One day the great philosopher came upon an acquaintance who ran up to him excitedly and said, "Socrates, do you know what I just heard about one of your students?"

"Wait a moment," Socrates replied. "Before you tell me I'd like you to pass a little test. It's called the Test of Three.

"The first test is Truth. Are you sure that what you will say is true?"

"Oh no," the man said, "actually I just heard about it."

"All right," said Socrates. "So you don't really know if it's true. Now let's try the second test, the test of Goodness. Is what you are about to tell me about my student something good?"

"No, on the contrary..."

"So," Socrates interrupted, "you want to tell me something bad about him even though you're not certain it's true?" The man shrugged, a little embarrassed.

Socrates continued. "You may still pass though, because there is a third test, the filter of Usefulness. Is what you want to tell me about my student going to be useful to me?"

"Well it.... no, not really..."

"Well," concluded Socrates, "If what you want to tell me is neither True nor Good nor even Useful, why tell it to me at all?"

The man was defeated and ashamed.

This is the reason Socrates was held in such high esteem.

It also explains why he never found out what Plato was up to.

Who Wants To Win Movie Tickets?

*Take my Trivia Challenge
and you could win too!*

This is one of my favorite parts of the newsletter! 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, and then email us at triviachallenge@pcsnigara.com or call (905) 646-6655. Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:
**In what year did Agatha Christie's play
The Mousetrap begin playing in London?**

A) 1921 B) 1952 C) 1978 D) 1983

HINT: The answer is somewhere in this newsletter

Last Month's Trivia Answer: A) Adolphe Adam
Last Month's Winners: Ryan Cropper, Donna Williams & John VanderBrugge, Mike Mazzalino

