



Healthy Home News

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

New Years Day

The New Year has not always begun on January 1, and it doesn't begin on that date everywhere today. It begins on that date only for cultures that use a 365-day solar calendar. January 1 became the beginning of the New Year in 46 B.C., when Julius Caesar developed a calendar that would more accurately reflect the seasons than previous calendars had.

The Romans named the first month of the year after *Janus*, the god of beginnings and the guardian of doors and entrances. He was always depicted with two faces, one on the front of his head and one on the back. Thus he could look backward and forward at the same time. At midnight on December 31, the Romans imagined *Janus* looking back at the old year and forward to the new. The Romans began a tradition of exchanging gifts on New Year's Eve by giving one another branches from sacred trees for good fortune. Later, nuts or coins imprinted with the god *Janus* became more common New Year's gifts.

In the Middle Ages, Christians changed New Year's Day to December 25, the birth of Jesus. Then they changed it to March 25, a holiday called the Annunciation. In the sixteenth century, Pope Gregory XIII revised the Julian calendar, and the celebration of the New Year was returned to January 1.

The Julian and Gregorian calendars are solar calendars. Some cultures have lunar calendars, however. A year in a lunar calendar is less than 365 days because the months are based on the phases of the moon. The Chinese use a lunar calendar. Their new year begins at the time of the first full moon (over the Far East) after the sun enters Aquarius – sometime between January 19 and February 21.

Although the date for New Year's Day is not the same in every culture, it is always a time for celebration and for customs to ensure good luck in the coming year. – www.goalsguy.com

Holocaust Memorial Day, January 27

Two years ago, the United Nation's General Assembly passed a resolution designating this day to commemorate victims of the Holocaust and Nazi persecution, as well as the victims of racism and discrimination in other genocides throughout the ages. It was timed to coincide with the anniversary of the liberation of Auschwitz, Birkenau, and Monowitz, three German concentration camps in War World II.

"Holocaust Memorial Day provides an opportunity for teachers from all subjects to engage with a historic event that has contemporary relevance for all our lives today. The scale and actions of the Holocaust and the Nazi persecution of groups and individuals over a number of years provides an insight into many aspects of human behaviour. Discussion about the 'how's' and 'why's' allows many complex and emotive issues to be raised and discussed, issues that still affect us today. The human stories from that period help to reduce the scale to an understandable story and provide young people with an insight into the minds and experiences of those who suffered, stood by, took part and spoke out." – www.hmd.org.uk



*The bright new year is given me
To love each day with zest
To daily grow and try to be
My highest and my best.*

William Arthur Ward

Water Instead of Coffee: If you reach for a cup of coffee at mid-afternoon, you may not be making the best choice. Moderate consumption of caffeine can increase energy levels, but more of it can cause elevated blood pressure. The American Dietetic Association says that, coupled with stress, may increase the risk of heart disease.

Try water instead. It's necessary for digestion and maintaining normal body temperature. Since mild dehydration can bring on fatigue, it's wise to reach for some nice cold water next time you feel sluggish at work.

Canned Corn is Healthier than Corn on the Cob: A study by Cornell University found that canned corn may be more nutritious than corn on the cob. Specifically, scientists found that the heat processing of sweet corn increases its antioxidant activity and levels of lutein, a phytochemical that helps fight disease and preserve eyesight.

*A baby is born with
a need to be loved
- and never outgrows it.*

Frank A. Clark

Outstanding Client of the Month!

Kathy & Robert Welch

The Welch's have been our client since 2003. They have trusted us with their upholstery, carpets and their area rugs. We were also called upon to help when man's best friend ran into man's worst enemy – a skunk. It is for these reasons that the Welchs are named our **Outstanding Client of the Month!!**

We would also like to thank Mr. Welch for his years of community involvement and congratulate him on the 125th Anniversary of Lancaster, Brooks and Welch.

When someone believes in you, it raises your confidence level and allows you to try things that are impossible to do by yourself.

Coach Mike Krzyzewski

Fame is a vapor, popularity an accident, riches take wing, and only character endures.

Horace Greely

Ain't no man can avoid being born average, but there ain't no man got to be common.

Satchel Paige

Dreams must be heeded and accepted. For a great many of them come true.

Paracelsus

See Insert This Issue:



***Time Marches On With
The Coming of The New
Year & It's Running Out
On Our Best Offer Ever...***

Dusting Tips

For the most efficient ways to remove dust, follow these tips from cleaning experts Sarah Aguirre, Don Aslett, and Heloise Cruse:

- Vacuum cleaners are a great way to pick up dust without spreading it around — as long as you have a good filter in place. Use the extension wand to dust up high.
- Microfiber cloths and disposable electrostatic cloths and dusters also remove dust without stirring it up.
- Start dusting at the top and move down to avoid having to go over surfaces more than once.
- Don't forget the ceiling and the tops of ceiling fans, where dust can build up and rain down if it is disturbed.
- Dust before you vacuum to keep particles from ending up on a freshly vacuumed floor.
- Use a multi-purpose spray cleanser, furniture polish, or just water to dampen your dustcloth. Put old, clean socks on your hands and spray them with furniture polish for a fast dusting.

Retailers Get Serious About Fighting Theft

As retailers seek to cope with \$30 billion in shoplifting and employee theft, there's a revolution at hand in surveillance systems.

To foil burglars, retailers are looking beyond alarms and iron roll-up gates. Some are trying the new fog machine. When the system is triggered by someone breaking and entering, it takes just a minute to create a dense, nontoxic fog that obscures visibility. Crooks panic and grope their way out of the store without stealing anything. The fog is similar to theatrical smoke and stymies the thief until police arrive. At just a few thousand dollars, it's less expensive than other systems.

Professional shoplifters work when the store is open. They are often part of an organized gang. These skilled thieves walk off with huge amounts of selected items and resell them at a discount. Losses per incident have gone from \$265 in 2003 to \$855 today, according to the University of Florida Center for Studies in Criminology and Law. New video cameras can help.

At Macy's, CVS, Babies "R" Us, and elsewhere, Video Investigator's advance surveillance software is in use. It compares a shopper's movements between video images and recognizes unusual activity.

Remove 10 items from a shelf at once, for example, or open a case that's normally kept closed and locked, and the system alerts guards sitting in the back room or walking the floors.

Shopping carts are also on duty, especially to stop the thief who loads up a cart and dashes out the door. Gatekeeper Systems of Irvine, Calif., has an electric-fence system for carts. It uses radio frequency identification chip. When the cart reaches the store boundary, its wheels lock up and can only be unlocked by a store employee.

Orange Juice May Offer Arthritis Protection

It turns out that your morning glass of orange juice may be just the ticket for helping protect you from rheumatoid arthritis. Dr. Alan Silman at the University of Manchester in the United Kingdom recently conducted a study indicating that the vitamin C and carotenoids beta-cryptoxanthin and zeaxanthin found in orange juice can reduce one's risk of developing arthritis and slow its progression. So sip some juice or eat an orange for a healthy start to your day.

Why Debit Cards Are A Good Choice

Debit cards are a way to pay cash for purchases without carrying a lot of cash with you. ATM cards work the same way and can be used wherever credit cards are accepted. Most are tied to Visa or MasterCard. Here's why people like them:

- You're spending your cash on hand. Get overdraft protection in case you make a mistake.
- You can get cash back at the supermarket or drug store, avoiding a trip to the ATM. It also avoids paying an ATM fee.
- You avoid paying interest as you probably would on a credit card.
- Some debit cards are tied to rewards. Banks programs that give points for frequent flier miles and other rewards.
- Because the debit card is tied to Visa or MasterCard most have "zero liability." Check with your bank to determine how long you have in order to report a fraud or theft.

Credit advisor Jane Bryant Quinn gives this advice on debit card use: Don't use debit cards for purchases over the Internet. A thief could quickly wipe out your bank account. Make your purchases by credit card or over the telephone.

Book Review:

"The Making of a Steinway Concert Grand"



Henrich Steinweg was born in 1797. Later called Henry Steinway, he learned to build the pianoforte in Germany before coming to America. In the 1830s, he was building them in New York – in his kitchen. By the 1850s, however, the Steinway family was in the piano business.

In his book, *Piano: The Making of Steinway Concert Grand*, author James Barron does more than give the reader a factory tour. He follows a single piano, No K0862, along its yearlong journey through Steinway & Sons New York City factory and on to its debut in Steinway's storied concert division, pianos earmarked for loans to artists and institutions.

Some of the best sections of Barron's book deal with the competition between Steinway and the first American piano maker, Chickering & Sons. There are delightful stories of the companies' marketing shenanigans, such as the building of both Steinway Hall and Chickering Hall in New York. Soon, however, Carnegie Hall stole their thunder.

Barron details the intrigue, and competition of the piano business. But by 1972, when Steinway was purchased by CBS, the company had no competitors. Over time, the piano lost its position as the center of social life. Technology took over in the form of the phonograph, the radio, and finally TV. Today, over half of all grand pianos sold never get played. They become impressive pieces of furniture.

PIANO: The Making of a Steinway Concert Grand by James Barron, Times Books

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...

Maree Stasiak, Sandy Davis, Joan Nelson, Lillian Feduck, Debbie Cook and Doris Eaglesham

Excessive Internet Use Can Cause Problems

In a Stanford University survey, one in 20 U.S. adults report that their relationships have suffered because of their excessive use of the Internet. Another 12% say they stay online longer than they would like to, and 14% say it's hard to stay offline for more than a day.

Psychiatrist Eias Aboujaoude, who led the study, says this is not a new type of addiction. But it does have some things in common with addiction.

Spending too much time on the Internet creates problems. Sometimes people start spending time there because they are depressed and lonely. Then they become problematic users. There is no typical case or reason. It can affect people across all age brackets, classes, and education levels.

The psychiatrist says the overuse doesn't usually come from gambling or porn. It includes chat, email, special interest Web sites, games, and more. The psychological appeal is that it is always available. Though it satisfies people's need for connectedness, it can lead to isolation from the real world.

Aboujaoude says, "If you are convinced your virtual existence is more valuable than your real life, who am I to necessarily argue the opposite?"

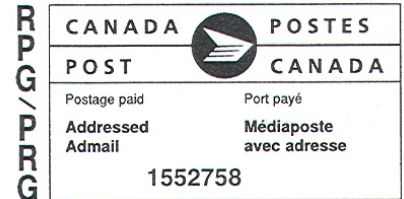
Thanks For

All The Kind Words!

Glen Rodgers of Niagara Falls left this testimonial:

"Your two specialists just left and I am extremely pleased with how they conducted themselves – putting up the corner shields so their hoses did not bump my walls. As well, I have 2 dogs and 2 cats and they were good with the animals making sure my cats did not get outside. I will certainly refer your company to family and friends."

Annette Marchionda
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RETURN POSTAGE GUARANTEED
PORT DE RETOUR GARANTI

Your New Issue Has Arrived!

Unbelievable Winter Savings Inside!!!

Annette Marchionda

Taking a Spin

The exercise known as spinning, or using a stationary bicycle, is growing in popularity in gyms nationwide. Participants “ride” to music in a classroom setting while an instructor varies the routines by changing resistance, posture, and speed. According to the Toronto Bicycling Network, spinning is a great way to increase your aerobic capacity and endurance, as well as improve the cardiovascular system. There’s less chance of injury, since knees bear less weight than in running, and spinning strengthens legs and muscle stamina. Plus, say advocates, the group setting keeps motivation high.



Who Wants To Win Movie Tickets?

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 movie tickets! Increase your chances of winning! We will draw 2 people with the correct answer sent to me via email – the last set going to a lucky caller. Take your best guess, then EMAIL me at triviachallenge@pcsnigara.com or call (905) 646-6655! Remember, your chances of winning are better than you think!

This month's MegaTrivia Question:

What percentage of Grand Pianos sold each year will never get played?

- a) 18-22% b) Over 50% c) 6-12% d) less than 5%

HINT: The answer is somewhere in this newsletter

Last Month's answer was: Grapes

Last Month's winners: Anne Dobrindt, Mario Elrick And Shannon Lapointe