



# Healthy Home News

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



*The fountain murmuring of sleep,  
A drowsy tune;  
The flickering green of leaves that keep  
The light of June  
Arthur Symons*

**New Rules on Kids' Passports:** The Homeland Security Dept. has announced that children will not need passports to go into the U.S. by land or sea. Children who are 15 or younger who are U.S. or Canadian citizens and have parental consent will be able to enter the U.S. (when new passport rules take effect in January of 2008) with just a birth certificate. Those who come by air, however, still need a passport.

Children age 16 to 18 will be allowed to cross with birth certificates if they are part of a school, religious, athletic, or cultural group. The new rule was designed to make it less expensive for families to travel.

## Thanks for the Referrals!!!

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 or save them and use it on your next cleaning. By saving these certificates you may be able to clean your house for FREE!!

## Six Big Cancer Myths

Despite all of the medical information in the media now, many people are misinformed about the realities of cancer. These misconceptions can prevent people from getting appropriate treatment. *Here, the truth behind common myths about cancer...*

**Myth 1: Cancer usually is fatal.** Though the number of people diagnosed with cancer has increased (due to population increase and aging), the risk of dying of cancer has decreased due to early detection and improved treatment. More than half of people diagnosed with cancer survive the disease – and for some cancers, such as lymphoma and leukemia, the cure rate is between 70% and 80%.

Cancer isn't a single disease. It includes many types of tumors, all of which behave differently. The likelihood of a cure depends not only on the type of tumor but how far advanced it is at the time of diagnosis.

**Myth 2: Cancer Runs in families.** Only about 8% of cancers are genetically linked. These usually are cancers that occur in younger patients, such as sarcoma or early-onset colon cancer. But the vast majorities of cancers occurs without a known cause or are related to lifestyle.

A family history does increase risk for certain cancers. For example, when a woman has a first-degree relative (mother or sister) who developed the BRCA1 form of breast cancer at an early age, her risk for getting that cancer is increased. However, only about 10% to 20% of women diagnosed with breast cancer have a family history of the disease. That's why it's important for every woman to undergo regular mammograms and do self-exams on a regular basis.

**Myth 3: Stress causes cancer.** There's no evidence that stress or a negative attitude triggers cancer. In a study reported in the journal *Cancer*, 8,500 people were scored on factors such as fatigue, irritability, etc. After following the participants for almost nine years on average, researchers found no link between emotional distress and cancer risk. However, positive thinking may play a role in recovery. Patients with a positive attitude are more likely to do things that improve outcomes, such as following medical instructions and maintaining a healthy lifestyle.

**Myth 4: Surgery causes cancer to spread.** The risk of cancer spreading during surgery is close to zero. This myth probably started in the days before early cancer detection of cancer. It was common for doctors to find advanced cancers during surgery – even in patients who may have only had mild symptoms. Patients and their families concluded that the surgery itself made the disease worse.

Some cancers in the abdomen or ovaries produce large amounts of malignant fluid. In those cases, it's theoretically possible for cancer cells to spread if the fluid leaks into the abdomen during surgery, but there is no actual evidence of that happening.

*(Continued on page 3)*

**Get Free Cleaning Tips And Specials At Our New Website [www.pcsniagara.com](http://www.pcsniagara.com)!**

## Outstanding Clients of the Month!

**John, George, Robert and Gary** Those are the names of the “Men in the Field”. **John from Michael’s Carpets, George from A1 Flooring, Carpet Emporium’s Robert and Gary from Custom Rug Gallery** are our outstanding clients for the month of June because, simply put, they recommend our services to their patrons. We would like to thank them for their integrity in conducting their businesses and for recognizing our ethical work standards and passing on their positive comments to their customers. We thank them again and hope to continue to do business together for a long time!

*I believe every human has a finite number of heartbeats. I don't intend to waste any of mine.*

**Neil Armstrong**

*It's what's left in life, to work with interesting people.*

**Mikhail Baryshnikov**

*You know, I try not to look back, because looking forward is so much better than looking backward.*

**Jim Bakker**

*There are never enough I love you's.*

**Lenny Bruce**

*It is wonderful how much may be done if we are always doing.*

**Thomas Jefferson**

*But for my faith in God, I should have been a raving maniac.*

**Mohandas Gandhi**

## Gardening Mysteries: They Can Grow On You

If you're a garden enthusiast you might like some of the popular gardening mystery writers, authors who use the secrets of the garden to solve the mysteries of crime.

The China Bayles herbal mysteries, written by *Susan Wittig Albert*, follow the life of herbalist China Bayles who left her job as a Houston criminal attorney to run an herb shop. You can follow China as she finds the murderer, and you are rewarded with information you can use for growing and using herbs. You can subscribe to China's weekly e-letter, *All About Thyme* by going to the Web site [www.MysteryPartners.com](http://www.MysteryPartners.com). This newsletter contains recipes, crafts, facts, and lore about various herbs.

Or try a peek at *Ann Ripley's* horticultural stories featuring Louise Eldridge, or perhaps authors *Joyce and Jim Lavene's* botanist, garden shop owner, and amateur sleuth, Peggy Lee.

The late *Rebecca Rothenberg* gave the mystery world agricultural botanist Claire Sharples, who shows her crime-solving prowess in such offerings as *The Dandelion Murders* and *The Shy Tulip Murders*.

If you like to step back in time for your gardening mysteries, there is no better choice than the medieval Benedictine monk and herbalist, Brother Cadfael, in the delightful series by *Ellis Peters*.

Do yourself a favor and soak up a good gardening mystery while you soak up a bit of gardening lore.

## Trump on Real Estate Today

Interviewed by Fortune, real estate developer Donald Trump was asked if he would go into real estate if he was just starting his career today. He answered, “Yes. I would go into real estate. I love it. When I first started out in Manhattan, everyone was saying what a terrible market it was. If I'd listened to them, I would not be where I am today. There are always opportunities.”

## Today's 55+ Crowd Will Work Longer & Entertain More

“None of them think they're old or are ever going to be old.” That's Paul Emrath's conclusion about today's home buyers who are age 55 and older. Emrath, of the National Association of Home Builders (NAHB), says 1 in every 5 new homes purchased this year will be bought by retirees or pre-retirees.

The rise in real estate prices during the last 15 to 20 years gave a boost to people who owned homes for a long time. Some won't have to take a mortgage on their new place because they made so much money on the sales of their previous homes.

If they decide to move, they probably won't move very far. More than three-fourths of those moving will stay in the same county or province, according to studies.

Some are satisfied with the homes they already have. In order to attract them to a new place, says Emrath, you have to offer features they want but that don't make them feel old.

Figures by the Census show many buyers are working past age 65, 5.2 million in 2005, and a projected 8.7 million by 2014.

And they are entertaining more. A Department of Housing and Urban Development study shows 55+ buyers want a home with 2700 square feet; 68 percent want a dining room; 29 percent want a den, library, or TV room; 38 percent want a family room; and 56 percent want a recreation room. Living quarters for aging parents were included in the “New American Home 2007.” The home was part of the International Builders Show held recently in Florida.

**See Insert This Issue:**



**Win A  
Night Out  
On The Town  
Worth Up to  
\$200.00!**



**Niagara Inflatables & Games is going to the Bears ... stuffed bears that is!**

Nancy Schappert, President of Niagara Inflatables is pleased to announce the opening of her new store in Port Dalhousie – The Bearly Stuffed Factory on Lock Street.

Nancy Schappert has been in business for 5 years specializing in inflatable rentals like bouncers and slides and now has a new store devoted to children’s imaginations. This is the ultimate party where children stuff and dress their own furry friends to take home.

Nancy has received numerous recognition for her astute business sense... 2004 was her year!! New Business Award, Runner up Business Women of the Year and Nominee for Niagara Entrepreneur of the Year.

The store will be opening May long weekend, and the grand opening event will take place on Saturday June 9<sup>th</sup> the same day as the Annual Pet Show and Friends of the Carousel Festival in Lakeside Park. Visit with Stuffie The Bear, participate in their ribbon cutting ceremony, special offers, free samples and lots of fun!!

**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...

**Lorraine Collver, Lisa Lafleur, Ron Wiens, Jeremy Shorthouse, Gloria Park and Dina Sferrazza**

**Six Big Cancer Myths**

*(Continued from page 1)*

**Myth 5: Injuries cause cancer:**

More than one third of the respondents in an ACS survey thought that injuries such as a bruised breast or a hard fall could cause cancer later in life. These types of injuries don’t cause cancer. However, a few cancers are caused by certain types of injuries. A serious sunburn during childhood, for example, does increase the risk of skin cancer later in life. And chronic reflux disease (heartburn) can burn the esophagus and increase the risk of esophageal cancer.

**Myth 6: It’s okay to keep smoking after a lung cancer diagnosis.**

Some people believe that because the damage is done, they do not have to quit smoking – but those who do continue to smoke after a lung cancer diagnosis have significantly poorer outcomes than those that quit.

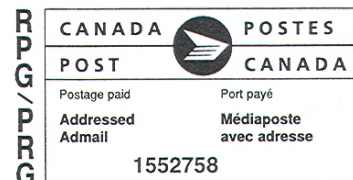
There is also evidence that the chemicals in cigarette smoke interfere with radiation and chemotherapy. People with lung cancer who quit smoking respond better to the treatments. Lung tissue gradually returns to normal when people quit smoking. Ten years after quitting, lung cancer risk is reduced to one-third what it was. – Gregory Pennock, MD

**Thanks For All The Kind Words!**

Manuela Kessler wrote:

We took advantage of your great winter offer about 2 weeks ago. Thanks and I have passed on 2 of those 3 certificates you gave me, and would be happy to hand out more if I could get a couple more from you. I know you are people of integrity and would be only happy to refer you to others.

Annette Marchionda  
Professional Carpet Systems  
300 Welland Ave., St. Catharines  
Ontario L2R 7L9 (905) 646-6655



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# Your New Issue Has Arrived!

*Annette Marchionda*

*Go to the movies on us!!  
See inside to win!!*

## The Lighter Side of 4- and 5-year-olds

*Melanie*, 5, asked her Granny how old she was. Granny replied she was so old she didn't remember.

Melanie said, "Just look in the back of your pants. Mine say 5 to 6."

*Brittany*, 4, had an earache and wanted a pain killer. She tried in vain to take the lid off the bottle. Her mother explained it was a child-proof cap.

Eyes wide with wonder, the little girl asked: "How does it know it's me?"

*Marc*, 5, was in bed and looking worried. When his Mom asked what was troubling him, he replied, "I don't know what'll happen with this bed when I get married. How will my wife fit in?"

*James*, 4, was listening to a Bible story. His dad read: "The man named Lot was warned to take his wife and flee out of the city, but his wife looked back and was turned to salt."

Concerned, James asked: "What happened to the flea?"

Sunday prayer: "Dear Lord," the minister said, with arms extended toward heaven, "Without you, we are but dust."

The little girl turned to her dad and asked in her shrill 4-year-old voice. "Dad. what is butt dust?"

## 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 12<sup>th</sup> 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](mailto:triviachallenge@pcsniaagara.com) or call (905) 646-6655. Remember, your chances of winning are better than you think!

This month's MegaTrivia Question:

**Which author created the character Claire Sharples, amateur sleuth/botanist?**

- A) Susan Wittig Albert    B) Ann Ripley  
C) Rebecca Rothenberg    D) Ellis Peters

*HINT: The answer is somewhere in this newsletter*

*Last month's winners were: Pat Gaston, Roberta Librock and Shannon LaPointe*

*Last month's answer was: A) Rome*