



# Healthy Home News

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



*One swallow does not make a summer,  
But one skein of geese,  
Cleaving the murk of March thaw,  
Is the spring.*

**Aldo Leopold**

**International Women's Day, March 8<sup>th</sup>:** A major day of global celebration for the economic, political and social achievements of women. Started as a political event in 1909, the holiday blended in the culture of many countries (primarily Russia and the countries of former Soviet bloc). In some celebrations, the day lost its political flavor, and became simply an occasion for men to express their love to the women around them - somewhat similar to Western Mother's Day and St. Valentine's Day mixed together. In others, however, the political and human rights theme as designated by the United Nations runs strong, and political and social awareness of the struggles of women worldwide are brought out and examined in a hopeful manner.

*If your actions inspire others to  
dream more, learn more, do more,  
and become more, you are a leader.*

**John Quincy Adams**

*Never mistake knowledge for wisdom.  
One helps you make a living,  
the other helps you make a life.*

**Sandra Carey**

*Envy someone and it pulls you down.  
Admire them and it builds you up.  
Which makes more sense?*

**Elvis Presley**

## St. Patrick's Day: March 17, 2007

Saint Patrick's Day is celebrated worldwide by Irish people and increasingly by many of non-Irish descent. Celebrations are generally themed around all things green and Irish; both Christians and non-Christians celebrate the secular version of the holiday by wearing green, eating Irish food and imbibing Irish drink, and attending parades. The St. Patrick's Day parade in Dublin, Ireland is part of a five day festival, with over 500,000 people attending the 2006 parade.

The largest St. Patrick's Day parade is held in New York City and it is watched by 2 million spectators. The St. Patrick's Day parade was first held in New York City on 17 March, 1766 when Irish soldiers marched through the city. Parades also take place in other Irish towns and villages. Other large parades include those in Cleveland, Belfast, Manchester, Birmingham, London, Coatbridge, Montreal, Boston, Chicago, Kansas City, Savannah, Pittsburgh, Denver, Sacramento, Scranton and Toronto. Large parades also take place in other places throughout Europe and the Americas, as well as Australia and Asia.

Beyond a celebration of Irish culture, Saint Patrick's Day is a Christian festival celebrated in the Catholic Church, the Church of Ireland and other denominations. It always falls in the season of Lent. In church calendars Saint Patrick's Day is moved to the following Monday when it falls on a Sunday. It is traditional for those observing a Lenten fast to break it for the duration of Saint Patrick's Day whenever March 17 falls on a Friday. - Wikipedia

## Some Irish Toasts for March 17

May the lilt of Irish laughter  
lighten every load.  
May the mist of Irish magic  
shorten every road...  
And may all your friends remember  
all the favours you are owed!

Saint Patrick was a gentleman,  
Who through strategy and stealth,  
Drove all the snakes from Ireland,  
Here's a toasting to his health.  
But not too many toasting  
Lest you lose yourself and then  
Forget the good Saint Patrick  
And see all those snakes again.



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## Client of the Month!

### Niagara Regional Sexual Assault Centre

Niagara Regional Sexual Assault Centre provides services in a safe and comfortable environment for survivors of child sexual abuse, incest and adult sexual assault.

This facility offers a 24 hr crisis line, emergency services, individual and group counseling, public education programs and community events.

All these services cost money and that is why we wanted to help them continue to provide these compassionate programs and services. We want to thank our clients who participated in our August 2006 challenge and therefore helped raise funds for this worthy organization. We were able to donate \$3000.00 and it was only through your kindness that this was made possible.

**Thank you !!!**

*It is better to be a failure at something you love than to be a success at something you hate.*

**George Burns**

*The art of living is more like wrestling than dancing.*

**Marcus Aurelius**

*When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left, and could say, "I used everything You gave me".*

**Erma Bombeck**

*Be glad of life because it gives you the chance to love and to work and to play and to look up at the stars.*

**Henry Van Dyke**

*Friendship is a single soul dwelling in two bodies.*

**Aristotle**

*See Insert This Issue:*



**Could Your House Be Making You Sick?**

## Ballpoint Pens!

The manufacture of economical, reliable ballpoint pens resulted from a combination of experimentation, modern chemistry and the precision manufacturing capabilities of 20th century technology. Many patents worldwide are testaments to failed attempts to make these pens commercially viable and widely available. It has even been argued that a design by Galileo Galilei (during the 17th century), was that of a ballpoint pen.



The first patent on a ballpoint pen was issued on 30 October, 1888, to John J. Loud. The pen had a rotating small steel ball, held in place by a socket. Although the pen, which proved to be too coarse for letter writing, could be used to mark rough surfaces, it was not commercially exploited.

In the period between 1900 and 1940, there was intense interest in improving writing instruments, particularly alternatives to the fountain pen. In these early inventions, the ink was placed in a thin tube, whose end was blocked by a tiny ball, held so that it could not slip into the tube or fall out of the pen. The ink clung to the ball, which spun as the pen was drawn across the paper. These proto-ballpoints did not deliver the ink evenly. If the ball socket was too tight, the ink did not reach the paper. If it was too loose, ink flowed past the tip, leaking or making smears. Many inventors applied their minds and skills to remedying these faults, but without commercial success.

László Bíró, a newspaper editor, was frustrated by the amount of time that he wasted in filling up fountain pens and cleaning up smudged pages, and the sharp tip of his fountain pen often tore his pages of newsprint. Bíró had noticed that the type of ink used in newspaper printing dried quickly, leaving the paper dry and smudge free. He decided to create a pen using the same type of ink. Since this viscous ink would not flow into a regular fountain pen nib, Bíró began to work on designing new types of pens. Bíró fitted this pen with a tiny ball in its tip that was free to turn in a socket. As the pen moved along the paper, the ball rotated, picking up ink from the ink cartridge and leaving it on the paper. Bíró filed a British patent on 15 June, 1938.

## Brewing Tea For Maximum Flavor, Benefits

Sipping a hot flavorful cup of tea is a good way to relax and relieve stress. Though you may drink tea purely for pleasure, it's good to remember that tea is also good for your health. Regardless of whether it's green, black or red tea, it is rich in antioxidants that help your heart. Health matters aside, tea drinkers want to use the best brewing method to enhance the flavor of tea.

- Start with loose leaves or tea bags. Use one rounded teaspoon of loose tea per cup. For stronger tea, add an extra bag or an extra teaspoon of leaves.
- Use fresh, cold water. Run the tap for one minute to aerate the water and to clear standing water from the pipes. The oxygen in water opens up the tea leaf and helps to bring out the flavor. Bottled water should be shaken before heating it.
- Get the water hot, but don't overheat. Use a rolling boil for black tea but heat up to the boiling point for green tea.
- Pre-warm your cup. A cold cup can interfere with steeping. Let warm water stand in the cup a few minutes first.
- Steep appropriately. Green tea should be steeped for two minutes, black for five to 10 minutes. Steeping too long can cause a bitter taste.



## Apples & Bananas!



### Eating Apples Protects Your Memory, Heart & More

While medical researchers spend their lives making discoveries that will improve our health, sometimes they discover that good food can be great medicine. When it comes to apples, the good news gets better all the time. Apples can preserve memory and help to prevent asthma, cancer, diabetes, and heart disease.

Researchers at the University of Massachusetts Lowell say the big news about apples right now is its possible ability to keep Alzheimer's disease away. Apples can increase production of the neurotransmitter acetylcholine, resulting in improved memory. Neurotransmitters are also vital for good health throughout the body. The UMass study mostly used apple juice.

Apples are the best source of *quercetin*, an antioxidant that protects brain cells against oxidative stress. This is a tissue-damaging process associated with Alzheimer's disease. Drinking two cups of apple juice or eating three apples a day boosts production of quercetin. C.Y. Lee, chairman of the Department of Food Science & Technology at Cornell University, says apples are among the best choices for fighting Alzheimer's. Lee says people should eat more apples, especially fresh ones. Be sure to eat the skin; it can have 6 times more antioxidants than the flesh. Apples are well-known cancer fighters and heart protectors, reducing risk of diabetes, asthma, and tooth loss.

### Bananas Fight Heartburn, Depression and More

Most people know that bananas are an excellent resource for potassium (one ripe banana supplies more than 10% of an adult's daily requirement of the mineral). That's important because people with a low dietary intake of potassium are 28% more likely to suffer a stroke than those who consume higher levels, according to a study conducted at Tulane University.

Lesser-known medical uses of bananas:

- **Depression.** Bananas are a good source of *tryptophan* (a precursor to *serotonin*, a chemical in the brain that helps regulate mood).
- **Diarrhea.** Unripened bananas and plantains (high-starch, green bananas which are typically cooked) are a rich source of *tannins*, astringent plant compounds that help stop water accumulation in the intestines, thus diminishing diarrhea.
- **Heartburn and ulcers.** Bananas neutralize acidity and soothe and coat esophageal tissue with *pectin* (a substance used as a thickener and stabilizer in jellies).

**Important:** In rare cases, bananas may trigger an allergic reaction. Bananas with blackened skin can increase blood sugar levels. Because bananas have high levels of potassium, people with kidney problems should check with their doctors before eating this fruit. - Ara DerMarderosian, PhD



The **Great Sphinx of Giza** is a large half-human, half-lion Sphinx statue in Egypt, on the Giza Plateau at the west bank of the Nile River, near modern-day Cairo. It is one of the largest single-stone statues on Earth, and is commonly believed to have been built by ancient Egyptians in the 3rd millennium BC. Carved out of the surrounding limestone bedrock, it is 57 metres (260 feet) long, 6 m (20 ft) wide, and has a height of 20 m (65 ft). Blocks of stone weighing upwards of 200 tons were quarried in the construction phase to build the adjoining Sphinx Temple. The Great Sphinx faces due east, with a small temple between its paws.

The name ancient Egyptians called the statue is not completely known. The commonly used name "Sphinx" was given to it in Antiquity based on the legendary Greek creature with the body of a lion, the head of a woman and the wings of an eagle, though Egyptian sphinxes have the head of a man.

### 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...

Laura Dominick, Lillian Croft, The Restaurant at Peninsula Ridge, Bob Croft and Margaret Niemann

### Thanks For All The Kind Words!

Paul Oster of Welland said:

PCS came to clean my stairs that had a lot of travel on them because of renovations. The specialists did a fast, friendly and efficient job – we are very pleased with the work that was done in our home.

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



# Your New Issue Has Arrived!

*Annette Marchionda*

**Got the Winter BLUES!**  
**Cheer Up! Amazing Savings inside!**

## Soothing Sounds

We are surrounded by noise – the rush of traffic, airplanes overhead, humming refrigerators, etc. – all of which can contribute to your anxiety and stress.

**Five-minute healer:** Listen to relaxing classical music (such as Bach, Vivaldi or Gregorian chants). Or spend a few minutes in nature. Sit by a fountain in a park...listen to the rustling of leaves...tune in to the rushing sounds of wind.

A study at a New York hospital showed that hypertensive patients obtained normal systolic blood pressure after listening to classical music or nature sounds for approximately three minutes. Other studies have shown that soothing sounds can reduce the need for pain medications by up to 30%. - *Mary Capone, author*

## Serendipity and the Slinky

Inventors keep an eye peeled for serendipity, an accidental discovery. They know that an object used for one purpose can become useful for something else.

That's what happened in 1943 when Marine Engineer Richard James accidentally dropped a tension spring from a meter used to test battleship horsepower. The spring "walked" end-over-end all across the floor. And it made a charming noise while it was at it. James thought it would make a great toy and two years later, the first 400 were on the market at Christmas time. The slinky recently celebrated its 60th birthday. Today, kids still like them, and adults use them as stress relievers as they pass them from hand to hand.

## 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 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](mailto:triviachallenge@pcsnigara.com) or call (905) 646-6655! Remember, your chances of winning are better than you think!

This month's MegaTrivia Question:

**What city hosts the largest St. Patrick's Day parade in the world every year?**

- a) New York City b) Dublin  
c) London d) Boston

**HINT:** The answer is somewhere in this newsletter

Last month's answer: d) 1922

Last month's winners: Rob Librock, Beverley Stewart and Anita Gravelle