



Healthy Home News

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



*No spring, nor summer beauty
hath such grace
As I have seen in
one autumnal face;*

John Donne

Using Honey Instead Of Sugar: You can substitute honey for up to half of the sugar called for in baking (coat your measuring cup with oil for easy cleanup). Reduce liquid in the recipe by 1/4 cup for each cup of honey and add 1/2 teaspoon of baking soda. Reduce oven temperature by 25 degrees to prevent over-browning.

Zinc and Type 2 Diabetes: A Finnish study reported by Johns Hopkins Health Alerts followed type 2 diabetes patients between the ages of 45 and 64. Those who had lowest levels of zinc in their blood at the start of the study were more likely to have a heart attack or die during the 7-year period.

Foods containing high levels of zinc include meat, seafood, chicken, oatmeal, whole wheat bread, beans, and peas.

*A man is not old until regrets take
the place of dreams. John
Barrymore*

*Clocks slay time... time is dead as
long as it is being clicked off by
little wheels; only when the clock
stops does time come to life.*

William Faulkner

Halloween: Its Irish Origins

Halloween is popular in Ireland, where it is said to have originated. In the Irish language it is known as *Oíche Shamhna* or "Samhain Night". Pre-Christian Celts had an autumn festival, Samhain, "End of Summer", which was a pastoral and agricultural "fire festival" or feast when the dead revisited the mortal world and large communal bonfires would hence be lit to ward off evil spirits. It is alleged that the Irish continued to practice their deep-rooted ancient pagan rites well after the arrival of Christianity in the mid sixth century.



Pope Gregory IV standardized the date of All Saints' Day, or All Hallows' Day, on November 1 in the name of the entire Western Church in 835. As it now began at sunset, the holiday coincided exactly with Samhain. Although there is no official documentation that Gregory had Samhain in mind when selecting this date, it seems consistent with the common practice of leaving pagan festivals and buildings intact while overlaying a Christian meaning. While Celts might have been content to move All Saints' Day from the previous date of April 20th, they were unwilling to give up their pre-existing April festival of the dead and continued to celebrate Samhain. – *Wikipedia*

Halloween Ideas: Five-Minute Costumes

There are three kinds of people: Those who never spend more than five minutes on a costume; those who never spend less than five hours; those who spend five minutes, but make it look like five hours. Here are some costume ideas that will put you in the latter category.

Ghost: The old standby can be gussied up by painting makeup on your sheet. If you have an extra sheet and 10 minutes, make a ghost head out of a separate piece. This way you can remove it when you want and still look cute in your flowing ghost costume.

Miss America: Dig out your old formal or prom dress. Now, find that glitter you bought too much of last Christmas to make yourself a crown. Make the sash with wide ribbon. Creative variations include Miss Mars, Miss UFO.

Chinese Doll: Paint your face white; add bee-sting lips and circle cheeks. Wear a silk robe and black wig.

Pirate: Here are the ingredients: cutoff jeans; big hoop earring; bandana for head; long wig; rough beard; stripped shirt or one with big sleeves; fake knife strapped around waist; bottle with XXX on it.

50s Sock Hopper: Straight tight jeans, loafers, white socks, side burns, and lots of hairdressing.

Jimmy Buffett: Hawaiian shirt, shorts, parrot on shoulder, straw hat, and longneck beer. In other words, what you wear in July.

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Outstanding Client of the Month!

This month, I'd like to recognize the St. Catharines Club as our client of the month. With over 450 members, they join the St. Catharines Club because "It's the Place to Be". The Club is committed to fostering a spirit of camaraderie and cooperation between its members. In that same spirit, General Manager, Archie Katzman, has been a tremendous client and supporter for us. Thank you Archie for trusting us with your business and referrals.

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!

*I hated every minute of training,
but I said, "Don't quit. Suffer now
and live the rest of your life
as a champion."*

Muhammad Ali

*When you get right down to the root
of the meaning of the word succeed,
you find that it simply means
to follow through.*

F.W. Nichol

*Life is simple. You do some stuff.
Most fails. Some works.*

You do more of what works.

*If it works big, others quickly copy it.
Then you do something else. The
trick is the doing something else.*

Tom Peters

*Being right half the time
beats being half-right all the time.*

Malcolm Forbes

See Insert This Issue:



**"Fall" For This
Great Offer And
You'll Be
Thanking Me
When The
Holidays Arrive!**

Take A Hike, But Don't Drink The Water

Fall is a great time to go hiking. The weather is cooler and there are fewer bugs to contend with.

If you're hiking in an area you aren't totally familiar with, you could still run into trouble. A study of search-and-rescue operations by the New Hampshire Fish and Game Department shows that almost 60 percent of rescues were for people who were lost. The other 40 percent were for people who were injured. Most of the injuries were fractures.

Being well equipped for hiking might have prevented some cases. Recommended equipment includes proper footwear and a walking stick or trekking poles. The poles are like ski poles but made for hikers. They help you stay on your feet and could spare some knee aches and pains.

The American Journal of Medicine reports that among long-distance backpackers, diarrhea is the most common illness. Even the clearest brook or pond can have microorganisms that cause it, such as *giardia* and *cryptosporidium*.

For a short hike, carry your own water. If you drink water from a stream or pond, boil it and let it cool first.

More advice on hiking safety can be found at www.health.harvard.edu/healthextra. All of this information is not meant to interfere with your enjoyable hiking experience. With a little common sense, you'll be fine.



Practice Your Escape Plan

No one wants to hear the sound of sirens as fire trucks scream through the streets. But fires are a reality. This year the message of Fire Prevention Week (Oct. 7-13) is "Practice Your Escape Plan."

During this period, firefighters will be stressing to families the importance of having a plan in case of a fire and the need to practice the escape.

The National Fire Protection Association (NFPA) suggests the following when making an escape plan for your family.

- Have two ways out of every room in your house.
- Have the number to call posted in case of a fire emergency.
- Establish a place outside for members of the family to meet in case the house must be evacuated.
- Make sure bedroom windows open easily for a possible escape route.
- Practice and establish that children can unlock doors and can open doors and windows with ease.
- Test the smoke alarms regularly and change the batteries at least once a year.
- If the house has a second floor, have an escape ladder that can be dropped down from the upstairs window.

NFPA also stresses general fire prevention and lists a series of checks to be made in the home to lessen the chances for a fire. Go to www.nfpa.org for a home escape plan grid and home safety checklist.

Visit www.sparky.org for fun stories and activities that stress fire safety to your children or grandchildren.

Dangerous Book for Boys is a Hit in the U.S.

A long Saturday. Nothing to do but play video games. Not so fast, pal.

Just crack open the ***Dangerous Book for Boys*** and find something to do that is vaguely perilous, somewhat questionable, and possibly a tad risky.

For example, you can build a go-cart, learn to tie the five knots essential to survival, build a water bomb (Mom's going to love that!), fold the ultimate paper airplane and lots of other really, really cool stuff.

The Dangerous Book for Boys by *Conn and Hal Iggulden* has kids turning off video games and going outside. No wonder it is climbing the bestseller list. The book tells preteens a lot about the world and it has also found a significant audience among men in their 30s and 40s with its playful content suggesting fun activities with a touch of rebelliousness yet without advocating anything that's really unsafe.

It not only gives boys fun projects, it also gives them good advice about the world. For example, never send a girl a valentine with a note that says you didn't think she would get one so that's why you are sending it.

The book has, predictably perhaps, found political detractors who say it projects an unrealistic view of life - and the past - as fun and rosy. Nonetheless, if you don't mind a bit of fun, **Dangerous** is the perfect gift for father and son.

Avoid Carbonated Drinks To Prevent Reflux

The Sleep Heart Health Study by the University of Arizona shows that avoiding nighttime heartburn could be as simple as avoiding carbonated beverages. It is estimated that 44 percent of Americans experience nighttime heartburn at least once a month. It's more serious than daytime heartburn; it causes more damage to the esophagus and is more likely to lead to esophageal cancer.

The study showed that sufferers were more likely to consume one or more carbonated drinks daily. Heartburn was also associated with being overweight, snoring, hypertension, and asthma. Other causes may include coffee, chocolate, whole milk, peppermint, spearmint, citrus fruits, and tomatoes. It is recommended that people who have the problem eat a smaller evening meal and avoid a prone position for several hours after eating.



The World's Tallest Building?



The **CN Tower**, located in Toronto, Ontario, Canada, is a communications and tourist tower standing 553.33 metres tall. Since its completion in 1976, it has been the world's tallest free-standing structure on land. The Tower is the signature icon of the city, attracting more than two million international visitors annually. *CN* originally referred to *Canadian National*, the railway company that built the tower. Following the railway's decision to divest non-core freight railway assets in 1995, the CN Tower was transferred to the Canada Lands Company. Local residents wished to retain the name *CN Tower*; it is now said to mean **Canada's National Tower**.

Today, the Guinness World Records calls the CN Tower the "Tallest Freestanding Tower," because the Petronius Platform oil platform in the Gulf of Mexico is taller at 2,001 feet (609.9 m), yet most of the rig is underwater, earning it the title of tallest free-standing structure in the world. *Emporis* lists the CN Tower as the world's tallest free-standing structure on land, and states that the CN Tower is not a true building, thereby awarding the title of world's tallest building to Taipei 101, which is 44 metres shorter than the CN Tower. The tower's official web site, however, unequivocally claims it is the "world's tallest building".

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...

Rhonda Nichols, Dunn's Bestway, Rosemary Mealing, Donna Straughan, Rhea Young, Cindy Sheridan, John Inglis, Dianne Guay, Rosa Baiocco, Angela Pearce, Mrs. Walker

Thanks For All The Kind Words!

Mrs. Arkell phoned to say "Jon did a wonderful job on the red stains on my carpet. Nobody can see where they were!"

Annette Marchionda
Professional Carpet Systems
300 Welland Ave., St. Catharines
Ontario L2R 7L9 9905) 646-6655



Your New Issue Has Arrived!

Free Cash or Cleaning Through Referrals

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

The Lighter Side

Deep within a forest a little turtle began to climb a tree.

After hours of effort he reached the top, jumped into the air waving his front legs and crashed to the ground.

After recovering, he slowly climbed the tree again, jumped, and fell to the ground. The turtle tried again and again while a couple of birds sitting on a branch watched his sad efforts.

Finally, the female bird turned to her mate.

“Dear,” she chirped, “I think it’s time to tell him he’s adopted.”

The Perfect Hearing Aid

A man was telling his neighbor, “I just bought a new hearing aid. It cost me \$4,000, but it’s state of the art. It’s perfect.”

“Really,” answered the neighbor. “What kind is it?”

“Twelve thirty.”

Telling The Sex Of A Fly

A woman noticed her husband holding a fly swatter and asked, “Did you get any yet?”

“Yep, 3 males, 2 females,” he replied.

“How do you know?”

“Three were on a beer can and two were on the phone.”

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, and then email us at triviachallenge@pcsniagara.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 the USSR launch Sputnik?

A) 1965 B) 1972 C) 1957 D) 1932

HINT: The answer is somewhere in this newsletter

*The answer last month was: D) 1937
The winners last month were: George Isaac, Cathy Waud, Sheila Hemphill*

*If we don’t change, we don’t grow.
If we don’t grow, we aren’t really living.*

Gail Sheehy