



Healthy Home News

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

SEPTEMBER

*The stripped and shapely
maple grieves
The ghosts of her
departed leaves.
The ground is hard,
as hard as stone.
The year is old,
the birds are flown.
And yet the world, in its distress,
displays a certain loveliness---*
John Updike

The In-Thing; White Nail Polish: White is today's most stylish nail color. It works with all skin tones. A super bright shiny opaque white is recommended, such as Sally Hansen's *All The White Stuff*, \$6. Start with a base coat, then a topcoat, then your polish. Be careful because white polish can streak.

Men Deny They're Overweight: They may say they're just big-boned, chunky, or very muscular, and that's why they weigh so much. But a study by Indiana University School of Medicine shows that about half of white males and Hispanic males, and 60 percent of black men thought they were in good shape when they were significantly overweight. Two-thirds of all 5,000 men studied were overweight, but only half admitted it. Women in the study were more likely to think they're fat when they are not.

How To Control Aging By Starting Now

If you think you can wait until later to prevent premature aging, you will miss some of the most important times of your life to do it.

Most people's muscle mass declines with age, and the rate of loss accelerates after age 45.

The amount of muscle you retain, or build, is determined partly by how many muscles are used. Use them frequently and you maintain their strength. Push them to the limits of their capacity by exercise, and you increase strength no matter how old you are.

Doctors at Tufts University say most middle-aged people's weight problem is excess body fat coupled with too little muscle.

As you age, you can lose whole sets of muscles and nerves that work together to make your body function. Between ages 30 and 70, it is estimated that people experience a 20 percent decrease in the strength of the thigh. You can regain muscle mass and strength (through strength training) no matter what shape you're in when you begin.

How much oxygen your body can process in a given time is an important biomarker called your aerobic capacity. By age 65, it is typically 30 percent to 40 percent less than in young adults. People at any age can reverse the trend with aerobic exercise, the kind that makes you huff and puff. And when you build muscle with strength training, you also increase aerobic capacity.

Other methods to slow aging include controlling sugar, cholesterol, blood pressure, bone density, and hydration. The older you are, the more fluids you should drink.

Frisbee Marks 50th Birthday

More than half a century ago, New England college students were eating the product of Frisbie Pie Co. Even better, throwing and catching those empty Frisbie pie pans became a great game.

At the same time, the Wham-O company was making the Plato Platter, which was used in essentially the same way. It was invented by Fred Morrison. The students began calling the Platters Frisbies too.

Wham-O founders Rich Knerr and Arthur Melin obtained the marketing rights for the name college kids had labeled their product. But they didn't spell it right, and the Pluto Platter became the Frisbee.

Inventor Morrison thought it was a terrible name. Now, 87 years old and living in Carpinteria, Calif., Morrison says it just goes to show that he is a bad judge of names.

After 50 years, people still like to test their skill and physical condition playing Frisbee in the park, either with each other or with their dogs.



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Feature of the Month!

OHA Jr. A Returns to Niagara

On Monday August 20th Annette and I had the privilege of talking with Bill and Denise Burke, Owners of the Niagara Ice Dogs. They had their staff and some of the players with them. **What a class organization!** They truly want to make a difference in the lives of their young players and are committed to providing the Niagara Region with quality sports entertainment. **We'll see you at some of the games!** I've included their season pamphlet.

Len Hume

Winston Churchill Quotes:

A fanatic is one who can't change his mind and won't change the subject.

A prisoner of war is a man who tries to kill you and fails, and then asks you not to kill him.

An appeaser is one who feeds a crocodile, hoping it will eat him last.

Broadly speaking, the short words are the best, and the old words best of all.

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.

Great and good are seldom the same man.

History is written by the victors.

See Insert This Issue:

The "No Brainer"



Approach To Caring For Your Carpet

September Birthday Hall of Famer:

Lance Armstrong

Lance Armstrong (September 18, 1971) is an American former professional road-racing cyclist. He won the Tour de France — cycling's most prestigious race — seven consecutive times, from 1999 to 2005. In doing so, he beat the previous records of five wins. Previous to this achievement he also survived testicular cancer, a germ cell tumor that metastasized to his brain and lungs in 1996. His cancer treatments included brain and testicular surgery, and extensive chemotherapy.



Winner of numerous Athlete of the Year awards from various institutions, Armstrong retired from racing on July 24, 2005, at the end of the 2005 Tour de France. Armstrong's athletic success and dramatic recovery from cancer inspired him to commemorate his accomplishments, with Nike, through the Lance Armstrong Foundation, a charity founded in 1997. The foundation's yellow rubber "Livestrong" wristbands, first launched in 2004, have been a major success, netting the foundation more than \$60 million dollars in the fight against cancer. — Wikipedia

Versatile Chicken: Good Taste, Good Health

Check your cookbooks, and you'll find more recipes for chicken than for almost any other food. Its versatility is one reason the world has depended on it for about 3,500 years.

Before 1400 B.C., the Chinese raised chickens for meat and eggs. While many historians thought chickens were first brought to the Americas by explorers and pilgrims, a recent discovery shows that chickens lived in Chile from the 1300s. They were brought there by the Polynesians.

In our time, chicken is a highly recommended addition to our diets. It's low in fat, particularly without the skin. And its fat is lower in cholesterol than other meat fats.

Chicken is a good source of the B vitamins and vitamin D, plus various important minerals. And it contains all nine essential amino acids. Its phosphorous and selenium contents are involved in the release of energy.

Yom Kippur Prayer

On the eve of Yom Kippur, the prayer known as *Kol Nidre* is recited. In this prayer, God is asked to forgive any frivolous vows made between the person and God--any vows made in times of stress or extreme pressure. Any obligations made between men are not included. This is a time for men to go to each other and give and receive forgiveness.

The last service of Yom Kippur is *Ne'ilah*. This is the final chance for a person to repent. This is the only service during the year when the door to the Ark, where the Torah scrolls are stored, stays open from the beginning of the service to the end. This symbolizes the gates of Heaven being open.

At the end of the service there is a long blast of the *shofar* (ceremonial horn) and celebrants proclaim, "Next year in Jerusalem!"



You Can Avoid Over Thinking, Brooding

In one way, animals are way ahead of us. The ape and the tiger never brood about the past, worry about the future, or spend time dissecting the boss's last remarks over and over again.

Humans are the only species prone to over thinking, say psychologists at Ohio State University. They can fall into "mental potholes," and that's not harmless. New studies show that those who ruminate have higher blood pressure and heart rates, less effective immune systems, higher stress levels, and more depression.

Over thinking is often caused by trying to solve problems or get over life's traumas say researchers at Temple University. Sometimes, however, the best answer to a problem does not become available or clear. Constantly thinking about it does no good.

- A better idea is to settle on a time when you will consider it again and decide not to think about it until then.
- Putting your true feelings about a situation down on paper helps to determine what your feelings really are, which can be very helpful.
- Avoid discussing the problem over and over with friends who will sympathize with you. Talk to people who can suggest solutions.
- Meditate or pray frequently when you are besieged by over thinking.
- Consider whether your expectations in this situation were unrealistic and whether they still are.

Doctors at Purdue University say "worrywarts" don't let things roll off their backs. They cope poorly and may be anxious or depressed.

This Month in History

35 Years Ago (9/5/72): 11 Israeli athletes are slain at Munich Olympics

55 Years Ago (9/8/52): Ernest Hemingway's "Old Man & the Sea" published

70 Years Ago (9/21/37): J.R.R. Tolkien, publishes "The Hobbit"

100 Years Ago (9/26/1907): New Zealand becomes a dominion

115 Years Ago (9/26/1892): 1st public appearance of John Philip Sousa's band

235 Years Ago (9/1/1772): Mission San Luis Obispo de Tolosa forms in California

320 Years Ago (9/26/1687): Parthenon destroyed in war between Turks & Venetians

Time To Plant Bulbs, Bushes

For extra color around your door and yard next spring, remember that September and October are the perfect months to plant bulbs. Crocuses, tulips, and daffodils will grow in almost any soil that is well-drained.

Bulbs should be placed in the ground according to their shape. Teardrop-shaped bulbs are planted with the pointed end up and the heavy end facing down. If you are ever in doubt about a bulb, plant it sideways.

Those that are planted upside down will spend all their energy trying to reach the surface and may not bloom. Once you have them planted, give them a boost with bulb food.

Did some daffodils you planted in previous years fail to bloom this year? It's discouraging to see their fine greenery but a lack of blossoms. If you can remember where they are, dig them up, separate them, and replant. They were probably too crowded to bloom and certainly won't bloom again until they are separated.

Or maybe you cut the foliage off too soon. Leaves produce the food for next year's blossoms. Wait until they yellow or for at least six weeks after flowering before cutting them.

September and October are great times to think about planting new shrubs. Just be sure they have at least six weeks to become established before the first frost.

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...

**Tracey MacPherson, Rhonda Nichols, Dunn's Bestway,
Rosemary Mealing, Donna Straughan, Rhea Young,
Cindy Sheridan, John Inglis**

Thanks For All The Kind Words!

"I was very appreciative of the objective and honest advice given prior to having my carpets cleaned. Len and his staff are very professional, supportive and helpful in making the best choices given personal concerns. The cleaning of the carpets was great and directed to my needs. Wonderful experience all round."

C Colella

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Tips and More!*

Annette Marchionda

**Free Cash or Cleaning
Through Referrals**

Paid In Fool

Walking up to a department store's fabric counter, a pretty girl asked, "How much does this cost?"

"Only one kiss per yard," replied the smirking male clerk.

"That's fine," replied the girl. "I'll take ten yards."

The clerk hurriedly measured out and wrapped the cloth, then held it out teasingly.

The girl snapped up the package, and said to a little old man standing beside her, "Grandpa, pay the man."

Words of Wisdom

*Time is the coin of your life. It is the only coin you have,
and only you can determine how it will be spent.*

Be careful lest you let other people spend it for you.

Carl Sandburg

*People are like stained-glass windows.
They sparkle and shine when the sun's out,
but when the darkness sets in, their true beauty is revealed
only if there is light within.*

Elizabeth Kubler-Ross

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@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 J.R.R. Tolkien
publish *The Hobbit*?**

A) 1984 B) 1962 C) 1957 D) 1937

HINT: The answer is somewhere in this newsletter
The answer last month was: c) 7
The winners last month were: Jamie Blom, Shannon Lapointe,
Rita Woodhead