



Healthy Home News

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

The Mona Lisa

The title *Mona Lisa* stems from the Giorgio Vasari biography of Leonardo da Vinci, published 31 years after Leonardo's death. In it, he identified the sitter as Lisa, the wife of wealthy Florentine businessman Francesco del Giocondo. "Mona" is a common Italian contraction of "madonna," meaning "my lady," the equivalent of the English "Madam."

It is probable Leonardo began painting the *Mona Lisa* in 1503, and, according to Vasari, completed it four years later. Leonardo took the painting from Italy to France in 1516 when King François I invited the painter to work at the Clos Lucé near the king's castle in Amboise. The King bought the painting.

After Leonardo's death the painting was cut down by having part of the panel at both sides removed. Originally there were columns on both sides of the figure, as we know from early copies. The edges of the bases can still be seen.

The painting first resided in Fontainebleau, and later resided in the Palace of Versailles. After the French Revolution, it was moved to the Louvre. Napoleon I had it moved to his bedroom in the Tuileries Palace; later it was returned to the Louvre. During the Franco-Prussian War of 1870–1871, it was moved from the Louvre to a hiding place elsewhere in France.

Theft: The painting's increasing fame was further emphasized when it was stolen on August 21, 1911. The next day, Louis Bérard, a painter, walked into the Louvre and went to the Salon Carré where the *Mona Lisa* had been on display for five years. However, where the *Mona Lisa* should have stood, in between Correggio's *Mystical Marriage* and Titian's *Allegory of Alfonso d'Avalos*, he found four iron pegs.

Bérard contacted the section head of the guards, who thought the painting was being photographed. A few hours later, Bérard checked back with the section head of the museum, and it was confirmed that the *Mona Lisa* was not with the photographers. The Louvre was closed for an entire week to aid in the investigation of the theft.

At the time, the painting was believed lost forever. It turned out that Louvre employee Vincenzo Peruggia stole it simply by entering the building during regular hours, hiding in a broom closet and walking out with it hidden under his coat after the museum had closed. Con-man Eduardo de Valfierno master-minded the theft, and had commissioned the French art forger Yves Chaudron to make copies of the painting so he could sell them as the missing original. Because he didn't need the original for his con, he never contacted Peruggia again after the crime. After keeping the painting in his apartment for two years, Peruggia grew impatient and was caught when he attempted to sell it to a Florence art dealer; it was throughout Italy and returned to the Louvre in 1913.

During World War II the painting was again removed from the Louvre and taken to safety, first in Chateau Amboise, then in the abbey of Loc-Dieu and finally in the Ingres Museum in Montauban.

In 1956, the lower part of the painting was severely damaged when someone doused it with acid. The painting is now covered by bulletproof security glass. – Wikipedia



*In the parching August wind,
Cornfields bow the head
Sheltered in round valley depth
On low hills outspread.*

Christina Rossetti

80th Anniversary of First Female to Swim English Channel, Aug. 6. In 1926, U.S. Olympic medalist Gertrude Ederle, age 19, became the first woman to swim the English Channel. Although many had said women would never be able to withstand the high seas and exposure to jellyfish and sharks, Ederle proved them wrong and beat the former men's record by more than two hours.



Get Free Cleaning Tips And Specials At Our New Website www.pcsniagara.com!

Outstanding Client of the Month!

Niagara Region Sexual Assault Centre

Every month I choose a very special **Client of the Month**. This month I am choosing a “charitable organization of the month”. Professional Carpet Systems has proposed a challenge to raise \$3,000 for the Niagara Region Sexual Assault Centre but **we need your help!**

It’s a win win situation for all concerned – your carpets will be the cleanest they can be and you have done something good for the community. So please read the flip side of the insert and **Get Involved!!!**

Apologetic work is so dangerous to one’s faith. A doctrine never seems dimmer to me than when I have just successfully defended it.

C.S. Lewis

He who gossips to you will gossip about you.

Turkish proverb

Not all who wander are lost.

J.R.R. Tolkien

It is not the mountain we conquer, but ourselves.

Sir Edmund Hillary

THE POSITIVE STEP

Charlene Kelly is someone who thinks ahead – who cares about the public good in the prevention of slips and fall accidents. As owner of **THE POSITIVE STEP** Charlene has demonstrated that everyone should be safe and not exposed to dangerous situations especially ones that could be avoided.

By using various slip resistant products **THE POSITIVE STEP** can treat almost any surface inside or outside of your home or business. For the home owner it makes the whole family safer and for businesses it can lower Workers’ Compensation costs.

If you are interested and want to learn more about **THE POSITIVE STEP** please go to www.thepositivestep.ca or call Charlene at 905 327-6169.

The History of the Hammock

Historians believe that the Mayan Indians of Central America were the first to invent hammocks 1,000 years ago. The earliest hammocks were woven from the bark of hamak trees, thus the name. Fishermen and sailors used their nets for both work and rest, and hammocks spread to South America and throughout the islands in the Atlantic. Christopher Columbus is said to have brought several hammocks from the Bahamas back to Europe. In the 1800s, the British used hammocks in their prisons to save space. More than half a million are still sold annually in North America.



From the Beach to the Olympics

Volleyball, originally called “*Mintonette*,” was developed by William Morgan at the Holyoke Massachusetts YMCA in 1895. In 1915, the Outrigger Beach and Canoe Club in Hawaii came up with the idea of organizing games on Waikiki’s scenic - and cushioning - sands. By the late 1940s, annual two-man beach volleyball tournaments were taking place in Southern California before spreading to Northern California, Florida, and Brazil. At the same time, women joined the fun, first on coed, then all-women teams. The California Beach Volleyball Association was founded in 1965, and professional men’s and women’s beach volleyball organizations appeared in the 1980s. The popularity of the sport grew steadily, with the first men’s world championship in 1987



followed by the women in 1993, by which time televised tournaments were a staple of cable TV sports. Beach volleyball proved itself as a demonstration sport at the 1992 Olympic Games in Barcelona and was elevated to an official sport at the 1996 Atlanta Games. At the 2004 Olympic Games in Athens, Brazil took gold in the men’s competition; the U.S. took gold in the women’s event.

The Accidental Potato Chip

The potato chip is the fortuitous result of a restaurant complaint. In 1853 at Moon’s Lake House, a high-fashion resort in Saratoga Springs, N.Y., a patron complained that chef George Crum’s fried potatoes were too thick. According to the National Snack Association, Crum was miffed - and decided to fry up a batch of potatoes so thin and crisp that they couldn’t be skewered by a fork. His get-even plan backfired: the unhappy patron and other restaurant guests loved his innovation, and Crum’s “Saratoga Chips,” as they were first called, immediately became a popular restaurant item. By 1895, entrepreneurs began making potato chips for sale in stores, but potato chips really took off with the invention of a mechanical potato peeler in the 1920s. According to the Snack Food Association, potato chips are currently a \$6 billion retail market, making them America’s number one savory snack. Annual consumption of potato chips and shoestring potatoes in the U.S. amounts to 17 pounds per person.

Furniture Cleaning Tips

The following suggestions although simple are very effective in cleaning your household furniture.

With old or valuable furniture it is best to wipe over all surfaces thoroughly first with a clean damp cloth. This will remove any dust, and cup stains etc. It would be a good idea to use lukewarm water with a little bit of mild detergent mixed in for this.

For a good homemade mixture try the following: mix 2 parts of white wine vinegar, 2 parts of turpentine, 2 parts of liquid paraffin and 1 part of methylated spirits in an old jar.

Apply this solution directly onto the furniture with an old cloth and make sure that you polish it off straight away with a clean dry cloth. This will clean your furniture nicely without causing any damage.

A good way to get rid of those annoying dents on your much-loved wooden furniture is to place a thick, damp cloth over the dent. Then place the tip of a hot iron straight over the dent. The steam used will go through and swell the wood, then once this is done, you can polish the area and it should come up as good as new.

For furniture with French polish just wipe off marks with a damp cloth and wipe dry straight away; don't use too much polish on these surfaces.

For oiled furniture once again clean with a slightly damp cloth and maybe use a little bit of mineral turpentine.

For Painted Furniture, clean with a soft damp cloth mixed with some light detergent, and then wipe clean with clean water and leave to dry away from any sunlight etc. or direct heat.

The same methods should be used for varnished or sealed wooden surfaces. For waxed woods, wipe first with a damp cloth, remember to always follow the grain when cleaning, otherwise the results could be very streaky and look worse than when you started.

A Berry Medley

Want a simple, colorful, and delicious topping for angel food cake or cheesecake, or a dish tasty enough to be eaten alone? Mix together a pint each of blueberries, red raspberries, and sliced strawberries. Squeeze half a lemon over the berries and stir in a heaping tablespoon of powdered sugar.

Splitting Pills to Save Money

It's not uncommon for medications to cost the same regardless of the dosage, so some health maintenance organizations now routinely recommend that patients request a double dosage and then split the pill, potentially saving hundreds to thousands of dollars a year. Ask your doctor if your pills can safely be cut in half (capsules, time-released medicines, or enteric-coated pills cannot), and invest in a \$5 pill splitter - most drug stores sell these - to insure that you're getting the precise dosage.

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...

Colleen Bates, Dino at Club Roma, Iris Millen, Angelo Butera, Lori Cook, Maggie Perri, Manor Cleaners, Rita Hatcher and Carmen Bergamin

This Month In History

25 Years Ago: 8/1/1981
MTV premiers.

45 Years Ago: 8/2/1961
Beatles 1st gig as house band of Liverpool's Cavern Club

50 Years Ago: 8/11/1956
Elvis Presley releases "Don't Be Cruel"

70 Years Ago: 8/9/1936
Jesse Owens wins 4th gold medal of Berlin Olympics

95 Years Ago: 8/22/1911
Mona Lisa stolen from Louvre.

130 Years Ago: 8/1/1876
Colorado becomes 38th state

140 Years Ago: 8/10/1866
Transatlantic cable laid - Former Pres Buchanan communicates over it to Queen Victoria

175 Years Ago: 8/1/1831
London Bridge opens

230 Years Ago: 8/2/1776
Formal signing of the Declaration of Independence

2,486 years ago!! :
8/9/BC480: Persia defeats Spartan king Leonidas at Thermopylae.

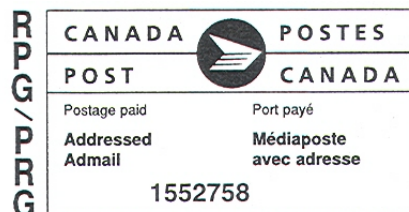
*(read: Gates of Fire
by Steven Pressfield)*

Thanks For All The Kind Words!

"I thought I would drop you a line to let you know how things went. My carpets look great! I was especially surprised to how well the stairs cleaned up! I also want to tell you what a great employee you have in Jim. He was very pleasant, friendly, honest and truly happy to be working with your company. The whole experience was a pleasure and I will be sure to use you in the future and I will spread the word on the great service! "

Pam Lansky - Welland

Len Hume
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RETURN POSTAGE GUARANTEED
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Your New Issue Has Arrived!

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

Len Hume



ABRASH

Abrash is dye-lot color variation. All pre-dyed wool has tone changes that range from off-white to yellow to grey. When this wool is dyed a particular color, this results in a variety of shading. When one "batch" of red wool (for example) is used up in the weaving process, and the weaver grabs the next "batch" from a slightly different color base wool, this difference is woven into the rug. The result is a dye lot variation that runs side to side (left to right) and appears as "striping" in the rug. This is a characteristic in all handmade rugs, and is considered a characteristic that in many cases adds depth and texture to the overall look of the rugs (especially in vegetable dyed wool)

Let us handle your cherished area rugs. They will not get better treatment anywhere!!

Sign of the Times

Working as a computer instructor for an adult-education program at a community college, I am keenly aware of the gap in computer knowledge between my younger and older students. My observations were confirmed the day a new student walked into our library area and glanced at the encyclopedia volumes stacked on a bookshelf.

"What are all these books?" he asked.

Somewhat surprised, I replied that they were encyclopedias.

"Really?" he said. "Someone printed out the whole thing?"

The word *robot* was coined in 1920 in a play, R.U.R. (the initials stood for "Rossum's Universal Robots"), written by Czech dramatist Karel Capek. The word was made up by his brother Josef. When Karel was writing his play, he couldn't decide on a name for these artificial creatures. Originally, he proposed the word "labors". Josef proposed "robots", coming from the word "robotá", which means "work" in Czech and other Slavic languages, including Russian.

Who Wants To Win Movie Tickets?

Take my Trivia Challenge and you could win too!

This is one of my favorite parts of the newsletter! Everyone who responds by the 12th day of the month will be entered into a draw to win 2 FREE movie tickets. Again this month - increase your chances of winning! The first 2 people with the correct answer sent to me via email len@pcsnigara.com will be the lucky winners of the first and second set of tickets-the last set going to the lucky caller. Go ahead and take your best guess, then EMAIL me at len@pcsnigara.com or call (905) 646-6655! Remember, your chances of winning are better than you think!

This month's MegaTrivia Question:

What famous landmark had its opening on August 1, 1831?

- a) The Statue of Liberty
- b) The Eiffel Tower
- c) The Sydney Opera House
- d) London Bridge

HINT: *The answer is somewhere in this newsletter*

Last month's winners: Isabel Epifani, Lisa LaFleur and Anne Lamont

The correct answer last month: B) 1964

The only true all-terrain vehicle? A Rental Car.

The best way to deal with predators is to taste terrible.