



# Healthy Home News

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

## Why Remember?

*Souce: Veterans Affairs Canada*

*We must remember. If we do not, the sacrifice of those one hundred thousand Canadian lives will be meaningless. They died for us, for their homes and families and friends, for a collection of traditions they cherished and a future they believed in; they died for Canada. The meaning of their sacrifice rests with our collective national consciousness; our future is their monument. – H. Robertson*

These wars touched the lives of Canadians of all ages, all races, all social classes. Fathers, sons, daughters, sweethearts: they were killed in action, they were wounded, and thousands who returned were forced to live the rest of their lives with the physical and mental scars of war. The people who stayed in Canada also served - in factories, in voluntary service organizations, wherever they were needed.

Yet for many of us, war is a phenomenon seen through the lens of a television camera or a journalist's account of fighting in distant parts of the world. Our closest physical and emotional experience may be the discovery of wartime memorabilia in a family attic. But even items such as photographs, uniform badges, medals, and diaries can seem vague and unconnected to the life of their owner. For those of us born during peacetime, all wars seem far removed from our daily lives.

We often take for granted our Canadian values and institutions, our freedom to participate in cultural and political events, and our right to live under a government of our choice. The Canadians who went off to war in distant lands went in the belief that the values and beliefs enjoyed by Canadians were being threatened. They truly believed that:

*“Without freedom there can be no ensuring peace and without peace no enduring freedom.” – King George VI*



By remembering their service and their sacrifice, we recognize the tradition of freedom these men and women fought to preserve. They believed that their actions in the present would make a significant difference for the future, but it is up to us to ensure that their dream of peace is realized. On Remembrance Day, we acknowledge the courage and sacrifice of those who served their country and acknowledge our responsibility to work for the peace they fought hard to achieve.

During times of war, individual acts of heroism occur frequently; only a few are ever recorded and receive official recognition. By remembering all who have served, we recognize their willingly-endured hardships and fears, taken upon themselves so that we could live in peace.



*What moistens the lip  
and what brightens the eye?  
What calls back the past,  
like the rich pumpkin pie?*

**J. G. Whittier**

**Mickey Mouse’s Birthday, Nov 18.** This day commemorates Walt Disney’s first debut of Mickey Mouse in 1928. When Mickey turned 75 in 2003, Disney artists created 75 six-foot-tall statues of Mickey and put them on display throughout the Magic Kingdom. Two years later, Sotheby’s auctioned them off for charity.

**Exercise Reduces Risk of Cancer:** The American Institute for Cancer Research recently noted that several scientific studies have linked physical activity with reduced cancer risk. Specifically, regular exercise reduces the risk of colon cancer by nearly half and breast cancer by a third. It is also associated with lower incidences of cancer of the endometrium (the lining of the womb), as well as prostate and lung cancers. To reap these benefits, the institute recommends one hour a day of moderate activity and one hour a week of vigorous activity.

*Do not go where the path  
may lead, go instead  
where there is no path  
and leave a trail.*

**Ralph Waldo Emerson**

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

## Outstanding Client of the Month!

### Meet Dianne Guay

Dianne had some cleaning done by us and received her three One Room Cleaned Free certificates to pass on to friends and family. Dianne has really taken to this new program we introduced in September and is now accumulating 10% of the value of those cleanings in money towards HER next cleaning. As well Dianne has earned a spa certificate on us for being Client of the Month!! Way to save!!!!

*Every month I choose a Client of the Month. This is someone who is a loyal customer, who trusts us in their home, a customer who refers us often and does so with confidence because of our 200% guarantee. That could be any one of our clients – it could be you!!*

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*Both optimists and pessimists contribute to the society.*

*The optimist invents the aeroplane, the pessimist the parachute.*

**George Bernard Shaw**

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*Remember that not getting what you want is sometimes a wonderful stroke of luck. - Dalai Lama*

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*It's kind of fun to do the impossible.*  
**Walt Disney**

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*After a while, you have no idea how old you are because you've lied so many times.*

**Sandra Bullock**

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*Blood alone moves the wheels of history.*  
**Martin Luther**

**See Insert This Issue:**



**Clean Your Carpets Now  
and I'll "Clean Up"  
for FREE  
After the Holidays!**

## A Cleaning Checklist

Although most of us try to work in a few household chores when we get time, it is a good idea to have a checklist for supplies and equipment to make sure everything is ready to use when needed. Here is a checklist that you may want to post for keeping track of your cleaning needs.

**1. For sinks, tubs, shower enclosures, counters, basins.** Keep a supply of common baking soda that can be sprinkled on stains and left several minutes before rubbing in and then rinsing away. Or you can buy a commercial brand of powdered cleanser, such as Comet, for porcelain bowls or countertop areas. Just be careful not to scratch a soft surface. Keep a supply of clean scrub cloths that can be recycled, or you can buy the disposable brand. Never use steel wool on these areas. Check the directions of any product you decide to use to be sure it conforms to the manufacturer's recommendations. Do not mix cleaning products, especially anything containing bleach or ammonia.

**2. Get floor-cleaning supplies for every room.** For wood floors, tile, linoleum, and many other hard floors, try oil soap unless the container specifically advises against it for the type of floor you have. You also can use a mild detergent that is geared for floors as long as it does not leave a slippery residue. You also should keep on hand a wax stripper and floor wax, along with the appropriate mops, buckets, and buffing cloths. For rugs and carpets, use an electric vacuum sweeper with the correct size of collection bags.

**3. Buy a new broom and mop twice a year.** These can absorb dirt and dust that is hard to remove, so it will be laid down the next time you clean with them. A broom's straw will bend and lose its shape over time, meaning that it will become less effective at picking up dust and dirt. A cheap straw broom is fine, along with an inexpensive sponge mop unless you prefer another type. You also will need a dustpan and perhaps a whisk broom for hard-to-reach areas.

**4. Stock an all-purpose sanitizer or deodorizer that can be squirted or sprayed onto a variety of surfaces.** Use it for areas like the toilet, sink, some counter space, laundry hampers, pet areas, trash bins, and other locations where germs and bacteria tend to collect. Don't overuse or misuse this product, which can cause side effects or possible problems. Follow the product directions.

**5. Don't forget spot removers or stain bleachers.** Sometimes you don't have time to shampoo an entire carpet or scrub the kitchen floor. Instead, keep an easy-to-use spot remover, with paper towels or scrub cloths, for a quick clean-up of random spills or spotting. When company comes, most of the dirt will be removed in the visible areas.

**6. Stash furniture-cleaning items.** Beeswax or furniture polish for hardwood tables or cabinets is helpful, along with a feather duster for other hard surfaces. Don't overdo the polish or wax, as it can build up over time and create a dull finish that may be difficult to remove.

Always keep a few extra plastic trash bags on hand for the spontaneous closet-cleaning tasks that happen to get done or other miscellaneous items of clutter. Antibacterial soap for washing hands after cleaning and dust masks while cleaning, along with gloves for hand protection, are additional assets that may prove useful. Housecleaning can go very quickly and smoothly when you have everything you need on hand. – [www.essortment.com](http://www.essortment.com)



## Clark Gable's Last Film: *The Misfits*

Clark Gable's last film was *The Misfits* (written by Arthur Miller and directed by John Huston), which co-starred Marilyn Monroe and Montgomery Clift. The *Misfits* would prove not only to be Gable's swan song, but it would also mark the final completed performance by Marilyn Monroe. Many critics regard

Gable's performance in his final film to be his finest. Gable died in Los Angeles, California in November 1960, the result of a fourth heart attack. He was 59.

There was much speculation about Gable's physically demanding *Misfits* role (which required yanking on and being dragged by horses) having contributed to his sudden death soon afterward. In a widely reported quote, Kathleen Gable blamed it on stress caused by "the endless waiting... waiting (for Monroe)". Monroe, on the other hand, claimed that she and Kathleen had become close during the filming and would refer to Clark as "Our Man". Others have blamed Gable's crash diet before filming began; for years, Gable's head would sometimes shake from the diet pills he would take to strip off pounds before making a film, a practice which may have contributed to his early death. It should be noted that Gable was in poor health when filming began from years of heavy smoking and drinking, and in the previous decade had suffered two seizures which may have been heart attacks.

Clark Gable is interred in Forest Lawn Memorial Park Cemetery in Glendale, California, beside his beloved Carole Lombard.

## The History of Big Ben



Big Ben is the bell that peals from the clock tower of Westminster Hall in London. The first bell for Westminster was cast in 1856, but it cracked before it was ever installed. In 1858, George Mears, owner of the Whitechapel Bell Foundry, cast a new bell using the metal from the old one. The bell, nearly 14 tons and 9 feet in diameter, took a week to cast, and another 20 days for the metal to cool. Big Ben pealed for the first time on May 31, 1859. After only two months in service, this bell, too, cracked, presumably because the hammer was nearly twice as heavy as it should have been. Eventually, a lighter hammer was installed, which now strikes the undamaged side of the bell, creating an imperfect but distinctive sound. The origin of Big Ben's name is controversial. Some believe it was named after Sir Benjamin Hall, chief lord of the woods and forests, who gave a long and ponderous speech in Parliament on the subject of naming the bell. Others claim the bell was named for a champion heavyweight boxer of the day named Ben Caunt, who at 238 pounds was nicknamed "Big Ben."

## Hum to Help Your Sinuses

Humming can help relieve sinus infections. In a recent study, nitric oxide, a gas that is lethal to bacteria, increased 15-fold in the nose during humming. An increase in nitric oxide indicates improved sinus air exchange, whereby fresh air enters the sinuses and replaces "old air." Poor ventilation of the sinuses is a risk factor for sinus infections.

**Self-defense:** To ventilate sinuses, hum for one minute every one to two hours. - *Jon O. Lundberg, MD*

## Number-One Cause of Headaches

Digestive trouble is the number-one trigger of headaches. Some food compounds are *vasospastic* – they cause the arteries to constrict diminishing blood flow. This affects blood vessels in the head and can cause head ache.

If you're susceptible to headaches, avoid the vasospastic foods, which include dairy products, chocolate, wheat gluten and high-fructose corn syrup. These ingredients can bring on general, cluster and even migraine headaches. - *Andrew L. Rubman, ND*

## Thank You!

Thanks to YOU the word is spreading! ... and because of that we have decided to have a contest rewarding the person who refers us the most in November and December!!! Please see the insert for the prize information. Thanks to the wonderful folks below who referred us in September and October. (Your certificates are in the mail).

**Tina Caldaroni, Mary Jane Sferrazza, Brenda McFadgen, Rita Hatcher, Jennie Clark, Dianne Guay, Dorothy Woods, and John from Michael's Carpets**

*We have introduced a new program this September and I hope everyone takes advantage of the terrific savings. When you get your home cleaned by us we send you 3 **One Room Cleaned Free** certificates. You then pass these on to friends and family and when they have a job completed by us you get a Referral Reward Certificate that tells you how much **YOU SAVE** next time you book with us (one year expiry date). Plus you get 3 more **One Room Cleaned Free** certificates to once again pass on to friends. Refer us with confidence, be entered into our new contest and save money!!! What a deal!!*

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



# Contest Details Inside!

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

*Annette Marchionda*

## **Interesting Rug Facts!**

### **Asymmetry**

*Handmade carpets are rarely perfectly symmetrical (proportioned). Slight design shifts in rugs and more noticeable design and shape variations in tribal pieces are expected. Sometime these can be counteracted through blocking after the wash (wet cotton foundation fibers can give a little – but not too much).*



## **Funny Exam Answers**

Collected from Dr. Richard Lederer's class, of St. Paul's School.

- Ancient Egypt was inhabited by mummies and they all wrote in hydraulics. They lived in the Sarah Dessert and traveled by Camelot. The climate of the Sarah is such that the inhabitants have to live elsewhere.
- The Greeks were a highly sculptured people, and without them we wouldn't have history. The Greeks also had myths. A myth is a female moth
- Actually, Homer was not written by Homer, but by another man of that name.
- Socrates was a famous Greek teacher who went around giving people advice. They killed him. Socrates died from an overdose of wedlock. After his death, his career suffered a dramatic decline.
- In the Olympic games, Greeks ran races, jumped, hurled the biscuits, and threw the java.
- Julius Caesar extinguished himself on the battlefields of Gaul. The Ides of March murdered him because they thought he was going to be made king. Dying, he gasped out: "Tee hee, Brutus."
- Joan of Arc was burn to a steak and was canonized by Bernard Shaw. Finally, Magna Carta provided that no man should be hanged twice for the same offence.

## **Who Wants To Win Movie Tickets?**

***Take my Trivia Challenge  
and you could win too!***

We are giving away 3 sets of tickets (for two) 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! Again this month – 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. Go ahead and take your best guess, then EMAIL me at [triviachallenge@pcsniagara.com](mailto:triviachallenge@pcsniagara.com) or call (905) 646-6655! Remember, your chances of winning are better than you think!

*This month's MegaTrivia Question:*

**In what year did the bell of Big Ben peal  
for the first time?**

**a) 1712 b) 1780 c) 1859 d) 1888 e) 1940**

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

*Last month's answer c) 1846*

*Last month's winners were: James Wittig, Pierette Martel and Pat Gaston*

*People think computers will keep them  
from making mistakes. They're wrong.  
With computers you make mistakes faster.*

**Adam Osborne**