



Healthy Home News

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

Wimbledon: June 20th – July 3rd

Back in 1875, the All-England Croquet Club was nudged into setting aside a bit of their land on Worple Road in Wimbledon for playing lawn tennis. People felt that tennis of course, was much more physically demanding than croquet. Not to mention, tennis went faster and was more exciting.

The first lawn tennis tournament included heavy rackets shaped like snowshoes. The net was 5 feet high at the ends but drooped to 3 feet high in the center. These differences came from the ancient game known as court tennis or "Real Tennis" and from which lawn tennis had recently evolved back in 1877.

The winner of the very first Lawn Tennis Championship was Spencer Gore. At that time it was simply a leisurely sport for the rich as a pastime hobby. Women did not play at Wimbledon in the beginning. A ladies tournament wasn't set up until 1884 and the first women to win at Wimbledon was not British, but French. Her name was Suzanne Lenglen and she dominated women's tennis from 1919 to 1926. Ms. Lenglen's popularity drew so many crowds that she was the reason the managers decided to move the competition to a new location on Church Road in 1922.

These new courts were planted with Cumberland grass and mowed to the smoothness of a billiard table. The Centre Court (where the championships would be held) was said to be "the fastest lawn tennis court in the world."

In the 1950's and 1960's many of the top tennis players went professional, thus making them ineligible to play because the tournament was only for amateurs. So, the rules were changed in 1968, allowing both amateurs and professionals to compete at Wimbledon, and have remained like that ever since.

Centre Court: Ironically, the new Centre Court that opened in 1922 wasn't really in the center at all. It was really off to one side. This is where the championships are held every summer and during the rest of the year it is off limits to all the members of the All England Lawn Tennis Club, to visitors, tourists and everyone else except the grounds staff.

On the Saturday before the competition begins, 4 female club members play two or three sets of doubles to *bruise* the grass and make sure the courts are in good shape. On the Monday after the tournament is all over with, all the Chairmen Four play doubles, which officially closes the use of that court until the next season.



During World War II (1939-45), the court had considerable damage from bombing and underwent months of renovation. Today the grass is frequently hand-weeded and mowed down to 1/8 of an inch in height. Then it is rolled in two directions by a two-ton roller. This leaves a playing surface so even and firm the players feel it gives the best "true bounce."



It is the month of June,

The month of leaves and roses,

When pleasant sights

salute the eyes,

And pleasant scents the noses.

Nathaniel Parker Willis

How June Got Its Name: The month of June was named for the Roman goddess Juno, queen of the gods and protector of the Roman state. She was the wife of Jupiter and the goddess of women and marriage, which is how the tradition of June weddings originated.

Magna Carta Day Anniversary, June 15. In 1215, this document was signed in England by King John under pressure from his barons to limit the power of English monarchs. Historians regard it as the first step towards the rule of constitutional law.

National Tournament in Canada, June 8-12. Held every year in Calgary, Alberta, Canada, this country fair features horse jumping competitions. More than 85,000 people attend.

60th Anniversary of the United Nations, June 26. After War World II, a charter to form the United Nations was signed to "save succeeding generations from the scourge of war, which twice in our lifetime has brought untold sorrow to mankind." It comprises 191 countries and member states.

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See Insert This Issue:



**Life Happens...Don't
Leave Your Carpet
Unprotected...**

**Discover How To Protect
Your Carpets in June...**

Outstanding Client of the Month!

Meet
LEN BATES

Congratulations to our long time customer Len, who was recently featured in Business Link Niagara. Len can help your business with any of your leasing needs and can be reached at **Leb-Lease**.

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 our 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!

Education is when you read the fine print. Experience is what you get if you don't.

Pete Seeger

When eating a fruit, think of the person who planted the tree.

Vietnamese proverb

It is an equal failing to trust everybody, as it is to trust nobody.

English proverb

Too often we enjoy the comfort of opinion without the discomfort of thought.

John F. Kennedy

There are no shortcuts to any place worth going.

Beverly Sills

Migraine/Bacteria Connection

Bacteria can trigger headaches. About 50% of chronic migraine sufferers are infected with the ulcer-causing stomach bug *Helicobacter pylori* (H. pylori).

Recent finding: Treating the infection with antibiotics reduced the frequency of migraine attacks. Among those that were also treated with supplements of the friendly bacterium *Lactobacillus*, 80% were headache-free for one year. *Lactobacillus* has been shown to inhibit growth of H. pylori.

If you suffer from recurrent headaches: Ask your doctor if you should be tested for H. pylori – and if treatment with antibiotics and/or *Lactobacillus* is right for you. – *Maria Rita Gismondo MD*

Most People Don't Realize When They're Full

People who wore blindfolds ate 22% less food than those who could see their plates. **Reason:** Most of us rely on external cues – an empty plate or the bottom of a bag – to tell us when we're full. Blindfolded subjects rely instead on signals from their stomach. If you are trying to lose weight: Try using a blindfold once to become more aware of your satiety cues. – *Yvonne Linne, MD, PhD*

Ten Ways To Better Health

When you can't find time to exercise, just move your body more often. Take the stairs rather than the elevator, take the dog on longer walks and try walking to some of your neighborhood errands.

Cut out foods with a high fat content, including cheeseburgers, and all those salty deli meats. Consume dairy products in reduced-fat varieties. Eat sparingly all foods with butter, mayonnaise and sauces.

Cigarettes are hazardous to your health. Stop smoking and warn adolescents about the false images of cigarette smoking portrayed in films.



Reduce the stress in your life. Some experts recommend meditation, which can mean walking by a lake, listening to classical music or laughing at a Marx Brothers movie. Bodywork is also essential; getting a massage, a facial or soaking in a hot tub can literally save your life. Try and spend time with people who are relaxed and friendly.

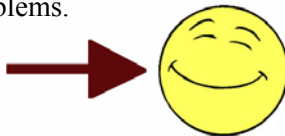
Avoid pollution, whether it's a smoke-filled room or the car exhaust in a high-traffic area. When it's hot outside and ozone levels are high, exercise indoors.

Statistics prove that seat belt use can prevent loss of life and reduce injuries. "Buckle up for safety" still holds true.

Studies on people who floss regularly show they might just live longer. Keep your teeth in good shape, and the rest of you will follow.



Reduce alcohol intake. Excessive drinking can lead to liver and kidney problems.



Take a positive approach to life. Smiling makes everyone feel good!

Genetics play a major role in our lives. But you can counteract any physical problems your parents may hand down by following the above tips. -- *Adapted from health-fitness-tips.com*

When it Pays to Buy Organic

Because organic produce costs more than regular varieties, the Environmental Working Group, a research firm, recommends buying fruits and vegetables based on pesticide levels. Opt for organic when choosing produce known to be high in pesticides, but you can feel safe buying the store variety among fruits and vegetables that are typically low in pesticides.

Lowest in pesticides

asparagus	kiwi
avocados	mangoes
bananas	onions
broccoli	papaya
cauliflower	pineapples
corn	peas

Highest in pesticides

apples	peaches
bell peppers	pears
celery	potatoes
cherries	raspberries
grapes	spinach
nectarines	strawberries

Dusting - The Basics

The disposable towels so popular right now don't clean any better or faster, just more expensively. They don't list the chemicals contained in the towels and without that knowledge be cautious using them to dust wood furniture.

An old, clean cotton T-shirt works just fine to dust. Mist the T-shirt with water and go. Lift objects with one hand and dust with the other. It's a little awkward at first but much faster.

If you have carpal tunnel or arthritis in your hands, place a clean cotton tube sock over one hand, spritz with water and dust. Holding a cloth when your hands are sore can prove troubling. The sock allows you to clean lamps with ease as well.

Spray a clean white T-shirt with rubbing alcohol to clean TV and computer screens. Do not use old dryer sheets, disposable dust towels or cleansers of any kind on these sensitive surfaces.

Take care using paper towels or newspapers on any kind of glass or plastic. They are made from wood and the small wood slivers sometimes imbedded in them can scratch.

Visit your furniture store to find a polish to deep treat your wood furniture. Like humans, trees depend on moisture to live. That moisture must be replenished several times a year or cracking results. - www.doityourself.com

Just a Little Off the Top

According to lawn care experts like Peter Landschoot, associate professor of turf grass science at Penn State's College of Agricultural Sciences, you should not cut off more than one-third of the leaf blade at any one time. Otherwise, your grass will be more susceptible to heat, disease, and drought stress. The best approach is frequent mowing, as often as once a week in the spring. But if the grass grows too rapidly and gets too high, first trim one-third from its height and mow again in a few days.

Thank You!

Thanks to YOU the word is spreading! Thanks to all of our 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...

Bev & Don Fraser, Edna Kelly, Lisa Wale

This Month in History

10 Years Ago (6/25/95): The space shuttle Atlantis docks onto the Mir space station, forming the largest man-made satellite to ever orbit the earth.

15 Years Ago (6/1/90): President George Herbert Walker Bush and Soviet leader Mikhail Gorbachev sign an agreement to end production of chemical weapons and begin cutting stockpiles.

30 Years Ago (6/26/75): The Suez Canal opens for the first time since the Six-Day War.

40 Years Ago (6/3/65): Major Edward White exits Gemini 4 and becomes the first American astronaut to walk in space.

65 Years Ago (6/4/40): A nine-day evacuation of British troops from Dunkirk ends, saving 338,000 troops from Nazi capture. It was the largest evacuation of its kind in history.

100 Years Ago (6/11/1905): Penns Railroad debuts the fastest train in the world (NY to Chicago in 18 hours).

Thanks For All The Kind Words!

Sandy Hind-Smith states:

"Robert and Dave did a fantastic job, they were so polite, so organize, so professional and so helpful. I thought I had to buy new carpets but they came out so wonderful! Thanks to Robert, Dave and your company. P.S. I have already told everyone to use your services."

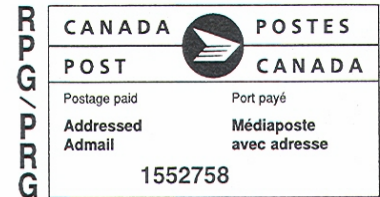
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Amazing Money-Saving
Tips and More!*

Len Hume



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Strange News from Around the Globe

Kim Chan, 40, of a village in the Cambodian province of Kampot, announced in March that he had a cow that was heavenly possessed and could cure illnesses by exposure to its bodily fluids, but local official Khun Somnang immediately discounted the claim, saying, "We had a holy cow here a year and a half ago (and you) don't get two that close together." [South African Press Association-Deutsche Press Agentur, 3-15-05]

The New Zealand agricultural company Summit-Quinphos revealed in March that it has a working model of an automated nitrogen-inhibiting sprayer that fits under a cow's tail, and that it has a government grant to develop the device. A company spokesman said nitrogen from cow urine, concentrated in small patches in a field, currently must be neutralized by expensively treating the entire field. However, the company's "tail-activated" gizmo immediately fires a blast of inhibiting chemical at the ground directly below every time the cow lifts her tail for a call of nature. (A New Zealand Herald reporter made Summit-Quinphos scientist Jamie Blennerhasset solemnly swear that the announcement was not an April Fool's joke.) [New Zealand Herald, 3-30-05]

Bureaucrats in North Korea's Communist Party, summarizing their understanding of the way the brain works, announced in January that, henceforth, all men would be expected to wear their hair short (2 inches, maximum) in that longer hair impairs function by taking oxygen away from the nerves in the head. (Balding men would be allowed another inch for comb-overs, and hair length of women was not addressed.)

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! Each month I'll give you a new trivia question. And the first 10 correct answers will be entered into a draw for 3 prizes of **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, and then call me at **(905) 646-6655!** Remember, your chances of winning are better than you think!

This month's *Holiday Mega Trivia Question* is...

The longest day of the year is on which day in June this year?

a) June 1st b) June 14th c) June 21st d) June 28th

May's Answer: The Godfather

*May Winners: Gail Mullen, Marina Seward,
Fran Brockenshire*

Always Have Breakfast

Breakfast eaters tend to stay thinner than skippers, because breakfast speeds metabolism and diminishes midday food cravings. Breakfast also helps boost mood and sharpen memory. If you really dislike eating early in the day, pack a simple breakfast and eat it later in morning. – *Good Housekeeping* 4