



Healthy Home News

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

Helpful Hotel Secrets

Peter Greenberg, Travel Editor

Getting A Room: You can get the best rate by calling the hotel's local number, not the 800 number, which usually links callers to an off-site centralized call center. Instead of asking for the reservations desk, ask to speak to the manager on duty. He/She will have authority to negotiate room rates.

Rooms are available, even when a hotel has no vacancies. In any large hotel, a few rooms are listed as "out of order" at any given time. The problem might be something as simple as a stain on the carpet or a chair that has been sent out for repairs. If you are desperate for a last-minute room in a hotel that claims to have none available, tell the manager you are willing to take an out-of-order room that has only a minor problem. You might even be able to negotiate a better rate, since the room would otherwise sit empty.

A thief takes one credit card, not your entire wallet. It's no secret that crime is common in hotels. The new twist is that some hotel thieves now just take one credit card when they find an unguarded wallet in a room – and leave everything else untouched. Frequently, a victim doesn't notice the card is missing until the credit line is maxed out.

Travel only with the credit cards that you really need, and check your wallet carefully if you accidentally leave it unattended.

Hotel rooms are infested with germs. Certain items in hotel rooms never get cleaned. The biggest trouble spots include the TV remote control, telephone and clock/radio. Travel with a package of antibacterial wipes, and be sure to clean these items when you arrive.

Also, while reputable hotels provide fresh linens, bedspreads might be cleaned only once every few months. Remove them from the beds as soon as you check in. Ask for clean blankets as soon as you arrive.

It pays to tip the housekeeper every day. Exchange a few pleasant words with the housekeeper if you see him/her – and leave a \$2 or \$3 tip each day. You'll receive better service – housekeepers are the most overworked, underpaid and underappreciated people in the hotel, so any gesture will be appreciated.



Knowing the housekeeper also reduces the chances that your room will be burglarized. Dishonest housekeepers are less likely to target guests they have met. If a burglar enters your room while it is being cleaned and pretends to be you – a common ruse – the housekeeper will be able to spot the imposter.

SEPTEMBER

Every season hath its pleasures;
Spring may boast her flowery prime,
Yet the vineyard's ruby treasures
Brighten autumn's sober time.

Thomas Moore

Rosh Hashanah: The Jewish New Year begins at sundown on September 22 and over the next two days, Jews around the world will celebrate Rosh Hashanah, which literally means "first of the year" in Hebrew. The new year, 5767, is the anniversary of the creation of the world. Rosh Hashanah is a time for reflection, when people think about their past mistakes and plan changes for the coming year. One important part of the holiday is going to synagogue and hearing the sound of the shofar, a ram's horn. This ancient musical instrument, which was used to announce important events in Biblical times, is blown 100 times each day of Rosh Hashanah. Many people eat apples dipped in honey to symbolize a sweet new year. Another custom is to walk to a creek or river and empty one's pockets into the flowing water, symbolizing the casting off of sins.

A Tailgating Tip: If this fall finds you at a tailgating party, consider ditching the ice in your cooler and instead freezing individual bottles of water. They'll keep your food cold for hours and provide an additional beverage once they melt.

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

Outstanding Client of the Month!

Laura & Nino Donatelli

A lot our long time clients lead very interesting lives and this is true of the Donatelli's. A bit of a historical buff, Nino has taken St. Catharines' past and made it new and exciting. The building where the St. Catharines Keg is located is a prime example as with the refurbishment of the Glendale/Merritt Street project. I'm sure you join us in thanking these civic minded people and as well Professional Carpet Systems thanks them for many years of trusting us in their home.

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!

*What we do today, right now,
will have an accumulated effect
on all our tomorrows.*

Alexandra Stoddard

*How wonderful it is that nobody
need wait a single moment before
starting to improve the world.*

Anne Frank

*We must not allow the clock
and the calendar to blind us
to the fact that each moment of life
is a miracle and mystery.*

H.G. Wells

*I have only one superstition. I touch
all the bases when I hit a home run.*

Babe Ruth

See Insert This Issue:

**Now That The Kids Are
Back In School...**



**Have You Looked
Down Lately?**

The Hollywood Sign

When the famous Hollywood sign was erected in 1923 on Mount Lee, the tallest hill in Los Angeles, it read "Hollywoodland." The sign, lit by 4,000 light bulbs, was originally an advertisement for a real estate development in Beachwood Canyon and was only meant to last 18 months. Official maintenance of the sign ceased in 1939 and it began to deteriorate. When the "H" toppled down the hill in 1949, the Hollywood Chamber of Commerce took over maintenance of the sign, removing the last four letters and repairing the rest. Because of the expense, the chamber decided not to replace the light bulbs. The sign is more than four stories tall, and each letter is 30 feet wide at its base.



September 11th

This year marks the fifth anniversary of the terrorist attacks that killed more than 3,000 Americans. Memorials to commemorate the victims are planned at the site of the World Trade Center in New York City, at the Pentagon in Washington, D.C., and in a field near Shanksville, Pa., where passengers crashed a hijacked plane to prevent an attack on the nation's capital. The Pentagon memorial is expected to be completed this fall; it will feature lighted benches, reflecting pools, and trees.

The World Trade Center Memorial Foundation in New York City has changed its memorial design several times. Two constants have been the desire to list the names of the victims, as well as include a museum documenting the events of Sept. 11, 2001 and its aftermath. It is expected to be completed by Sept. 11, 2009.

The Flight 93 Memorial in Shanksville, Pa., is projected to be completed two years later. It will include walking paths around the crash site, a tower with wind chimes, and a grove of maple trees.

A Matter of Height

According to the National Center for Health Statistics, the average North American male is 5'9"; the average North American female is 5'4". For two centuries, Americans were the tallest people on the planet, but this started to change in the 1950s. Today, the Dutch are the tallest, measuring in at an average of 6'1" for the men, and 5'8" for the women. Here are some other tall people facts:

- The tallest presidential candidate has won the last 10 out of 12 elections.
- A study by the University of Pittsburgh found that people 6' 2" and taller receive starting salaries 12 percent higher than those under six feet. Other studies stated that for every additional inch, salaries rise by more than \$700 a year.
- A survey by journalist Malcolm Gladwell found that 58 percent of chief executives of Fortune 500 companies were 6' 1" or taller.
- A study by Syracuse University found that taller men are more likely to marry (and divorce and marry again) and have more children than shorter men.

Canada's Best Music

The **Polaris Music Prize** is a music award annually given to the best full-length Canadian album based on artistic merit, regardless of genre, sales, or record label. The award was first established in 2006 and includes a C\$20,000 cash prize. The Polaris Music Prize is modeled after the Mercury Music Prize, which is handed to the best British or Irish album over the past year. The award is sponsored by Rogers, XM Satellite Radio, Radio Starmaker Fund, and the Canadian Recording Industry Association.

A panel of 100 Canadian journalists and broadcasters act as jurors in the selection process. To ensure impartiality, the chosen jurors must not have any direct financial relationships with the nominees. Notable jurors include MuchMusic VJ Hannah Sung, *Toronto Star* music columnist Ben Rayner and *CBC News: The Hour's* host George Stroumboulopoulos.

The jurors were asked to choose the 5 best Canadian albums released between June 1, 2005 and May 31, 2006. The first choice was given 5 points, the second choice assigned 4 points and so forth. From these selections, a shortlist was released on July 4, 2006. A smaller eleven person jury will decide the winner of the prize, with the result revealed at a gala on September 18, 2006 in Toronto, Ontario.

The Largest Game Preserve in the World

The **Chapleau Crown Game Preserve** is an animal preserve area in Ontario, Canada, north-east of Lake Superior. It is situated in the Algoma and Sudbury Districts, with a surface area of 7,000 square kilometers (2,700 sq mi); it is the largest game preserve in the world.

Historically the area was inhabited by Ojibwa and Cree people, where they would hunt and fish. The first Europeans were probably the *Coureur des bois*, looking for new fur trade territory. In the 17th and 18th century, the French and English traders visited the area, establishing trading posts in Canada's interior, including Brunswick House at Missinaibi Lake. This post operated until 1917 when it was replaced by stops along the newly built railroad.

By the early 20th century, both the Canadian Pacific and Canadian National Railways crossed the area and allowed easier access for prospecting, hunting, and logging. It was not long before the exploitation resulted in a depletion of wildlife.

G.B Nicholson and William McLeod, both from Chapleau, Ontario, brought the issue to the attention of the Ontario Government and on May 27, 1925, the Chapleau Crown Game Preserve was established. All hunting and trapping was prohibited within its boundaries. - *Wikipedia*

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...

Gail Mullen, John from Micheals Carpets, Rosemary Mealing, Brian from Micheals Carpets, Michael Langois and Bill Miller

This Month In History

5 Years Ago (9/11/2001): 3000+ die as a result of hijacked airplane attacks on the World Trade Center, the Pentagon and a field in Western Pennsylvania.

25 Years Ago (9/21/81): Sandra Day O'Connor becomes 1st female Supreme Court Justice.

35 Years Ago (9/9/71): John Lennon releases the "Imagine" album.

40 Years Ago (9/6/66): "Star Trek" premiers on NBC TV.

50 Years Ago (9/9/56): Elvis Presley appears on national TV for 1st time (Ed Sullivan).

60 Years Ago (9/30/46): 22 Nazi leaders found guilty of war crimes at Nuremberg.

120 Years Ago (9/4/1886): Geronimo is captured, ending last major US-Indian war.

155 Years Ago (9/18/1851): NY Times starts publishing, at 2 cents a copy.

215 Years Ago (9/30/1791): Mozart's opera "The Magic Flute" premiers in Vienna.

225 Years Ago (9/4/1781): Los Angeles founded in *Bahia de las Fumas* by 44 settlers.

340 Years Ago (9/1/1666): Great London Fire begins in Pudding Lane. 80% of London is destroyed.

Thanks For All The Kind Words!

Don Mason from St. Catharines had this to say: "I was so pleased with the job you people did on my carpets I just had to call to say thank you! The 2 men who did the job were really super nice. We are extremely pleased with the results!"

Mr. Mason left a voice testimonial on our toll free Testimonial line – you can too! 1-800-609-9006 Ext 5096

Len Hume
Professional Carpet Systems
300 Welland Ave., St. Catharines,
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*Look Inside For Some
Amazing Money-Saving
Tips and More!*

Len Hume



White Knots

Most rugs have cotton foundations. Cotton warps run throughout the entire length of a rug, and cotton wefts threads run left to right – and are the means by which each row of wool knots are packed into a straight line and held in place. During the weaving and packing process, cotton warps and wefts will break. A broken warp or weft cannot be replaced, so the two broken pieces are tied in a knot and the weaving proceeds. This results in white knots in the field of the rug. Most times these cotton knots are trimmed down shorter than the wool facer fibers, and they are effectively hidden from view. Over time, wearing of the wool reveals these knots and they look like freckles throughout the rug.

Signs You Are No Longer A Kid

- Your back goes out more than you do.
- You quit trying to hold your stomach in, no matter who walks into the room.
- You buy a compass for the dash of your car.
- You are proud of your lawn mower.
- You sing along with the elevator music.
- You would rather go to work than stay home sick.
- You constantly talk about the price of gasoline.
- You consider coffee one of the most important things in life.
- You make an appointment to see the dentist.
- You no longer think of speed limits as a challenge.
- People call at 9 p.m. and ask, “Did I wake you?”
- The end of your tie doesn’t come anywhere near the top of your pants.
- You know what the word “equity” means.
- You can’t remember the last time you laid on the floor to watch television.
- You got cable for the weather channel.
- You can go bowling without drinking.
- You have a party and the neighbors don’t realize it.

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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@pcsniagara.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@pcsniagara.com or call (905) 646-6655! Remember, your chances of winning are better than you think!

This month’s MegaTrivia Question:
**How many square miles is the
Chapleau Crown Game Preserve?**

a) 7,000 b) 750,000 c) 5,000 d) 2,700
HINT: The answer is somewhere in this newsletter

Last month’s winners: Alice Craig, Ms. Joan Devine & Jennifer McLaughlin
Last month’s answer: D) London Bridge

“Either that wallpaper goes, or I do.”

Oscar Wilde’s last words,
died November 30, 1900