

**Ideal Carpet
Cleaning**

43 Elvaston Ave
Ottawa K2G 3Y1

idealcarpet.ca
613-228-8343

Healthy Home News

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

November 2nd is "Plan Your Epitaph Day"

In honour of "Plan Your Epitaph Day," here are some amusing headstone epitaphs:

Emily White: Here lies the body of Emily White. She signaled left and then turned right.

Winston Churchill: I am ready to meet my Maker. Whether my Maker is prepared for the great ordeal of meeting me is another matter.

W.C. Fields: Here lies W.C. Fields. On the whole, I would rather be living in Philadelphia.

Groucho Marx: Here lies Groucho Marx... and lies and lies and lies. P.S. He never kissed an ugly girl.

Jonathan Grober: Jonathan Grober died dead sober. Lord, thy wonders never cease!

Mike O'Day: This is the grave of Mike O'Day, who died maintaining his right of way. His right was clear, his will was strong. But he's just as dead as if he'd been wrong.

Sir John Strange: Here lies an honest lawyer -- That is Strange.

John Brown (Dentist): Stranger! Approach this spot with gravity! John Brown is filling his last cavity.

Will Rogers: I joked about every prominent man of my time, but I never met a man I didn't like.



An Amazing Website to Visit This Month:

"GeoGuessr"

This amazing website game is fascinating. It drops you somewhere in the world on Google Street View and you have to guess where you are. The closer you pinpoint your location on the map, the more points you get.

You can even customize it so you can only be dropped in Europe or other regions. But for the real fun, you have to play the global version. Good luck trying to differentiate a dirt track in Mexico from one in Australia!

www.GeoGuessr.com

Get Inspired

**“NO-vember:
NO failing, NO blaming, NO
excuses. NO-vember!”**

- Author unknown

Outstanding Client of the Month!

Meet Mr. Vance M.

Every month I choose a very special **Client of the Month**. It's my way of acknowledging loyal clients and saying a big **“Thank you!”** to those who support me and my business with referrals and repeat business...You could be my next **Client of the Month!**

See Insert This Issue...



**The “Grab a Spot in My Schedule
Before It’s Too Late” Special...**

(see coloured insert)

Health Corner

Diabetes Education Week

Pre-Diabetes is the state in which some -- but not all -- of the diagnostic criteria for diabetes are met, often described as the "gray area" between normal blood sugar and diabetic levels. If you are older than 45 and overweight, you are at increased risk for pre-diabetes.

There are steps you can take today to live a healthier life and prevent or delay diabetes.

- **Find out if you are actually at risk.** Talk to your doctor at your next visit to see if you fit the pre-diabetes risk group.
- **Set realistic goals.** Start by making small changes. For example, try to get 15 minutes of physical activity per day, and as the weeks pass, build up to the recommended 30 minutes of exercise per day.
- **Make better diet choices.** Try to eat five to nine servings of fruits, vegetables, beans and grains each day. Reduce the amount of fat in your diet. When available, choose grilled or baked foods instead of fried.
- **Write it down!** Record what you eat and drink each day. Keeping a food diary is one of the most effective ways to lose weight and keep it off. For still better results, review your notes with your health care provider.
- **Consistency.** Making changes can be tough when your first start. Try by adding one new healthy change a week. If you slack, get back on track. The key is just to keep at it.

Quote for November...

**“Pain is inevitable, it eventually touches
us all. Suffering is optional.”**

-Dr. Sean Stephenson

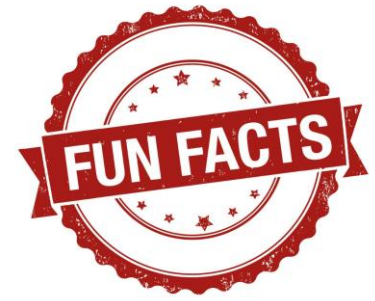
November 8th is "Punsters' Day"

Punsters' Day is a time to make bad puns, and to encourage others to do the same. Instead of groaning, which often happens, the day is to be spent laughing at them, like you would any other joke.

Puns, also known as paronomasia, are a type of wordplay that uses similar-sounding or -looking words, or figurative language, to create an oftentimes humorous effect. Puns have been around for millennia, being used in Sumerian cuneiform, and in Egyptian and Mayan hieroglyphics. Today, they are common in jokes and comedy shows and are often used in literature.

To celebrate Punsters' Day, here are some classic groaners -- don't sprain your eyes rolling them!

- A three-legged dog walks into a saloon in the Old West. He slides up to the bar and announces: "I'm looking for the man who shot my paw."
- A small boy swallowed some coins and was taken to the hospital. When his grandmother telephoned to ask how he was, the nurse said, "No change yet."
- The butcher backed up into the meat grinder and got a little behind in his work.
- What's the definition of a will? It's a dead giveaway...
- Show me a piano falling down a mineshaft and I'll show you A-flat minor.
- I wondered why the baseball was getting bigger. Then it hit me.
- A scientist doing an experiment with liquid chemicals was trying to solve a problem when he fell in and became part of the solution.



Interesting Dates in History

Nov. 1, 1512: The ceiling of the Sistine Chapel, painting by Michelangelo, is shown for the first time.

Nov. 5, 1935: The board game **Monopoly** is first released.

Nov. 11, 1834: The **Ugly Duckling** is first published by Hans Christian Andersen.

Nov. 16, 2001: The first **Harry Potter** film, *Harry Potter and the Philosopher's Stone*, is released.

Nov. 21, 1877: The invention of the **phonograph**, a machine that can record sound, is announced by Thomas Edison.

Nov 30, 1940: **Lucille Ball and Desi Arnaz** are married.

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients who graciously refer me to their friends, family, and neighbors! My business runs on repeat clients and referrals from people just like you. I couldn't do this without you! A special thanks to all these fine folks who had me out again or referred me last month...

Vance M., Kelly P., Felice M.

Humanizing Parents

by Anil P. Balaram

My father's a fast learner: when I was 15, he knew nothing; by the time I was 25, he knew everything. – Author unknown

I saw that quote around the time my first child was born and it stuck with me (though, sadly, not the author). Now that my children are teenagers, it's taken on new meaning. My kids are not stereotypical teenagers constantly – moody, self-absorbed, rebellious, etc. – though they have a few moments. I've shared the quote with many friends who are in the same stage and it's been a real source of encouragement to them.

The quote is interesting because it links generations. Most people can identify with it because of their own experience with their own parents. Almost by definition, parents start off as not being “human” to their children: initially, they are the whole universe the children inhabit, forces of nature. As children start to understand more and explore the world, parents become “just” their home. And when their growth and explorations take them further afield, parents remain the foundation, then the walls (first, to keep bad things away and, later, allegedly, to restrict the children's freedom) then fade to become the wallpaper.

The Difference

I think my father was different to me because he had a disability. My father contracted polio as a baby and it left one of his legs extremely weak, almost completely devoid of muscle. The rest of my father was very much muscular, though. At their peak, his biceps were as big as my legs are today and his other leg was much more powerful to compensate.

It also made me fiercely protective of my father. When his old friends teased him – not about his disability, but just in general – as old friends are wont to do, and before I was mature enough to understand that teasing is how old friends show they care, I got angry. How dare they insult my father!

This is an excerpt from the beginning of the article: for the full article, please see our blog at idealcarpet.ca/blog.

About the Author

Anil Balaram is a full-time software engineer and part-time marketing manager at Ideal Carpet Cleaning. He grew up in Ottawa and attended Carleton University. Anil and his wife have three teenage children.