

**Ideal Carpet  
Cleaning**

43 Elvaston Ave  
Ottawa K2G 3Y1

[idealcarpet.ca](http://idealcarpet.ca)  
613-228-8343

# Healthy Home News

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

## "5 Good Reasons to Love March"

**1. It's March — Happy New Year, ancient Romans!** Welcome to the third month of the year — or, if you were born before 150 B.C., the first! According to the oldest Roman calendars, one year was ten months long, beginning in March and ending in December. It may sound crazy, but you can still see traces of this old system in our modern calendar: because December was the tenth month, it is named for the number ten in Latin (*decem*), just like September is named for seven (*septem*).

**2. March 14:** Pi Day celebrates the annual occurrence of 3/14 with math jokes, pi-reciting competitions, and (of course) freshly baked pie.

**3. March 17:** St. Patrick's Day turns the Chicago River green. And on this day in 1973, Pink Floyd's "Dark Side of The Moon" first hit the Billboard Top 200 chart at number 95. A mere 14 years later (736 chart weeks, to be exact) it finally left the top 200 for the first time, setting a still-unbroken world record.

**4. March 20:** The sun shines on the equator for the Vernal Equinox, giving us a near 50-50 split of day and night.

**5. March 21:** The 10th anniversary Twitter founder Jack Dorsey inaugurating the social media site with its profound first tweet: "just setting up my twttr"

**Saint Patrick's Day History:** It is the Irish feast day that celebrates Saint Patrick (386-461), the patron saint of Ireland. It is a legal holiday in the Republic of Ireland, Northern Ireland, the overseas territory of Montserrat and the Canadian province of Newfoundland and Labrador. It is celebrated worldwide by the Irish and those of Irish descent (and, increasingly, by many of non-Irish descent). A major parade takes place in Dublin and in most other Irish towns and villages. The four largest parades of recent years have been held in Dublin, New York City, Manchester, and Savannah, Georgia. Parades also take place in other cities, including London, Paris, Rome, Munich, Moscow, Beijing, Hong Kong, Singapore, Copenhagen and throughout the Americas.



**Amazing Website to  
Visit This Month:**

## "International Day of Happiness"

March 20 is the International Day of Happiness and this year's theme is **Happier Together**, focusing on what we have in common, rather than what divides us.

Everyone wants to be happy - and life is happier when we're together. So, let's celebrate our common humanity. Join the community and be part of this special day.

[www.DayofHappiness.net](http://www.DayofHappiness.net)

## Get Inspired

hello march,  
I have big  
plans for you!  
xo, m.

### Outstanding Client of the Month!

#### Meet Colleen Morash

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...



"Will Your Carpet Last Another Six Months?"

(see coloured insert)

## Health Corner

### How Much Water Do Your Kids Need?

The daily amount of water that a child needs depends on factors such as age, weight, and gender. Air temperature, humidity, activity level and a person's overall health affect daily water requirements, too. The chart below can help you identify about how many cups of water your child or teen needs each day. These recommendations are set for generally healthy kids living in temperate climates; therefore, they might not be exact for your child or teen.

The amount of water that your child or teen needs each day might seem like a lot, but keep in mind that the recommendations in the chart are for *total water*, which includes water from all sources: drinking water, other beverages and food. Fruits and vegetables have a much higher water content than other solid foods. This high water content helps keep the calorie level of fruits and vegetables low while their nutrient level remains high — another great reason for kids to eat more from these food groups.

### Kids Total Daily Beverage and Drinking Water Requirements

Age	Gender	Total Water (Cups/Day)
4 to 8 years	Girls and Boys	7
9 to 13 years	Girls	9
	Boys	10
14 to 18 years	Girls	10
	Boys	14

Data are from Institute of Medicine of the National Academies. Dietary Reference Intakes (DRIs) Tables. Recommended Daily Allowance and Adequate Intake Values: Total Water and Macronutrients.

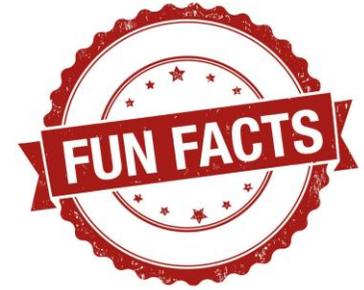
## Quote for March...

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."

-Charles Dickens

## “10 Things We Can Learn from Movies” (humour)

1. If being chased through town, you can usually take cover in a passing St. Patrick’s Day parade - at any time of the year.
2. Cars and trucks that crash will almost always burst into flames.
3. All grocery shopping bags contain at least one loaf of French bread.
4. All single women have a cat.
5. The ventilation system of any building is a perfect hiding place. No one will ever think of looking for you in there and you can travel to any other part of the building without difficulty.
6. Should you wish to pass yourself off as a German officer, it will not be necessary to speak the language. A German accent will do.
7. The Eiffel Tower can be seen from any window of any building in Paris.
8. A man will show no pain while taking the most ferocious beating but will wince when a woman tries to clean his wounds.
9. Medieval peasants had perfect teeth.
10. If you lose a hand, it will cause the stump of your arm to grow by 15cm.



## Fun Facts about March

It is the first month of Spring which begins between **March** 19-21.

In the Southern Hemisphere, **March** is the same as September in the Northern Hemisphere.

Each year **March** and June end on the same day of the week.

It is the time of year when animals start to wake up from hibernation.

The name March comes from the Roman god of war, Mars. For many years, March, being the start of spring, was also the start of the New Year. Much of Europe used March as the start of the year. Britain used March 25th as the beginning of the New Year until 1752.

## 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 the positive comments and referrals from people just like you. I couldn't do this without you! A special thanks to all these fine folks who referred me last month, including...

**Colleen Morash, Kanata**