

**Ideal Carpet  
Cleaning**

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# Healthy Home News

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

## Easter is Sunday April 12<sup>th</sup>

Easter is a festival of the Christian church commemorating the resurrection of Jesus Christ. It is not always held on the same date. In AD 325 the church council of Nicaea decided that it should be celebrated on the first Sunday after the first full moon on or after the vernal equinox of March 21. Easter can come as early as March 22 or as late as April 25.

Many Easter customs come from the Old World. The white lily, the symbol of the resurrection, is the special Easter flower. Rabbits and colored eggs have come from pagan antiquity as symbols of new life. The name Easter comes from *Eostre*, an ancient Anglo-Saxon goddess, originally of the dawn. In pagan times an annual spring festival was held in her honor. Some Easter customs have come from this and other pre-Christian spring festivals. Others come from the Passover feast of the Jews, observed in memory of their deliverance from Egypt.

## Passover

**Passover** is a Jewish holiday which in 2020 arrives at nightfall on April 8. Passover commemorates the Exodus and freedom of the Israelites from ancient Egypt. As described in the Book of Exodus, Passover marks the birth of the Children of Israel who become the Jewish nation, as the Jews' ancestors were freed from slavery and allowed to become followers of God instead.

In Israel, Passover is a 7-day holiday, with the first and last days celebrated as a full festival. The intervening days are known as *Chol HaMoed* ("festival weekdays").

Many Jews observe the Torah commandment of eating matzo on the first night of Passover at the Passover Seder, as well as the Torah prohibition against eating or owning Chametz, which includes any leavened products — such as bread, cake, cookies, beer, whisky or pasta — for the duration of the holiday. On the first night of Passover, a Jew must recount the story of the Exodus from Egypt. This commandment is performed during the Passover Seder. - *wikipedia*



## Amazing Websites to Visit This Month:

### "How to Pet a Kitty"

This is a fun (and funny) website with instruction on properly petting a cat. This page is part of "The Oatmeal." Other sections on "The Oatmeal" include "How to walk a human" and "Having a baby vs. having a cat" and "Should you buy a selfie stick?"

[TheOatmeal.com/comics/  
kitty\\_pet](http://TheOatmeal.com/comics/kitty_pet)

### "Honest Slogans"

Here is another fun website to visit this month. The site has photos of funny and more "honest" versions of popular slogans. For example, go see what the slogan this site adapts for Pepsi Cola.

[www.HonestSlogans.com](http://www.HonestSlogans.com)

## Get Inspired

EVERY DAY MAY NOT  
BE GOOD BUT THERE  
IS SOMETHING GOOD  
IN EVERY DAY

### Outstanding Client Of the Month!

Meet K. Kapoor

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...



"Controlling seasonal allergies  
with this easy step!"

(see coloured insert)

## Health Corner

### Easy Steps to Better Health

Recommended by health experts for years, some of these ideas are not new, but put together, they can make a big difference in your weight and fitness level.

**Eat together at the table:** People consume more when eating in front of the TV. And foods eaten "on the go" are generally higher in calories.

**Play with kids for at least 20 minutes a day.** Ride a bike, jump rope, play touch football or soccer. Visit [www.caloriecontrol.org/exercalc.html](http://www.caloriecontrol.org/exercalc.html) to find calories burned in various sports.

**Focus on favorite foods.** Instead of trying to give up your favorites, eat smaller portions or switch to lower-fat versions. They can be just as good.

**Eat soup.** "Volume" foods like soup leave you feeling full on fewer calories.

**Eat at home.** Restaurant food has more fat, calories, and sodium.

### 4 Practical Hair Tips

- On fine hair, conditioners should be used at a minimum to avoid adding weight. Avoid the root area and focus on the driest ends only.
- Brushes and combs should be cleaned with warm soapy (shampoo) water and rinsed thoroughly.
- Any hair perming should be done at least two weeks prior to your special event. This will allow your curls to settle and will give you some time to learn how to make the most of your new look.
- For oily hair, use a gentle shampoo but leave it on your hair for a longer period of time rather than using a harsh clarifying shampoo.

## Quote for April...

"The way I see it, if you want the rainbow,  
you gotta put up with the rain."

-Dolly Parton

## 30 Hilarious Pranks for April Fools' Day

Roots of April Fools' day are not known, though there are some theories about from where it stems. For example, it might be April 1, 1698 when many Londoners were tricked into coming to see "the Lions washed." It also might be as early 1381, when Geoffrey Chaucer's *The Canterbury Tales* was published, in which a depiction of Chauntecleer tricked by a fox took place on the 1<sup>st</sup> of April. In a sense, though, it doesn't really matter where this tradition comes from since it has gained worldwide popularity and given us a chance to laugh with April Fools pranks. If you are a fan of good April Fools pranks, take a look at a compilation of 30 on the website below. We don't advocate destroying people's property or hurting them (physically or mentally), but everything else is fair game! Happy pranking!

[www.boredpanda.com/funny-april-fools-pranks](http://www.boredpanda.com/funny-april-fools-pranks)

### Simple Steps Can Prevent Decorating Chaos

Interior decorators give these tips for keeping a balanced look in your home.

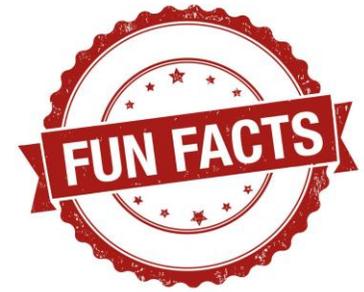
**Pictures and art:** Framed art should always be at eye level where it can connect with people. In a grouping or collection, the largest picture must be at eye level. The others can be grouped around it. In the living room, art should be only about 6 inches above the sofa.

**Furniture:** Instead of backing furniture up to the walls, create nooks within the room that reflect how the space should be used. Find a focal point and build around it. Even angling pieces is better than having large open space in the middle of the room.

**Decorating plan:** Because home decorating happens in steps, create a master plan to prevent individual projects from becoming a hodgepodge of style.

**Matching and overmatching:** Avoid room groups where upholstery, paint, drapes, and pillows are too similar. Things can go together well without being the same.

**Organizing and clutter:** Decorating and real-estate experts agree that everything should have a place. If you have lots of stuff, devise special shelving or curio cabinets for it, or allow a full room for a collection.



### Fun Facts about April

**28 Years Ago** (4/11/1992): Euro-Disney opens near Paris France

**38 Years Ago** (4/17/1982): Queen Elizabeth proclaims Canada's new constitution

**53 Years Ago** (4/29/1967): Aretha Franklin releases "Respect"

**88 Years Ago** (4/2/1932): Charles Lindbergh turns over \$50,000 as ransom for kidnapped son

**102 Years Ago** (4/1/1918): Royal Air Force was founded.

**108 Years Ago** (4/14/1912): RMS Titanic strikes an iceberg on her maiden voyage, killing 1,500

**114 Years Ago** (4/2/1906): Mount Vesuvius erupted.

**124 Years Ago** (4/10/1896) Modern Olympic Games are reborn.

### Thank You for the Kind Words!

Ideal Carpet Cleaning is an excellent business. We've always been very happy with the service.

K. Kapoor, Kanata

## A Word about the Novel Coronavirus

The coronavirus disease (Covid-19) seems to be on everyone's minds these days. It's good that people are taking it seriously, early. While there have been some analyses that contend the disease [isn't as bad as some make it out to be](#), it's better to prepare for the worst and hope for the best (rather than the reverse!).

There have been several articles comparing the responses of Philadelphia and St. Louis to the [influenza epidemic of 1918](#) (Philadelphia did little isolation until it was too late while St. Louis did it aggressively – the result was 3x higher mortality per capita).

**Here at Ideal Carpet Cleaning, we're still working – the Ontario government has designated cleaners as essential services.** We're taking steps to reduce the risk to our employees and clients. So please don't be insulted if we don't shake your hand, as we have in the past. We've started using masks and rubber gloves but they slow us down a little so please bear with us if we're running a little late.

Above all, thank you for your support. We hope these challenging times will see communities, countries, and the world work together and come out stronger. In the meantime, here's an interesting and educational link:

<https://artsandculture.google.com/partner>