

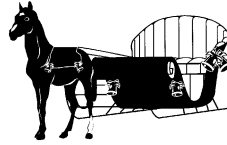
Ideal Carpet Cleaning

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Healthy Home News

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



The Story Behind *Jingle Bells*

Bostonian James Pierpont wrote "Jingle Bells" in the 1850s. It alluded to the annual sleigh races on the mile-long stretch between the squares in Medford and Malden, towns near Boston. The song was published in 1857. Some music historians say that Pierpont originally wrote it as a Thanksgiving song for a children's church program. Others contend that "Jingle Bells" was quite racy for its time, noting its references to speed racing and courting verses, such as "go it while you're young." These made it unacceptable for church use. Pierpont, the son of a minister, was considered something of a rogue. He died in 1893 before his song became a hit. In 1902, the Hayden Quartet, a barbershop group, recorded it and helped spread its popularity.

Some December Holiday Trivia

Christmas Eve (Dec 24). Some cultural anthropologists say that the custom of Santa climbing down the chimney on Christmas Eve stems from an old English belief that it was good luck to sweep out the chimney before the New Year. Others believe the lore dates back to a legend in which St. Nicholas reportedly threw a sack of gold down a chimney to help a poor family.

The Festival of Chanukah (Nov 30 – Dec 7) celebrates the Jewish peoples' struggle for religious freedom. The festival has been observed, in Israel and the Diaspora, sometimes even at the risk of life. The story behind the holiday, of how the menorah in the Holy Temple miraculously stayed lit for eight days, with very little oil, is recounted each year as people light the Chanukah candles.

Boxing Day (Dec 26). A 'Christmas Box' in Britain is a name for a Christmas present. Boxing Day was traditionally a day off for servants and the day when they received a 'Christmas Box' from the master. The servants would also go home on Boxing Day to give 'Christmas Boxes' to their families.

**Cool Blogs, Sites
& Online
Resources to
Check Out!**

**Cool websites to
visit this month:**

GoodThingsGuy.com

How about some **good news** for a change? This South African website is on a mission to change what the world pays attention to. They believe there is good news all around us, and over 1 million readers a month agree. They hunt down and report on the best good news stories from around the world, and only promote good news, inspirational stories and promote only positive, upbeat media.

www.GoodThingsGuy.com

Fatherly.com

This is a fantastic website with resources for fathers (applicable to mothers too!). They aim to be the most robust source of practical parenting advice on the Internet. They publish next-level stories that take interesting and unconventional approaches – very cool and practical stuff!

www.fatherly.com

Get carpet and home tips on our blog at
[http://idealcARPET.ca/blog/!](http://idealcARPET.ca/blog/)

Get Inspired



Outstanding Client of the Month!

Meet Nicole Racine

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...

How To Lose 8 Pounds Before The Next Holiday Without:

- Surgery
- Dieting
- or Pills!

Healthy Talk

0 What are the healthiest snacks for the holidays? We all know it's a tough time to eat healthy, but here are three snacks that are you may find healthier than most. Try these – they're great!

1. *Chocolate-dipped Fruit*

Kids often love dipping whatever they can get into dark chocolate, so go ahead and choose some healthy fruits for this fun. Clementines, strawberries, dried pineapple and dried apricots are some favorite chocolate-dipped fruits. You can sprinkle with your favorite topping for a flavor boost: lime zest, crystallized ginger, cocoa nibs, chopped dehydrated bananas or raspberries. Chopped pistachios or macadamia nuts make a fun and tasty crunchy topping.

(Yum!)

2. *Snowflake Quesadillas*

Martha Stewart shares "*The snowflake-shaped cheese quesadilla*" for a festive winter snack. It's simple to make: just fold a flour tortilla in half, then in thirds. Snip out shapes, unfold, and use as the top of a quesadilla.

(Pretty clever, eh?)

3. *Frozen Banana Penguins*

Kids love to make and eat chocolate-dipped banana birds (photo from *FamilyFun* illustrates the tasty treat). Use dried apricots to make the feet and beak and white chocolate chips for the eyes. The kids will think it's even more than "cool."

(You'll love these along with the kids!)



Quotes for December...

"It is December, and nobody asked if I was ready." –Sarah Kay, poet

"How did it get so late so soon?" -Dr. Seuss

“Diets & Dying” (funny!)

Here’s the final word on nutrition and health. It’s a relief to know the truth after all those conflicting medical studies. 😊

- * The Japanese eat very little fat and suffer fewer heart attacks than Canadians, the British, or Americans.
- * The French eat a lot of fat and also suffer fewer heart attacks than Canadians, the British, or Americans.
- * The Japanese drink very little red wine and suffer fewer heart attacks than Canadians, the British, or Americans.
- * The Italians drink excessive amounts of red wine and also suffer fewer heart attacks than Canadians, the British, or Americans.
- * **CONCLUSION:** Eat and drink whatever you like. Speaking English is apparently what kills you. 😊



The Smile Emoticon Turns 35

Happy Birthday, smiley face. :-)

The smiley face emoticon — and its less happy cousin, the frowny face — turned 35 this year.

Scott Fahlman, a Carnegie Mellon University computer science professor is responsible for creating it. He created it on an electronic bulletin board as a way to indicate jokes or sarcasm. The emoticon was really the beginning emojis, which have changed the way we communicate.

Thank You!

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

Grant Best, Gord Larose, Allison Lipson

December Fun Facts



The birthstone for December is **Turquoise**.

Sagittarius and Capricorn are the astrological signs for December.

The birth flower for December is the **narcissus**.

On December 3, 1967 the **first heart transplant** was completed.

December 3rd is **International Day of the Disabled Person**.

December 7, 1960, the first episode of **Coronation Street** based in Weatherfield, a fictional town in Greater Manchester is broadcast in Britain. Coronation Street is the longest running TV soap opera in the world.

December 7, 1948, the **Canadian low temperature record** was set in the Yukon when it dipped down to 66 degrees below zero (Celsius).

The **bowling ball** was invented on December 29, 1862

Thanks for All the Kind Words!

“I’m very happy with the work and the men were very polite and professional.” – **Nicole Racine**

Memories in 2018

As the end of 2017 approaches, we at Ideal Carpet Cleaning want to thank you, our clients, for allowing us to serve you this past year. One of the great things about being part of a small, local business is the wonderful people we get to meet and help. As the year draws to a close, it's good to remember the amazing folks we've met.

While December is a great time to create lasting memories with family and friends, we're going to be carrying the idea of memories into 2018. Over the course of the upcoming year, we'll be featuring a few articles in our newsletter that revolve around the theme of "memories" – and they won't always be exactly what you might expect!

History is a form of collective, public memory and we often feature it in our articles and our trivia. But we'll also look at far more personal memories and far more *im*personal ones, too.

Stay tuned...