

**Ideal Carpet
Cleaning**

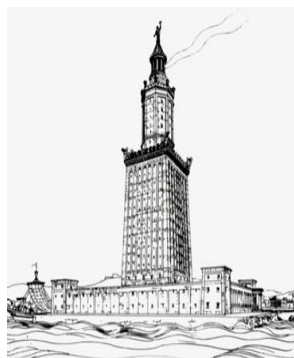
15 Sherry Lane
Ottawa K2G 3Y1

613-228-8343

Healthy Home News

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

A Wonder: The Lighthouse of Alexandria



The **Lighthouse of Alexandria** was a tower built in the 3rd century BC on the island of Pharos in Alexandria, Egypt, to serve as that port's landmark, and later, its lighthouse.

With a height estimated at between 377-492 feet of red granite covered by white marble, it was among the tallest man-made structures on Earth for many centuries, and was identified as one of the Seven Wonders of the World by *Antipater of Sidon*. It may have been the tallest building (after the two Great Pyramids) in the world for its entire life.

Pharos is a small island just off the coast of Alexandria. It was linked to the mainland by a man-made bridge named the *Heptastadion*, which thus formed one side of the city's harbor. As the Egyptian coast is very flat and lacking in the kind of landmark used for navigation at the time, a marker of some sort at the mouth of the harbor was deemed necessary - a function the Pharos tower was initially designed to serve. Use of the building as a lighthouse, with a fire and reflective mirrors at the top, is thought to date to around the 1st century AD, during the Roman period. Prior to that time, the Pharos served solely as a landmark or day beacon.

Unusual Place Names in Canada

Here are 4 of them (that aren't even in Newfoundland!):

1. **Sober Island, N.S.** Which has its own brewing company!
2. **Mayo, Yukon.** A remote town with one eatery.
3. **Vulcan, Alta.** And, yes, locals have worn pointy ears — but only for special occasions.
4. **Head-Smashed-In Buffalo Jump, Alta.** Where archeologists recently unearthed a 1,600 year old meal.



Cool websites to visit this month:

Eating Well

This is a terrific website with all kinds of resources, including:

- *Healthy Summer Desserts
- *Healthy Recipes
- *Meal Plans
- *Special Diets
- *Losing Weight
- *Instructional videos
- ... and more

www.EatingWell.com

Medium.com

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Check us out on Facebook at
[www.Facebook.com/IdealCarpetCleaningON!](https://www.facebook.com/IdealCarpetCleaningON/)

Get Inspired

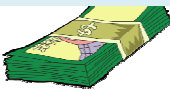


Outstanding Client of the Month!

Meet Beth Alexander

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...



Could You Use A Little Extra Cash This Summer?

Call 613-228-8343 for details.

Healthy Talk

“Peanuts Are a Smart Choice”

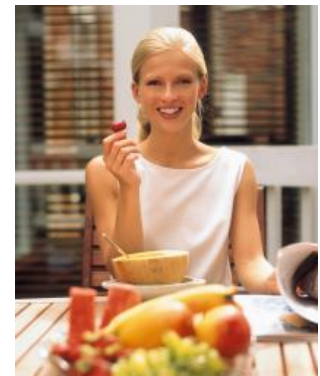
For a time, it was considered wise to avoid peanuts because of their fat content. Times have changed. Health conscious people now know that peanuts hold no damaging cholesterol. Their high protein content makes them a good choice for most people, particularly for vegetarians. (Of course, if allergic to peanuts, stay away.)

Technically, peanuts belong to the legume family, as do peas and green beans, but some people wonder whether peanuts should be in a food group of their own. In addition to protein, they contain vitamin E, niacin, riboflavin, and important minerals.

A study published in the International Journal of Obesity shows that eating peanuts is a valuable way to control hunger without weight gain. Once considered only fit for animal feed, scientist George Washington Carver spent his life finding better uses for peanuts.

“Good health is important because a person of health can enjoy great happiness during their lifetime. Without health we cannot do anything in this world. A person suffering from fever remains confined to bed. They cannot get out of doors. They cannot do anything for anybody.”

“Health is more valuable than wealth. Even a poor peasant with good health is happier than the rich person with poor health.”
- Vikash Chamaria



Quotes for June...

“If a June night could talk, it would probably boast it invented romance.” – Bernard Williams

“Never believe a prediction that does not empower you.” – Sean Stephenson

Safe Ideas That Could Save You from a Crash

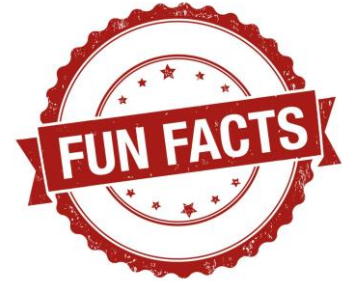
It's about that time. A road trip to a cottage, beach or Grandma's house is probably in the works. For a safer trip, consider these new and old ideas about how to get there in one piece.

- **Just drive.** Don't talk or listen to someone on your cellphone. Using a cellphone reduces your ability to see while talking and while hanging up. Just listening on a cellphone decreases your ability to process visual information on the road by up to 37%.
- **Make sure everyone is buckled up.** Not only is it safer for them, but in an emergency stop, an unbuckled backseat passenger could fly into you and cause you to lose control of the vehicle.
- **Know your route** so you don't have to find a road and drive at the same time. Navigation systems are helpful if they don't take your mind off driving.
- **Yes, give 'em a brake.** Go slow in construction zones. More than 1,000 people die in construction zones each year.
- **Take a pal along** on a long drive. Most fall-asleep crashes happen when people are driving alone, usually in the dark. Be well-rested before starting and take breaks every couple of hours.
- **Keep the kids entertained.** Provide toys and games so their noise will not distract you from your driving.
- **Avoid following a truck or SUV** if you can. Your risk of a rear-end collision rises because you can't see around them. adjust your speed to conditions.



"Don't get me wrong. I like the hugs, but I could really use a kiss once in a while."

This Month In History



80 Years Ago (6/1/1938):
Superman Comics launched.

125 Years Ago (6/30/1893):
Excelsior diamond (blue-white 995 carats) discovered.

150 Years Ago (6/23/1868):
Christopher Latham Sholes patents the "Type-writer".

170 Years Ago (6/10/1848):
First telegraph link between New York City and Chicago.

180 Years Ago (6/28/1838):
Britain's Queen Victoria crowned in Westminster Abbey.

210 Years Ago (6/22/1808):
Zebulon Pike reaches his highest point on the peak later named for him.

385 Years Ago (6/21/1633):
The Inquisition forces Galileo Galilei to denounce his Copernican heliocentric views.

405 Years Ago (6/29/1613):
Shakespeare's Globe Theatre burns down.

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 the fine folks who referred me last month, including...

Mr. and Mrs. Collier, Kanata
Deb Bourgoyne, Ottawa

Thanks for All the Kind Words!

Completely pleased! Work was well done - I would hire your company again.

Beth Alexander, Ottawa

Memories in 2018: How to Start Your Memoirs

by Anil P. Balaram

Many of this year's client newsletters will include articles revolving around the theme of "memories." When we talk with our clients, we realize that many of you have done and experienced some amazing things. We'd be happy if you'd share in our "Memories" theme by telling us about some of your memories. If you'll allow us publish them in our client newsletter, that'd be great.

Why Memoirs

Our April newsletter contained an article on why write memoirs. You can find the full version of that article on our [blog](#) (or contact us for a copy). But the short answer is: writing your memoirs helps you share your memories with friends and family.

Get Inspired

Think back to your very first childhood memory then move forward from there. Start with a few highlights (or lowlights!). It's best to record them electronically so that, as some memories uncover others, you can insert new ones and re-sort them easily.

Sometimes, it's very helpful to have a target audience in mind. Imagine you are writing these memoirs specifically for your son, daughter, niece, nephew or friend. What kinds of memories, experiences, journeys or insight would most captivate that person or group?

Start Writing

Finally, and most importantly, start writing. Choose a quiet place and a block of time without distractions. Start with bullet points then write a few sentences around each one. Be aware that if you write something potentially negative about someone, don't show your writing to anyone else: a future article in this series will discuss the legal issues that can arise in that situation.

This article is an excerpt. The unabridged version can be found on our blog at idealcarpet.ca/blog.

About the Author

Anil Balaram has been Ideal Carpet Cleaning's part-time Marketing Manager since 2015. Anil was raised in Ottawa and works full-time as a software engineer. He and his wife have three children.