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Healthy Home News

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

The Wizard of Oz Trivia and "Notes from the Set"

You've likely seen the great movie **The Wizard of Oz**. The following is some interesting trivia and some "notes from the set."

On August 1, 1900, the copyright was registered on *The Wonderful Wizard of Oz* by L. Frank Baum. In January 1938, MGM bought the rights to the hugely popular novel from Samuel Goldwyn. The film's script was adapted by Noel Langley, Florence Ryerson, and Edgar Allan Woolf.

The script underwent several revisions before the final shooting. The original producers thought that a 1939 audience was too sophisticated to accept Oz as a straight-ahead fantasy; so it was reconceived as a lengthy, elaborate dream. Because of a perceived need to attract a youthful audience through appealing to modern fads and styles, the script originally featured a scene with a series of musical contests. A spoiled, selfish princess in Oz had outlawed all forms of music except classical and operetta, and went up against Dorothy in a singing contest in which Dorothy's swing style enchanted listeners and won the grand prize. This part was initially written for Betty Jaynes. The plan was later dropped.

Another scene, removed before final script approval and never filmed, was a concluding scene back in Kansas after Dorothy's return. Hunk (the Kansan counterpart to the Scarecrow) is leaving for agricultural college, and extracts a promise from Dorothy to write to him. The implication of the scene is that romance will eventually develop between the two, which also may have been intended as an explanation for Dorothy's partiality for the Scarecrow over her other two companions.

The final draft of the script was completed on October 8, 1938. A persistent rumor suggests that negotiations took place early in pre-production for Shirley Temple to play the part of Dorothy. That tale is almost certainly untrue, yet the story appears in many film biographies (including Temple's own autobiography).



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

An Amazing Website to Visit This Month:

Google Feud

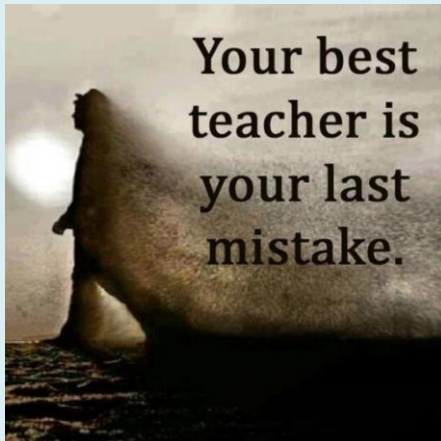
If you're spending time with familiar old sites like *Facebook*, *Quora* and *ScoopWhoop*, then you really need to step up your time-killing game. This totally-out-of-the-ordinary and ridiculously awesome website will take your game to the next level. Be warned, though, we take no responsibility for you getting in trouble with the boss!

Google Feud - Predict the Top 10 autocomplete searches

This Family Feud style game is a brand spanking new website that has us hooked. You must complete questions across four different categories and predict the top ten Google autocomplete suggestions! The more you guess correctly, the higher you score. Give it shot!

www.googlefeud.com

Get Inspired



Outstanding Client of the Month!

Meet Laurie B.

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...



"Don't Let the Summer Sneak by Without Calling You-Know-Who" and receive a nice discount!

The offer ends August 31, 2018

Healthy Eating Games & Activities

Using games and activities is a great way to help children learn about healthy eating while having fun at the same time! The ideas below can be used to engage children in healthy eating experiences, teach them to recognize different foods and encourage them to experiment with new foods, tastes, flavours and textures.

The Veggie Guessing Bag

Try this activity to increase children's recognition and awareness of different vegetables. Place some vegetables (real or plastic) in a bag (e.g. a pillowcase). Ask the children to feel inside the bag and guess which vegetables are there. As a variation, blindfold the children and place a vegetable in their hands. Ask them to guess what the vegetable is by feeling, smelling and even tasting it.

Choose a Letter of the Week

Each week taste and discuss healthy foods which start with the chosen letter of the week. For example, for the letter 'M' try mushroom, milk and mango.

Odd One Out

Say a series of four words including three vegetables and one odd word, for example, "Carrot, potato, cat, onion". Ask the children to identify the odd word.

Make the game more challenging by using an odd word that is also a food, for example, "Celery, cucumber, carrot, yogurt". Ask the children why the odd word does not belong with the rest of the group.

Create a Vegetable Person

Create a 'vegetable person' using real vegetables or pictures of vegetables. Help the children use toothpicks to make their vegetable person stand up and be three-dimensional. If using real vegetables, encourage the children to eat their vegetable person for morning or afternoon snack.

Quotes for August...

"The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart." –Helen Keller

"Try to be a rainbow in someone's cloud." -Maya Angelou

Water Safety Tips from the Red Cross

Summer's here! With the rise in temperatures comes a rise in the desire to hit the local pools or beaches to try and keep cool and have fun. Whatever water-related fun you are planning this summer, remember these water safety tips from the Red Cross, to reduce the risk of mishap:

- **Learn to Swim:** The first tip may seem like a “no-brainer,” but it is the best thing a person can do to stay safe in the water. The City of Ottawa has swimming courses for those wanting to learn, no matter your current age or skill level. Contact your local pool or recreation facility to check on availability and to enroll.
- It is always safer to **swim with a buddy** than to swim alone.
- **Rules** are meant to be followed. Posted rules aren't designed to put a damper on your fun – they are in the best interest of you and those you care about!
- It's always best to swim under the supervision of **trained lifeguards**.
- Avoid drinking alcohol before or while swimming, as it affects your judgment, balance and coordination.
- And remember the age-old adage of getting out of the water if summer storm clouds move your way.

Guard Blood Pressure: Sleep

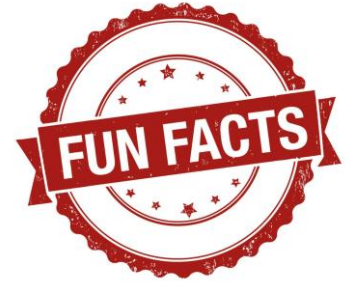
Columbia University researchers give a new reason why it's important to get enough sleep. They find that adults who sleep less than five hours a night are twice as likely to develop high blood pressure compared with those who get seven to eight hours.

To sleep better, they recommend getting some exercise (at least three hours before bedtime), drink herbal tea instead of drinks that contain alcohol or caffeine, and try to go to bed at the same time each night.

Air Conditioner vs. Windows

There's a popular myth that driving with the car windows open saves more gas than using the AC. According to Consumer Reports, the AC causes only a 1% hit to your mileage. Most vehicles will burn more than that while driving with the windows open. On the highway at least, use that AC. It will keep you cool, which will keep you focused, and safer.

Wacky Days in August



Back by popular demand (you loved the July list), here's the list of fun & wacky days in August!

5. *Friendship Day* (first Sunday in August)

5. *International Forgiveness Day* (first Sunday in August)

5. *Sisters Day* (first Sunday in August)

6. *Wiggle Your Toes Day*

8. *Sneak Some Zucchini onto your Neighbor's Porch Day*

9. *Book Lover's Day*

12. *Middle Child's Day*

13. *Left Hander's Day*

18. *Bad Poetry Day*

22. *Be an Angel Day*

23. *Ride the Wind Day*

25. *Kiss and Make Up Day*

30. *Frankenstein Day*

Thanks for All the Kind Words!

Everything was great. Service was great and so were the men that came, they were very professional and respected my space.

Thank you, I will recommend your services, as I have always done.

- Laurie B., Ottawa

Memories in 2018: Technology for 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.

Previous Articles on Memoirs

Our April newsletter contained an article on why to write your memoirs. In the June newsletter, there was an article on how to start writing. You can find the full versions of those articles on our [blog](#) (or contact us for a copy).

Use a Computer

The most important technological advice for writing memoirs is to use a computer and save your memoirs. There several advantages of using a computer: 1) you can easily insert, move, delete and search what you type electronically, 2) you can easily make copies of your memoirs to preserve them against disasters, theft or loss and 3) you can easily share them with others (note that you likely should not do this if you make negative comments about identifiable people in your memoirs – the last article in this series will discuss the legal issues).

The simplest technology to use are the Notepad application on Microsoft Windows-based computers or the TextEdit program on Apple Macs. Both can save your memoirs in a simple plain text format (i.e. no special fonts or formatting such as underlining or bolding). This is all you need to get started. Using a simple format ensures that your writing will be accessible for a long time, on a wide variety of computers.

Make Backups

Your memoirs, like all the important files on your computer, should be backed up (copied somewhere else) in case your computer stops working, is stolen or gets damaged.

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 born in Montreal, raised in Ottawa and works full-time as a software engineer. He and his wife have three children.