

**Ideal Carpet  
Cleaning**

43 Elvaston Ave  
Ottawa K2G 3Y1

613 228-8343

# Healthy Home News

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

## ***Remembrance Day: November 11***

Also named Armistice Day, this holiday was created to remember those that fell during World War I – which ended at 11am on November 11, 1918. It became Veterans Day (US) in 1954 and expanded to honour and remember veterans of all wars.

The earliest memorial services honoured unidentified soldiers killed in battle. The idea for the Tomb of the Unknowns originated with a British chaplain serving in France who came across a grave with a crude wooden cross inscribed with the following words:

*An unknown British soldier of the Black Watch.*

The clergyman made arrangements for the remains to be returned to England, where on Armistice Day in 1920, they were laid to rest in Westminster Abbey. The French honoured their unknown dead at the *Arc de Triomphe*. A similar practice was proposed by an American general for unidentified American soldiers. In 1921, the body of an unknown soldier was interred in a tomb built in Arlington National Cemetery in Virginia. Today, the Tomb of the Unknown Soldier is one of Arlington's most popular sites. It bears the words:

*Here Rests In Honored Glory an  
American Soldier Known But To God.*

The nation honours its war dead with special services at the Tomb of the Unknown Soldier. Those in attendance observe two minutes of silence, followed by the playing of "Taps." A wreath is then placed at the tomb, which houses the graves of three unknown Americans who fought in War World I, World War II, and the Korean War. A wreath is also placed at the Vietnam Veterans Memorial in Washington, D.C.

## ***Thanksgiving Around the World***

Thanksgiving Day is a national holiday celebrated in several countries including Canada, the United States, some of the Caribbean islands, Japan, Germany, Grenada, Korea and Liberia. Though not officially celebrated, its popularity is growing in Britain as a new survey revealed one in six British people now celebrates Thanksgiving.

It began as a day of giving thanks for the blessing of the harvest and of the preceding year. Thanksgiving is celebrated on the second Monday of October in Canada and on the fourth Thursday of November in the United States, and around the same part of the year in other countries. Although Thanksgiving has historical roots in religious and cultural traditions, it has long been celebrated as a secular holiday as well.

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

## **An Amazing & Fun Website to Visit This Month:**

### ***"Draw a Stickman"***

This is a fun website to visit. When you go there you get to draw a stickman figure, and then you take your character on an adventure.

The website is like a time machine in that it transports you back to your childhood. Give it a try and let us know how you enjoy it!

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

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

## Get Inspired



### Outstanding Client of the Month!

#### Meet Stéphane Audet

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 Be Left Out in The Cold!  
SAVE \$35.00 Off  
Your Carpet Cleaning

(see colored insert)

## Health Corner

**We like this news very much. We think you will too.**

Having corn on the cob with dinner? Adding a little butter will increase the level of nutrients your body will absorb. Having a salad for lunch? Adding full-fat salad dressing will have the same effect.

Some people avoid fat at all costs. But is that the best thing to do? Many of the healthful compounds in vegetables are fat-soluble. That means your body can't absorb them very well unless fat is present at the same time.

Researchers at *Ohio State University Comprehensive Cancer Center* in Columbus checked for nutrients that were especially important for cancer prevention. Some of the affected nutrients:

*Lutein* and *zeaxanthin* found in spinach and kale are important for eye and heart health. *Lycopene*, the red carotenoid found in tomatoes and watermelon, is a potential cancer fighter. *Alpha* and *beta carotene*, the orange pigment in carrots and cantaloupe, help to reduce cancer rates. *Vitamin E* found in mango, broccoli, and spinach is a powerful antioxidant that neutralizes free radicals in the body that cause tissue and cellular damage.

When some avocado was added to salads, blood tests showed the absorption of *lutein* was 18 times greater than without the fatty avocado. Absorption of *lycopene* increased by 4.4 times, and the increase in beta carotene absorption was 2.6 times.

Happily, the amount of fat in the entire meal can aid nutrient absorption. Nutritionists say you should choose at least one food per meal with a high fat content. That means if you have a small steak or hamburger with dinner, you'll be fine.



## Quotes for November...

**"Fallen leaves lying on the grass in November sun brings more happiness than the daffodils."**  
- Cyril Connolly (English critic)

**"Autumn: the year's last, loveliest smile."** - William Cullen Bryant (American poet and journalist)

# Facts on Hearing Loss

Age is one of the major causes of hearing loss. Our hearing ability is decreased in our 30s or 40s and loss is significant by age 80. More than half of all hearing-impaired people are of working age.

Often hearing loss comes so gradually that people ignore it or deny it. Only after others tell them the TV is too loud or when people object to repeating things over and over do they finally admit it. Only about 25 percent of people who could benefit from hearing aids wear them.

Studies show that those with untreated hearing loss suffer more often from depression, anxiety, emotional problems, and loss of social activity.

## What causes hearing loss?

- **Heredity.** If your parents or siblings have hearing loss, your risk is increased.
- **Exposure to loud noise.** Continuous noise of 85 decibels results in hearing damage. (This is the sound of heavy road traffic.) Most work environments are kept to 80 dB, and hearing protection is provided.

Exposure and intense sounds can cause a temporary threshold shift. It is experienced as a temporary dullness in your hearing after exposure to loud noise. Hearing fully or partially recovers.

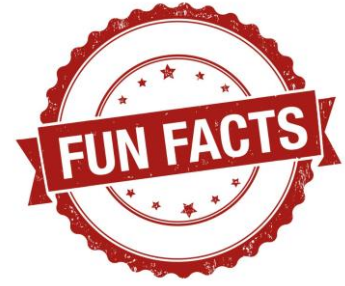
A permanent threshold shift is experienced 48 hours after exposure to very loud noise or exposure to excessive noise for long periods. This type of hearing loss can increase for up to five years after exposure.

Rock concerts can reach 110 to 120 dB. The same intensity can easily be produced in stereo headsets.

- **Cigarette smoking** can damage your ability to hear, it seems. The risk increases with the number of cigarettes smoked.

A study published in the Journal of the American Medical Association showed that 25.9 percent of smokers in the 48 to 59 age group suffered hearing loss compared to 16 percent of nonsmokers.

## Wacky Days in November



**Back again (due to popular demand) here's the November list of fun & wacky days!**

2 *Deviled Egg Day*

6 *Marooned without a Compass Day*

8 *Cook Something Bold Day*

12 *Chicken Soup for the Soul Day*

15 *Clean Your Refrigerator Day*

16 *International Tolerance Day*

17 *Homemade Bread Day*

20 *Absurdity Day*

20 *Universal Children's Day*

23 *Eat a Cranberry Day*

28 *French Toast Day*

30 *Stay at Home Because You Are Well*

## Thanks for All the Kind Words!

We are very satisfied with the work completed. It's always a pleasure to give you our business. My wife and I are pleased with the result and wish you all the best.

**- Stéphane Audet, Ottawa**

# Memories in 2018: Tornado, A Firsthand Account

by Anil P. Balaram

Many of this year's client newsletters include articles revolving around the theme of "memories." Being on the front line of a tornado that hit Ottawa on Friday, September 21, 2018 is a memory that my family won't soon forget.

## *Weather Warnings*

Growing up in Ottawa, I've heard tornado warnings all of my life. It has always seemed, though, that the tornadoes that actually showed up hit relatively sparsely populated outlying areas or the upper parts of the Ottawa Valley. I can remember once or twice seeing in the news that a suburban home had a roof ripped off by a tornado.

So when we heard the warnings this time, we weren't overly concerned. Besides, what could we do to prepare?

## *Power Outage*

In the mid-afternoon, the storm had started and power was out in the West end of the city. Because we have a gas stove, our family had a mostly normal supper by candlelight. It was a bit of fun and a change from the everyday. We loaded up the dishwasher, got it ready to run, and sat around the table a while, talking and listening to the radio.

Around 5:50pm, my younger son (age 11) said, "Wow! It just started to rain really hard. There must be a tornado coming." I turned to him and replied, "Just because there's lots of rain, doesn't mean there will be a tornado." But he was soon proven right.

## *The Tornado Hits*

About a minute after my denial, my family watched in amazement as the nearly 40-foot-tall tree on our lot was pushed back into our house. This tree was over two feet wide at the base and was leaning away from the house. Its top branches smashed one of the bedroom windows upstairs.

This article is an excerpt. To read the rest, please go to our blog at [idealcarpet.ca/blog](http://idealcarpet.ca/blog).

## *About the Author*

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