

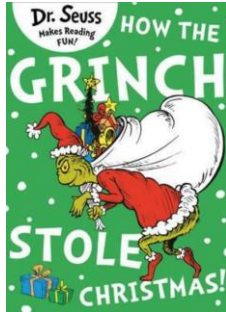
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Healthy Home News

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

Surprising "Grinch" Trivia



Recently released was the most recent iteration of the holiday favorite, *The Grinch who Stole Christmas*. The current theatric version is titled The Grinch. Who wrote the story the movie is based on? The famous Dr. Seuss, of course.

Theodor "Ted" Seuss Geisel was born on March 2, 1904 in Springfield, Massachusetts, and years before his middle name became synonymous with his amazing children's books, "Seuss" was his mother's maiden name.

In the more than 40 books he wrote, including classics such as *The Cat in the Hat* and *How the Grinch Stole Christmas!*, Seuss used strange vehicles and animals and nonsense words to communicate with children around the world.

Did you know the pen name "Dr. Seuss" began as a way to escape punishment in college?

In 1925, in the midst of the Prohibition Era, Seuss and his friends were caught drinking gin in his Dartmouth dormitory room. As punishment, Seuss was removed as an editor at the college's humor magazine, *Jack-O-Lantern*. However, he continued to publish work under a variety of pseudonyms, including "T. Seuss." Several other varying monikers, such as "*Dr. Theophrastus Seuss*," appeared over the years, which he eventually shortened to "*Dr. Seuss*" as his go-to professional pen name.

Seuss debuted the Cat and the Grinch the same year, 1957, two of his most famous characters. The Cat and the Grinch were also facets of the man. The rule-breaking, mischievous Cat illustrated the author's sense of play, while the Grinch showed the crabby side of Seuss' personality. Seuss had a vanity license plate that read GRINCH.

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

An Amazing & Fun Website to Visit This Month:

"How Stuff Works"

This website is dedicated entirely to -- you guessed it -- how things work. And by "things," they mean *everything*: from airbags to regenerative medicine to velocipede carousels.

They've covered so much on this website, it'll be hard to run out of things to read about. Plus, they have a whole bunch of podcasts that have branched off the main site over the years and are worth checking out. You'll see topics such as "Stuff You Should Know," "BrainStuff" and "Stuff Mom Never Told You."

www.HowStuffWorks.com

Check out our blog at idealcARPET.ca/blog/!

Get Inspired

Be who you are
And say what you feel
Because those
who mind don't
Matter
And those who
Matter
Don't Mind.
Dr. Seuss

Outstanding Client of the Month!

Meet Mrs. Levesque

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...



If You Want to Clean Before the
Holidays, Call Now...

SAVE
\$20.00 Off Your Carpet Cleaning

(See colored insert)

"Holiday Eating" Health Corner

Oh, the holidays! It's a wonderful time of year, but endless food options for the whole family can make it easy to overeat. Here are 7 tips to enjoying yourself in a balanced way this holiday season:

1. Eat those vegetables... first.

This means before you enjoy the roast turkey, savoury stuffing, or sweet pie, have a serving of the vegetable dish. Why? This makes sure that you actually eat the vegetables – before getting full.

2. Definitely savour each bite.

Eating slower and waiting before going for seconds is good plan, mainly because it takes 20+ minutes for your brain to get the signal that you're actually full. Pace yourself because, by savouring every delicious bite, you're more likely to take your time and stop when you've had enough.

3. Ask yourself, "Am I still enjoying this?"

If you're not sure if you are overeating, one question you should ask at different points throughout the meals is, "*Am I still enjoying this?*" If the answer is "yes," then consider continuing to eat. If the answer is "no," take a break and then re-evaluate the need for more later.

4. Don't skip meals.

Skipping breakfast and lunch to "save" all your calories for dinner typically leads to overeating. Instead, have a balanced breakfast and enjoy a satisfying lunch the day of the event.

5. Eat what you love.

Most of us find it easy to eat something just because it's there. Try to be picky at your holiday dinner. Focus on the foods you love, and skip the foods you don't enjoy as much. Also, don't eat something just because it's a holiday food — for example, if eggnog doesn't excite you, skip it.

6. Enjoy dessert, and be mindful while doing it.

There will likely be endless assortments of cakes, cookies, pies, and ice cream at your holiday meal. You may choose to have some, and if you do, enjoy it. Taste every dessert, if you want, by having a little of each.

7. And, finally, lose the guilt.

Healthy holiday eating can make people anxious, but try not to get worked up. This should be a time of relaxation. If you do happen to eat more than you planned during this holiday season, don't beat yourself up and, don't let a slip become a fall. Try to get back to your healthy eating habits as soon as possible.

Quotes for December...

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

*"December's wintery breath is already clouding the pond, frosting the pane,
obscuring summer's memory..." - John Geddes, "A Familiar Rain"*

Tips for Reading with Children



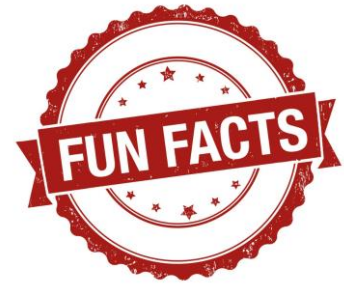
Developing a love for reading begins at home. From the website www.seussville.com, we get some great tips for reading with your children or grandchildren.

Get started with these 7 tips

1. **Pick a comfortable spot** to read in - one with plenty of light.
2. **Make it a routine** - whether it's right before breakfast, or right before bed, set aside a special time every day.
3. **Give lots of encouragement!** Read the words aloud to your child. Point to the pictures. Say the words together. Laugh with your child.
4. **It's never too early.** Reading can be a bonding activity for you and your new baby. Introduce reading in the very beginning, keep books in the nursery and have your books out for baby and toddler to see!
5. **The fun continues after the last page!** When you finish a story, ask your child about his/her favourite passages, characters, and illustrations.
6. **Imagine that!** Encourage your child to make up another character that might appear in the book. What would it look like? What would it say? What would you call it?
7. **When you're driving with your child along a familiar route, read the signs aloud.** Make your next trip to the grocery store an interactive one—read the names of food items aloud with your child. Make up new ones!

Enjoy!

Wacky Days in December



Finally, here's the December list of fun and wacky days!

- 1st Clark Kent's Birthday*
- 4th Sock Day*
- 6th World Trick Shot Day*
- 7th Cotton Candy Day*
- 8th Pretend To Be a Time Traveler Day*
- 9th Gingerbread Decorating Day*
- 10th Worldwide Candle Lighting Day*
- 12th 12-Hour Fresh Breath Day*
- 14th Monkey Day*
- 15th International Tea Day*
- 16th Chocolate-covered Anything Day*
- 21st Crossword Puzzle Day*
- 22nd Be a Lover of Silence Day*
- 25th Christmas Day (of course)*
- 26th Whiners' Day*
- 30th Bacon Day*
- 31st Make Up Your Mind Day*

Thanks for All the Kind Words!

Thanks for the follow-up. The carpet came out as new.... especially a wine stain we had treated with vinegar and baking soda paste.

- Mrs. F. Levesque, Westboro