

Ideal Carpet Cleaning

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Healthy Home News

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

Halloween's Irish Origins

Did you know that Halloween is popular in Ireland? In fact, Ireland is where Halloween is said to have originated. In the Irish language it is known as *Oíche Shamhna* or "Samhain Night."

Pre-Christian Celts had an autumn festival, Samhain, "End of Summer," which was a pastoral and agricultural "fire festival" or feast when the dead revisited the mortal world and large communal bonfires would hence be lit to ward off evil spirits. It is alleged that the Irish continued to practice their deep-rooted ancient pagan rites well after the arrival of Christianity in the mid sixth century.

Pope Gregory IV standardized the date of All Saints' Day, or All Hallows' Day, on November 1 in the name of the entire Western Church in 835. As it now began at sunset, the holiday coincided exactly with Samhain.

Although there is no official documentation that Gregory had Samhain in mind when selecting this date, it seems consistent with the common practice of leaving pagan festivals and buildings intact while overlaying a Christian meaning.

While Celts might have been content to move All Saints' Day from the previous date of April 20th, they were unwilling to give up their pre-existing April festival of the dead and continued to celebrate Samhain.



**An Amazing Website
to Visit This Month:**

"Tickld"

Tickld.com is a really humorous spot, for those who are looking for something cool and fun - and it's interesting, too. This site will provide you with hours of fun and laughter!

Tickld.com has different categories to explore, including "Heart-warming," "Spooky," "WOW," "Cute," "Outrageous," and "Funny."

We think you'll really enjoy this site!

www.tickld.com

Get Inspired

“I’m so glad I get to live in a world where there are Octobers.”

-Anne of Green Gables

Outstanding Client of the Month!

Meet Christine Harris

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...



“FALL for this Amazing Offer!”

(see coloured insert)

Health Corner

Honey, Zinc, Reflux, and more...

In this month’s **Health Corner**, we offer the following three insights for improving your health:

1. Use Honey Instead of Sugar: You can substitute honey for up to half of the sugar called for in baking (coat your measuring cup with oil for easy cleanup). Reduce liquid in the recipe by 1/4 cup for each cup of honey and add 1/2 teaspoon of baking soda. Reduce oven temperature by 25 degrees to prevent over-browning.

2. Zinc and Type 2 Diabetes: A Finnish study reported by Johns Hopkins Health Alerts followed type 2 diabetes patients between the ages of 45 and 64. Those who had lowest levels of zinc in their blood at the start of the study were more likely to have a heart attack or die during the 7-year period. Foods containing high levels of zinc include meat, seafood, chicken, oatmeal, whole wheat bread, beans, and peas.

3. Avoid Carbonated Drinks to Prevent Reflux: The *Sleep Heart Health Study* by the University of Arizona shows that avoiding nighttime heartburn could be as simple as avoiding carbonated beverages. It is estimated that 44 percent of Americans experience nighttime heartburn at least once a month. It’s more serious than daytime heartburn; it causes more damage to the esophagus and is more likely to lead to esophageal cancer.

The study showed that sufferers were more likely to consume one or more carbonated drinks daily. Heartburn was also associated with being overweight, snoring, hypertension, and asthma. Other causes may include coffee, chocolate, whole milk, peppermint, spearmint, citrus fruits, and tomatoes. It is recommended that people who have the problem eat a smaller evening meal and avoid a prone position for several hours after eating.

Quote for October...

“Having a Goal Is Not the Same as Having a Strategy”

- Bruce Eckfeldt, CEO, E&A

Halloween Ideas: Five-Minute Costumes

There are three kinds of people: those who never spend more than five minutes on a costume; those who never spend less than five hours; those who spend five minutes, but make it look like five hours. Here are some costume ideas that will put you in the latter category.

Ghost: The old standby can be gussied up by painting makeup on your sheet. If you have an extra sheet and 10 minutes, make a ghost head out of a separate piece. This way you can remove it when you want and still look cute in your flowing ghost costume.

Miss America: Dig out an old formal or prom dress. Now, find that glitter you bought too much of last Christmas to make yourself a crown. Make the sash with wide ribbon. Creative variations include Miss Mars, Miss UFO.

Chinese Doll: Paint your face white; add bee-sting lips and circle cheeks. Wear a silk robe and black wig.

Pirate: Here are the ingredients: cutoff jeans; big hoop earring; bandana for head; long wig; rough beard; stripped shirt or one with big sleeves; fake knife strapped around waist; bottle with XXX on it.

50s Sock Hopper: Straight tight jeans, loafers, white socks, side burns, and lots of hairdressing.

Jimmy Buffett: Hawaiian shirt, shorts, parrot on shoulder, straw hat, and longneck beer. In other words, what you wear in July.

Here's some Funny Stuff!

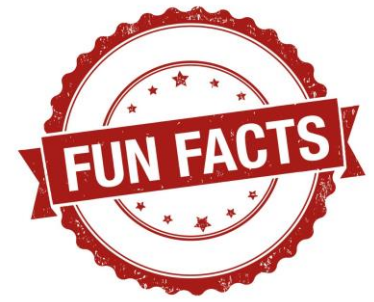
The Perfect Hearing Aid

A man was telling his neighbour, "I just bought a new hearing aid. It cost me \$4,000, but it's state of the art. It's perfect." "Really," answered the neighbour. "What kind is it?" "Twelve thirty."

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 these fine folks who had me back this past month...

**Elsbeth McCulla, Heldur Leonov, Virginia Ellis,
Christine Harris, Teri Bowles, Linda Saunders**



Interesting Dates in History

Oct. 1, 1971: Walt Disney World opens in Orlando, Florida, USA.

Oct. 6, 1889: Thomas Edison shows the first motion picture (1889).

Oct. 12, 1810: The very first **Oktoberfest** held in Munich, Bavaria, Germany.

Oct. 16, 1793: Marie Antoinette guillotined for treason.

Oct. 24, 1945: The United Nations comes into existence.

Oct. 26, 1825: The Erie Canal opens, connecting Lake Erie to the Hudson River.

Oct. 31, 1926: Magician Harry Houdini dies from complications of a ruptured appendix.