

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 also his mother's maiden name.

In 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 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 dorm. 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 in 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 part of Seuss' personality. Lastly, Seuss had a vanity license plate that read, GRINCH.

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**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 really cool 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."

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 [insert name]

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
\$35.00 Off Carpet Protection

(See colored insert)

"Holiday Eating" Health Corner

Oh the holidays! It's a wonderful time of year, but endless options of food 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 roasted turkey, glazed ham, savory stuffing, and sweet potato pie, have a serving of the vegetable dish you brought to the party. Why? This makes sure that you actually eat the vegetables (before getting full).

2. Definitely savor 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 savoring 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?"

Whenever 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, you also have the option to take a break and then reevaluate the need for more later.

4. Don't skip meals.

Skipping breakfast and lunch to "save" all of 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 extremely easy to eat something just because it's there. Try to be picky at your holiday dinner. Focus on only eating the foods you absolutely 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. If you want to taste every dessert in attendance, consider having a small sampling of each.

7. And finally, lose the guilt.

Healthy holiday eating can make people anxious, but try not to get too worked up. This should be a time of celebration and also relaxation. If you do happen to eat more than you planned during this holiday season, don't beat yourself up. More importantly, don't let a slip become a fall. If you do go overboard, don't get stuck in a food rut. Try to get back to your healthy eating habits as soon as you possibly can.



Adapted from: Jessica Jones, M.S., R.D.N.

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 Your Children



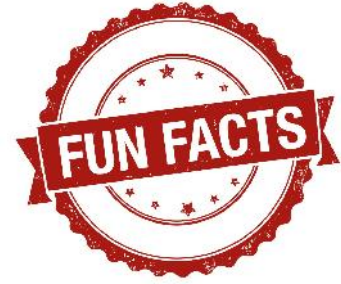
Developing a love for reading begins at home. From the website www.Seuss.com, we get some great tips for reading with your children or grandchildren.

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 the 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 favorite 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 &/or 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*

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 referred me last month...

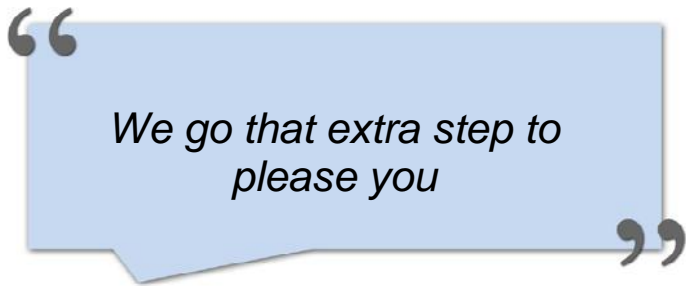
Carol

Thanks for All the Kind Words!

Thank you again H&M carpet and furnace cleaning, always pleased and satisfied with how good the carpets look.

Healthy Home News

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



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Inside This Issue You Will Discover...

- ✓ *Surprising "GRINCH" Trivia*
- ✓ *7 Fun Tips for reading with children*
- ✓ *Successful Holiday Eating in the "Health Corner"*
- ✓ *Stories, and quotes to get you inspired*
- ✓ *PLUS MORE ... fun stuff from December*
- ✓ *Thank You's, a Fun Website, Famous Quotes...AND...*

Discounts, Specials And MORE!

Keep Reading Inside...

Who Wants To Win Movie Tickets?

**Take my Trivia Challenge
And you could win too!**

This is one of my favorite parts of the newsletter! Each month, I'll give you a new trivia question. The first 2 people who call my office with the correct answer will win **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, and then call me at **780-456-3644!** Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

Dr. Seuss' vanity license plate said what?

- A) DRSEUSS B) CATNHAT
C) LUVKIDS D) GRINCH

Hint: You'll find the answer in the newsletter.