



Healthy Home News

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

Mothers' Day Around the World

May 12th is Mothers' Day, and what a great opportunity to celebrate Mothers. Here are some Mothers' Day facts you may not have known.

In most countries Mother's Day is celebrated on the second Sunday in May, among them the USA, Canada, most European countries, Australia, New Zealand, India, China, Japan, the Philippines and South Africa.

One notable exception to this rule are the UK and Ireland, which celebrate Mother's Day on the fourth Sunday in Lent. Most Arab countries celebrate Mother's Day on March 21st (vernal equinox). Most East European countries celebrate Mother's Day on March 8th.

In most countries, Mother's Day is a recent observance derived from the holiday as it has evolved in America. When it was adopted by other countries and cultures, it was given different meanings, associated to different events (religious, historical or legendary), and celebrated on a different date or dates.

Some countries already had existing celebrations honoring motherhood, and their celebrations have adopted several external characteristics from the US holiday, like giving carnations and other presents to your own mother.



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

"Mint"

Mint is a FREE and easy personal finance website and mobile app that helps you keep track of all your bank accounts, investments, savings and transactions.

You can set personal budgets each month to stay up to date on your spending.

Mint brings together everything from balances and bills to your credit score and more. Again, it's free and easy to get started, and Mint connects to almost every US financial institution connected to the internet.

Hope you benefit from this website!

www.MINT.com

Get Inspired



Outstanding Client Of the Month!

JoAnne Hart-Pauls Valley

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...



**Save Money While You
Let Me Do Your "Spring
Cleaning" For You!**

(see colored insert)

Health Corner

5 Little Known Health Facts

Add to your health knowledge and astound friends and family with the truth behind some of the most common health-related misconceptions.

1. Black coffee does not sober up an intoxicated person. It will wake the person up but will not change the alcohol levels in the bloodstream. It is better to drink fruit juice and water.
2. The color of your hair determines how many hairs you start with. Blonde people start with about 140 000, brunettes about 108 000 and redheads only 90 000. Hair grows more quickly at night and dark hair at a greater speed than blonde hair.
3. Fingernails grow faster than toenails. It is thought that the reason for this might be that sunlight stimulates nail growth, and feet are often covered.
4. Three quarters of all the food we eat on this planet come from eight types of grains: maize, rice, wheat, oats, barley, sorghum, millet and rye.
5. The myth that spinach is extremely rich in iron, is the result of a printing error. Many decades ago, a table indicating nutritional values of certain food types, put the decimal point, indicating the iron content of spinach, one position too far to the right, thereby increasing its supposed iron content tenfold. Despite the mistake being rectified more than 70 years ago, public perception hasn't changed.

Quote for May...

"All that I am, or hope to be, I owe to my angel mother."

-Abraham Lincoln

FUNNY STUFF: *What Famous Mothers Might Have Said*

Mona Lisa's Mother: "After all that money your father and I spent on braces, Mona, that's the biggest smile you can give us?"

Humpty Dumpty's Mother: "Humpty, if I've told you once, I've told you a hundred times not to sit on that wall. But would you listen to me? Nooooo!"

Columbus' Mother: "I don't care what you've discovered, Christopher. You still could have written!"

Michelangelo's Mother: "Mike, can't you paint on walls like other children? Do you have any idea how hard it is to get that stuff off the ceiling?"

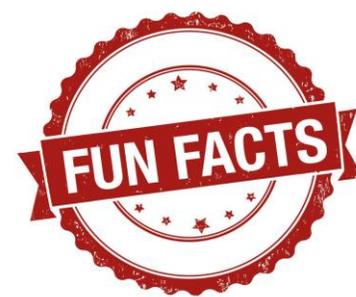
Abraham Lincoln's Mother: "Again with the stovepipe hat, Abe? Can't you just wear a baseball cap like the other kids?"

Batman's Mother: "It's a nice car, Bruce, but do you realize how much the insurance is going to be?"

Goldilocks' Mother: "I've got a bill here for a busted chair from the Bear family. You know anything about this, Goldie?"

Albert Einstein's Mother: "But, Albert, it's your senior picture. Can't you do something about your hair? Styling gel, mousse, something...?"

Thomas Edison's Mother: "Of course I'm proud that you invented the electric light bulb, Thomas. Now turn off that light and get to bed!"



May Fun Facts

* The month **May** was named for Maia, the Greek goddess of fertility.

* In any given year, no month ever begins or ends on the same day of the week as **May** does.

* **May's** birthstone is the emerald which is emblematic of love and success.

* **May** was once considered a bad luck month to get married.

* The United Kingdom celebrates **May** as the *National Smile Month*.

* On **May 1, 1931**, the Empire State Building was officially opened.

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...

Pat Welch-Norman, Mark Rogers-Norman and JoAnne Hart-Pauls Valley,

Thanks for

All the Kind Words!

See what our friends and clients have to say on our website:

<http://www.ijfloorcare.net>

Healthy Home News

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

“
Real time online
booking is now
here!
”



Joe Chambers



J&J Floor Care
405-310-9874
jjfcinc@gmail.com

www.jjfloorcare.net

Inside This Issue You Will Discover...

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- ✓ **Thank You's, a website with a "Secret Door," 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 3 people who answer 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 answer online under the trivia answers tab Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

In most countries, **Mothers' Day** is celebrated on:

- A) The 1st Sunday in May
- B) May 25th
- C) The 4th Sunday in Lent
- D) The 2nd Sunday in May

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

Last months winners: Mariah Hailey, Sonya Brooks, & Keith Clagg