



Healthy Home News

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

Valentine's Day Around the Globe



Valentine's Day is a beloved day around the world, including through regional traditions in the **UK**. In Norfolk, a character called 'Jack' Valentine knocks on the rear door of houses leaving sweets and presents for children. Although leaving treats, many children were afraid of this mystical person.

In **Wales** many people celebrate Dydd Santes Dwynwen (*St. Dwynwen's Day*) on 25 January instead of or as well as St. Valentine's Day. The day commemorates St. Dwynwen, the patron saint of Welsh lovers.

In **France**, a traditionally Catholic country, Valentine's Day is known simply as "Saint Valentin", and is celebrated in much the same way as other western countries.

In **Sweden** it is called *Alla hjärtans dag* ("All Hearts' Day") and was launched in the 1960s by the flower industry's commercial interests, and due to influence of American culture. It is not an official holiday, but its celebration is recognized and sales of flowers for this holiday are only exceeded by those for Mother's Day.

In **Brazil**, the *Dia dos Namorados* ("Day of the enamored") is celebrated on June 12, when couples exchange gifts, chocolates, cards and flower bouquets. It is the day before the Saint Anthony's day, known there as the *marriage saint*, when many single women perform popular rituals, called *simpatias*, in order to find a good husband or a boyfriend.

In **Colombia**, the *Día del amor y la amistad* ("Love and Friendship Day") is celebrated on the third Friday and Saturday in September. In this country the *Amigo secreto* ("Secret friend") tradition is quite popular, which consists of randomly assigning to each participant a recipient who is to be given an anonymous gift (similar to the Christmas tradition of Secret Santa)



An Amazing Website to Visit This Month:

Awkward Family Photos

This website is pretty funny!

If you're like most, you've seen some pretty awkward family photos over the years. Perhaps you've appeared in a few yourself?

But did you know there's a popular website completely dedicated to sharing photos that go beyond the awkwardness that you may have seen before?

AwkwardFamilyPhotos.com is fueled by awkward family photos submitted by real users. It's funny that so many people have shared such awkward pictures.

Go ahead and visit, be prepared to laugh and enjoy, and who knows – you may want to share some photos from your own family photo album.

www.AwkwardFamilyPhotos.com

Get Exclusive Specials When You "Like" us at [www.Facebook/jandjfc.com](https://www.facebook.com/jandjfc.com)!

Get Inspired

All you need is love.
But a little chocolate now and then
doesn't hurt.

Charles M. Schulz



Outstanding Client Of the Month!

Joell Gray, Purcell

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!**

February Promotion!

Book online

Use this Code and Save \$50
off your service!!!

Code: LOVE

Go to our website

<http://jifloorcare.net> and click on
the red booking tab be sure to
use the code: Love in the
promotions box.

Health Corner

Valentine's Day may actually be one of the easiest holidays to create fun but healthy holiday food. For example, imagine how you can just cut something up into a heart shape, or make it pink or red, and you're good to go. Kids are all about fun so try this *healthier Valentine's Day food idea* and see if your kids even notice that they are missing out on the junk food.



Healthy banana split. A healthy twist on a favorite kids' dessert: substitute Greek yogurt (use plain, or try vanilla to make it sweeter), heart-shaped strawberries and dark chocolate shavings for ice cream, chocolate sauce and a maraschino cherry. To make the shavings, use a chocolate bar and a carrot peeler. This would make a perfect item for a breakfast party or at any time of day. You can do a make-your-own version: Slice the bananas for the kids, and then provide the toppings in bowls. For extra toppings, try slivered almonds, granola or natural pink sprinkles.



Adapted from School-bites.com

Quote for February...

You know you're in love when you don't want to fall asleep because reality is finally better than your dreams." – Dr. Seuss

Fun Valentine Stories

“Nuts About Love”

“Driving through Southern California, I stopped at a roadside stand that sold fruit, vegetables and crafts. As I went to pay, I noticed the young woman behind the counter was painting a sign. ‘*Why the new sign?*’ I asked. ‘*My boyfriend didn’t approve of the old one,*’ she said. When I glanced at what hung above the counter, I understood. It declared: ‘*Local Honey Dates Nuts*.’”

— *Contributed by Theodore Bologna*

“Making the Grade”

“My high-school English teacher was well known for being a fair, but hard, grader. One day I received a B minus on a theme paper. In hopes of bettering my grade and in the spirit of the valentine season, I sent her an extravagant heart-shaped box of chocolates with the pre-printed inscription: ‘BE MINE.’ The following day, I received in return a valentine from the teacher. It read: ‘*Thank you, but it’s still BE MINE-US*.’”

— *Contributed by Brad Wilcox*

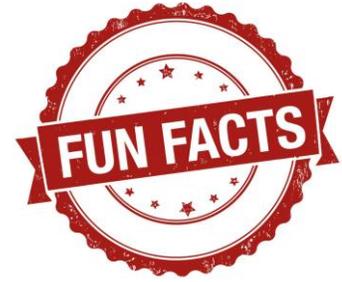
“More Than a Greeting Card”

“My friend Mark and I work in a lawn-mower-parts warehouse. Somehow Mark got the idea that his wife did not want a card on Valentine’s Day, but when he spoke to her on the phone, he discovered she was expecting one. Not having time to buy a card on his way home, Mark was in a quandary. Then he looked at the lawn-mower trade magazines scattered around the office – and got an idea. Using scissors and glue, he created a card with pictures of mowers, next to which he wrote: ‘*I lawn for you mower and mower each day.*’ Mark’s wife loved it. The card immediately graced their refrigerator door.”

— *Contributed by Gene Hyde*

ReadersDigest.ca

February Fun Facts



- February is the shortest month of the year.
- The Welsh call February "y mis bach" which means "little month".
- It is the third month of winter.
- In the Southern Hemisphere February is a summer month the equivalent of August.
- The month is named for the Latin word februum, which means purification.
- Together with January, it was the last of the months added to the Roman calendar.
- The largest American sporting event of the year, the Super Bowl, is held in February.
- The Saxon term for the month, Sol-monath, means "cake month". This is because they offered cakes to the gods during this month.

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...

Shirley Kemerling, Joanne Stiles, & Joell Gray

Thanks for All the Kind Words!

Best carpet cleaning I have ever had. Beats Stanley Steamer by a mile. J&J is very thorough, takes their time and it looks wonderful. – Shelly Johnson

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“February days are a marketing gimmick; love happens every day. – Randeep Hooda”



Picture Here

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Inside This Issue You Will Discover...

- ✓ **Valentines Day Around the Globe**
- ✓ **“Fun Valentine Stories”**
- ✓ **“Healthy Banana Split?”**
- ✓ **Stories, and quotes to get you inspired**
- ✓ **PLUS MORE ... fun facts from February**
- ✓ **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. 3 people 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 here on the **Website under Trivia Answers!** Remember, your chances of winning are better than you think! You can also text your answer to 405-310-9874 please include your name if texting your answer.

This month's Mega Trivia Question:

Charles Schultz, the creator of PEANUTS suggests something goes real well with love. What is it?

- A) A hug B) Chocolate
C) An expensive gift D) Flowers

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