



Healthy Home News

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

St. Patrick's Day – March 17th

You've surely celebrated St. Patrick's Day. It's a fun and popular holiday celebrated worldwide by Irish people and increasingly by many of non-Irish descent.

You've likely seen celebrations that are generally themed around all things green and Irish; both Christians and non-Christians celebrate the secular version of the holiday by wearing green, eating Irish food and drink, and attending parades.

The St. Patrick's Day parade in Dublin, Ireland is part of a five-day festival, with over half a million people attending yearly.

But the largest St. Patrick's Day parade is held in New York City and it is watched by 2-million spectators.

Here's a little trivia: the St. Patrick's Day parade was first held in New York City on 17 March, 1766 when Irish soldiers marched through the city.

Parades also take place in other Irish towns and villages. Other large parades include those in Cleveland, Belfast, Manchester, Birmingham, London, Coatbridge, Montreal, Boston, Chicago, Kansas City, Savannah, Pittsburgh, Denver, Sacramento, Scranton and Toronto.

Large parades also take place in other places throughout Europe and the Americas, as well as Australia and Asia.

Beyond a celebration of Irish culture, St. Patrick's Day is a Christian festival celebrated in the Catholic Church, the Church of Ireland and other denominations. It always falls in the season of Lent.

In church calendars St. Patrick's Day is moved to the following Monday when it falls on a Sunday. It is traditional for those observing a Lenten fast to break it for the duration of St. Patrick's Day whenever March 17 falls on a Friday.

We wish you a wonderful St. Patrick's Day.



An Amazing Website to Visit This Month:

agoodmovietowatch

🔗 ➔ 📷 ✉️ *premium*

One of life's persistent challenges is trying to think of a good movie to watch, right?

Now you can always know what to watch. **A good movie to watch** is a human-powered suggestion platform: it suggests highly-rated non-blockbuster movies and shows for both *Netflix* and *Amazon Prime*.

This website has quality suggestions that aren't exactly well known. If anything, a few clicks of a random suggestion will get you to something that will catch your interest.

Have fun with this website.

www.agoodmovietowatch.com

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

Get Inspired



I'm a great believer in luck, and I find the harder I work, the more I have of it.

- Thomas Jefferson

Outstanding Client Of the Month!

Meet Shirley Kemerling-Lindsay

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...



"Do You Want More Money in Your Pocket at the End of Every Month?"

(see colored insert)

Health Corner

Eating Apples Protects Your Memory, Heart & More

While medical researchers spend their lives making discoveries that will improve our health, sometimes they discover that good food can be great medicine. When it comes to apples, the good news gets better all the time. Apples can preserve memory and may help to prevent asthma, cancer, diabetes, and heart disease.

Researchers at the University of Massachusetts Lowell say the big news about apples right now is its possible ability to keep Alzheimer's disease away. Apples can increase production of the neurotransmitter acetylcholine, resulting in improved memory. Neurotransmitters are also vital for good health throughout the body. The UMass study mostly used apple juice.

Apples are the best source of *quercetin*, an antioxidant that protects brain cells against oxidative stress. This is a tissue-damaging process associated with Alzheimer's disease. Drinking two cups of apple juice or eating three apples a day boosts production of quercetin. Be sure to eat the skin; it can have 6 times more antioxidants than the flesh. Apples are well-known cancer fighters and heart protectors, reducing risk of diabetes, asthma, and tooth loss.

Bananas Fight Heartburn, Depression and More

Most people know that bananas are an excellent resource for potassium (one ripe banana supplies more than 10% of an adult's daily requirement of the mineral). That's important because people with a low dietary intake of potassium are 28% more likely to suffer a stroke than those who consume higher levels, according to a study conducted at Tulane University.

Lesser-known medical uses of bananas:

- **Depression.** Bananas are a good source of *tryptophan* (a precursor to *serotonin*, a chemical in the brain that helps regulate mood).
- **Heartburn and ulcers.** Bananas neutralize acidity and soothe and coat esophageal tissue with *pectin* (a substance used as a thickener and stabilizer in jellies).

Important: In rare cases, bananas may trigger an allergic reaction. Bananas with blackened skin can increase blood sugar levels. Because bananas have high levels of potassium, people with kidney problems should check with their doctors before eating this fruit. - Ara DerMarderosian, PhD

Quote for March...

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade." - Charles Dickens

St Patrick's Day Irish Humor

"It's All in The Glove"

On St. Patrick's Day O'Malley was leaving his favorite bar when he was run over by a bus. He gets to the gates of heaven and St. Peter tells him he cannot enter unless he passes a test. What choice did he have, O'Malley agrees to try as he never was the brightest bulb in the box.

St. Peter decides to go easy on him, 'What has 5 fingers and is made of black leather?' he asks. O'Malley scratches his head, thinks hard and finally gives up. 'It's a glove says St. Peter.'

Let's try again. 'What has 10 fingers and is made of black leather?' asks St. Peter. O'Malley is clearly stumped. After a few minutes of pacing in a circle and scratching his head, O'Malley gives up. 'Why it's 2 gloves - don't you see 10 fingers, black leather, says St. Peter amazed.' Being in a generous mood, St. Peter decides to give O'Malley yet another chance but thinking of an even easier question.

'Who is the patron Saint of Ireland?' asks St. Peter, thinking he can't miss this. 'It wouldn't be 3-gloves, would it?' says O'Malley.

"How to Gain Admittance to the Olympics"

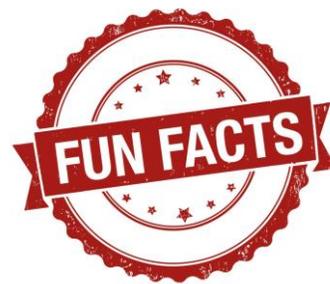
Three Irishman were without tickets for the opening ceremonies of the summer Olympics but hoped to be able to talk their way in at the gate. Security was very tight, however, and each of their attempts was met with a stern refusal.

While wandering around outside the stadium, the first came upon construction site, which gave him an idea. Grabbing a length of scaffolding, he presented himself at the gate and said, 'O'Leary, the pole vault, 'and was admitted.

The second, overhearing this, went at once to search the site. When he came up with a sledge hammer, he presented himself at the gate and said, 'Kelly, the hammer.' He was also admitted.

The third Irishman combed the site for an hour and was nearly ready to give up when he spotted his ticket in. Seizing a roll of barbed wire, he presented himself at the gate and announced, 'O' Sullivan, fencing.'

March Fun Facts



***March 14:** "Pi Day" celebrates the annual occurrence of 3/14 with math jokes, pi-reciting competitions, and (of course) freshly baked pie.

***March 17:** St. Patrick's Day. And on this day in 1973, Pink Floyd's "*Dark Side of The Moon*" first hits the Billboard Top 200 chart at number 95. 14 years later, it finally left the top 200 for the first time, setting a still-unbroken world record.

***March 20:** The sun shines on the equator for the Vernal Equinox, giving us a near 50-50 split of day and night.

***March 27:** Easter Sunday

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

Thanks for All the Kind Words!

Shirley, thanks so much for your recommendation for J & J to clean our tile & carpet! We are so happy with our results! Yes, we would like them to come back! All looks Great! Thanks again! Sherry Finley-Lindsay

Healthy Home News

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

“
Did you know you can now get
an Estimate and book your
cleaning online?
”



Joe Chambers

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

www.jjfloorcare.net

Inside This Issue You Will Discover...

- ✓ **St. Patrick's Day Facts**
- ✓ **"Funny Irish Jokes"**
- ✓ **Health Corner: The Amazing Health Benefits of Apples and Bananas**
- ✓ **Stories, and quotes to get you inspired**
- ✓ **PLUS MORE ... fun facts from March**
- ✓ **Thank You's, an awesome website to find great movies to watch, 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 online 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 answer under the trivia answers tab. Your chances are better than you think.

This month's Mega Trivia Question:

How many years was Pink Floyd's "Dark Side of the Moon" album on the top 200 chart?

- A) 1 ½ B) 7
C) 8 ¾ D) 14

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

Last month only 2 Winners- Joyce Filipski and Sonya Brooks