



Healthy Home News

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

Mother's Day, May 13



Different countries celebrate Mother's Day on various days of the year because the day has a number of different origins.

One school of thought claims this day emerged from a custom of mother worship in ancient Greece, which kept a festival to Cybele, a great mother of Greek gods. This festival was held around the Vernal Equinox around Asia Minor and eventually in Rome itself from the Ides of March (15 March) to 18 March.

The ancient Romans also had another holiday, *Matronalia*, which was dedicated to Juno, though mothers were usually given gifts on this day. In some countries the Mother's Day began not as a celebration for individual mothers but rather for Christians.

In most countries, Mother's Day is a new concept copied from western civilization. In many African countries, the idea of one Mother's Day has its origins in copying the British concept, but many festivals and events celebrating mothers on the African continent have been there centuries before the colonials arrived. In most of East Asia, Mother's Day is a heavily marketed and commercialized concept copied straight from Mother's Day in the USA.

In the United States, Mother's Day was first suggested in 1872 by Julia Ward Howe (famous for writing the words to the "Battle Hymn of the Republic"). But it was a woman who was never a mother herself who led the campaign for national recognition of Mother's Day.

Anna Jarvis held a ceremony in 1907 in Grafton, West Virginia, to honor her mother, who had died two years earlier. Jarvis' mother had tried to establish Mother's Friendship Days as a way of dealing with the aftermath of the [Civil War](#). Anna Jarvis began a campaign to create a national holiday honoring mothers. She and her supporters wrote to ministers, businessmen and politicians, and they were successful in their efforts.

In 1910, West Virginia became the first state to recognize the new holiday, and the nation followed in 1914 when President Wilson declared the second Sunday in May to be Mother's Day. Jarvis used white carnations as a symbol for mothers, because carnations represented sweetness, purity and the endurance of mother love. (Today, white carnations represent a mother who has died, while red carnations represent a living mother.)



Cool websites to visit this month:

Mothers' Day Cartoons website

Celebrate mom with a collection of funny and witty cartoons compiled by Daryl Cagle. This is a website with some great Mothers' Day Cartoons. The following is a long URL, but it's worth it.

[www.today.com/
slideshow/mother-s-day-
cartoons-30324381](http://www.today.com/slideshow/mother-s-day-cartoons-30324381)

Animal Planet Kitten and Puppy Cams

Puppies and kittens. What could be better? Go ahead and bookmark this site for whenever you need a pick-me-up. You can check out a live stream from animal shelters in the U.S. to see some of the adoptable cuties in action.

[www.animalplanet.com/
tv-shows/puppy-bowl/games-and-
more/kitten-cam/](http://www.animalplanet.com/tv-shows/puppy-bowl/games-and-more/kitten-cam/)

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

Get Inspired

"I am not a product of my circumstances. I am a product of my decisions."

STEPHEN COVEY



Outstanding Client Of the Month!

Connie Sanders, Norman

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!**

May Special



Be the first 7 lucky people to schedule carpet cleaning and get every 3rd room cleaned for **FREE**

Ends May 31st, 2018

Not valid with other offers

Free rooms subject to technician's choice



Healthy Talk

Start the Day Right Head outside and see the light!

If Monday morning finds you not too eager to start a new week, the good news is: You can ban blue Mondays and hazardous hump days for good.

It's easier now because it's spring. The early morning sunshine can make you feel energetic and can boost your mood say authorities at the Sleep and Mood Disorders Laboratory at Oregon Health & Science University in Portland.

Maybe you've noticed that you already feel more awake in the morning. It's because the time when dawn begins affects the body's circadian rhythm.

To get your rhythm reset even better, get outside as soon as you wake up. An early morning walk is ideal but stepping out on your apartment balcony can help. Stretch and loosen up.

Face the sun and inhale deeply as you raise your arms. Imagine that you are pulling energy-boosting light into your body. Remember, if you take that walk you'll be brighter and smarter when you get to work.

When you're in pain...

Doctors at the Mayo Clinic say that when you are in pain, exercise is probably the last thing on your mind. But it could be more important than you think. (Be sure to follow the advice of your doctor though.)

Regular exercise is a versatile weapon in the fight against chronic pain. It may seem difficult to start, but your body will thank you, say the Mayo people.

Quotes for May...

"My mother had a great deal of trouble with me, but I think she enjoyed it." – Mark Twain

"A mother's arms are more comforting than any one else's." – Princess Diana

This CAN'T be SERIOUS!

The ad below recently caught our eye. It looks like an ad from the 50s that touts the health benefits of babies drinking cola. We couldn't believe what we read when first seeing this. Take a look at the ad, then read below for *the rest of the story*.

**For a better start in life
start COLA earlier!**

How soon is too soon?

Not soon enough. Laboratory tests over the last few years have proven that babies who start drinking soda during that early formative period have a much higher chance of gaining acceptance and "fitting in" during those awkward pre-teen and teen years. So, do yourself a favor. Do your child a favor. Start them on a strict regimen of sodas and other sugary carbonated beverages right now, for a lifetime of guaranteed happiness.

The Soda Pop Board of America
1515 W. Hart Ave. - Chicago, ILL.

- Promotes Active Lifestyle!
- Boosts Personality!
- Gives body essential sugars!

This ad isn't real. It's just a very successful vintage-ad parody created in 2002 by RJ White. Years later he wrote:

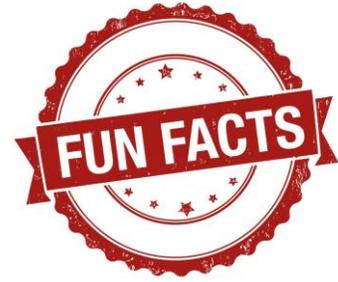
"About seven or eight years ago, I made this fake ad, exhorting parents to give soda to their babies. It was done on a bored afternoon... I whipped it together, posted it to the web, joke over."

Thank You!

Thanks to YOU the word is spreading! Thanks to all 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...

**Karen Hooper, Connie Sanders, Pamela Popejoy,
Kristen Wasoski, & Darlene Bowline**

This Month in History



20 Years Ago (5/14/98): Last episode of Seinfeld on NBC.

65 Years Ago (5/4/53): Pulitzer Prize awarded to Ernest Hemingway (Old Man & The Sea).

65 Years Ago (5/29/53): Edmund P. Hillary & Tensing Norkay are 1st to reach summit of Mount Everest.

70 Years Ago (5/14/48): PM David Ben-Gurion establishes State of Israel.

90 Years Ago (5/15/28): Mickey Mouse made his 1st appearance.

95 Years Ago (5/4/23): New York State revokes Prohibition law.

110 Years Ago (5/10/1908): 1st Mother's Day observed (Philadelphia).

130 Years Ago (5/7/1888): George Eastman patents "Kodak box camera."

135 Years Ago (5/1/1883): "Buffalo Bill" Cody put on his 1st Wild West Show.

185 Years Ago (5/5/1833): John Deere makes 1st steel plow.

290 Years Ago (5/15/1718): James Puckle, a London lawyer, patents world's 1st machine gun.

Thanks for All the Kind Words!

Amazing best carpet cleaning I had. Will not use anyone else. Honest, professional, and nice

Heather Yeager-Norman, Ok

Healthy Home News

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

“
Life doesn't come with a
manual it comes with a
mother...author unknown
”



Joseph Chambers

J&J Floor Care, Inc.
3334 W Main, Ste. 475
Norman, OK 73072
405-310-9874

jffcinc@gmail.com

www.jffloorcare.net

Inside This Issue You Will Discover...

- ✓ **Cool trivia and a quote about Mothers' Day ...**
- ✓ **Cola for babies? (Shocker!)**
- ✓ **Healthy Talk ... Start the day right**
- ✓ **Stories, and quotes to get you inspired**
- ✓ **PLUS MORE ... May Fun Facts.**
- ✓ **Thank You's, Fun Websites, Famous Quotes...AND...**

Discounts, Specials And Much, Much MORE!

Keep Reading Inside...

Who Wants to Win \$25 Dollars?

**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 who use the **J&J Floor Care APP** with the correct answer will win **\$25 dollars**. Enjoy spending \$25 dollars on me, wherever you like! Take your best guess! Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

What hit television show went off the air 20 years ago this month?

- A) Friends B) All in the Family
C) Full House D) Seinfeld

Hint: You'll find the answer in the newsletter. April Winner of Movie tickets: Keith Clagg, Maysville