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Healthy Home News

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

St. Patrick's Day is March 17th



Little is known of Patrick's early life, though it is known that he was born in Roman Britain in the 4th century, into a wealthy Romano-British family.

His father and grandfather were deacons in the Church. At the age of sixteen, he was kidnapped by Irish raiders and taken captive to Ireland as a slave.

It is believed he was held somewhere on the west coast of Ireland, possibly Mayo, but the exact location is unknown.

According to his Confession, he was told by God in a dream to flee from captivity to the coast, where he would board a ship and return to Britain.

Upon returning, he quickly joined the church in Auxerre in Gaul and studied to be a priest.

In 432, he said that he was called back to Ireland, though as a bishop, to Christianize the Irish from their native polytheism. Irish folklore tells that one of his teaching methods included using the shamrock to explain the Christian doctrine of the Trinity to the Irish people.

After nearly thirty years of evangelism, he died on March 17, 461, and according to tradition, he was buried at Downpatrick. Although there were other more successful missions to Ireland from Rome, Patrick endured as the principal champion of Irish Christianity and is held in esteem in the Irish Church.

*A good idea is about ten percent implementation and hard work,
 and ninety percent luck.*

Guy Kawasaki



*St. Patrick's Day is here, you see.
 We'll pick some shamrocks,
 one, two, three.
 We'll count the leaves
 and look them over,
 And maybe find a four-leafed clover.*

Peanut Butter Lover's Day is March 1st



Peanuts are native to the tropics of the Americas, and were mashed to become a pasty substance by the Aztec Native Americans hundreds of years ago.

A number of peanut paste products have been used over the centuries, and the distinction between peanut paste and peanut butter is not always clear-cut in ordinary use.

Early models of peanut butter, like the Aztec's version, were nothing but pure roasted peanut paste. It was hard to work with and to spread than current day peanut butter and had more of an unadulterated, yet bitter taste.

It was not until George Washington Carver's day that ingredients like sugar and molasses were added to most brands to aid in its spreadability, but with new modern processing machines being invented, peanut butter was already significantly smoother than it had been.

Get Free Cleaning Tips and Specials at our Website www.scorecarpetcare.com!

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 good friends and saying "thanks" to those who support me and my business with referrals, word of mouth and repeat business... YOU might be my next **Client of the Month!** Watch for your name here in an upcoming issue!

It's Good to Laugh

*I won't say ours was a tough school,
but we had our own coroner.*

*We used to write essays like,
"What I'm going to be if I grow up."*

Lenny Bruce

*I went into a French restaurant and
asked the waiter, "Have you got
frog's legs?" He said yes, so I said,
"Well, hop into the kitchen and get
me a cheese sandwich!"*

Tommy Cooper

*Human beings are the only creatures
on earth that allow their children
to come back home.*

Bill Cosby

*I looked up my family tree
-- and found out I was the sap.*

Rodney Dangerfield

*Another term for 'balloon'
is 'bad breath holder'.*

Demetri Martin

See Insert This Issue:



**Will Your
Carpets Last
Another Six
Months?**

March 3: National Anthem Day

"The Star-Spangled Banner" is the national anthem of the United States of America. The lyrics come from "*The Defence of Fort McHenry*", a poem written in 1814 by the 35-year-old lawyer and amateur poet, Francis Scott Key, after witnessing the bombardment of Fort McHenry by the British Royal Navy ship in Chesapeake Bay during the Battle of Fort McHenry in the War of 1812.

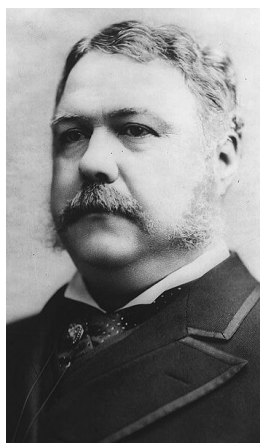


The poem was set to the tune of a then-popular British drinking song, "*The Anacreontic Song*", with various lyrics, was already popular in the US. Set to Key's poem and renamed "*The Star-Spangled Banner*", it would soon become a well-known American patriotic song.

With a range of one and a half octaves, it is known for being difficult to sing. Although the song has four stanzas, only the first is commonly sung today, with the fourth added on more formal occasions. The fourth stanza includes the line "And this be our motto: In God is our Trust.". The United States adopted "In God We Trust" as its national motto in 1956.

"The Star-Spangled Banner" was recognized for official use by the Navy in 1889 and the President in 1916. It was made the national anthem by a congressional resolution on March 3, 1931, which was signed by President Herbert Hoover.

Series: Lesser-Known US Presidents 21st President Chester Arthur



Chester Arthur (10/5/1829-11/18/1886) served as the 21st President of the United States. Arthur was a member of the Republican Party and worked as a lawyer before becoming the 20th Vice President under James Garfield.

While Garfield was mortally wounded by Charles J. Guiteau on July 2, 1881, he did not die until Sept 19 of that year, at which time Arthur was sworn in as president, serving until March 4, 1885.

Before entering elected politics, Arthur was a member of the Stalwart faction of the Republican Party. To the chagrin of the Stalwarts, the one-time Collector of the Port of New York became, as President, a champion of civil service reform.

He avoided old political cronies and eventually alienated his old mentor. Public pressure, heightened by the assassination of Garfield, forced an unwieldy Congress to heed the President. Arthur's primary achievement was the passage of the *Pendleton Civil Service Reform Act*. The passage of this legislation earned Arthur the moniker "The Father of Civil Service" and a favorable reputation among historians.

Even author Mark Twain, deeply cynical about politicians, conceded, "It would be hard indeed to better President Arthur's administration."

Mobile Phone Fun Facts

Mobile technology has shown tremendous growth in recent years and now rivals other outlets as one of the most powerful forms of mass media. While mobile phones will not be the death of print, television or the Internet, it has proven to be a huge and unique new platform for delivering content.

- The first mobile phone device was invented by Motorola and the device was named *DynaTAC 8000X*.
- The first text message was sent in 1992.
- There are 4.16 billion people who own a mobile phone.
- Up to 60% of the radiation emitted by a typical cell phone (enough to cause heating), will be absorbed by the user's head?
- 78% are from developing markets while only 22% are from developed markets.
- In Malaysia, market penetration for mobile devices is higher than television and PC's.
- Nokia makes up the highest market share of mobile operating systems.
- Mobile phones can be used almost anywhere in the world, although the common cell phone technology is just one form of mobile phone. In some places, satellite phones are needed to reach out to the rest of the world.
- There will be 5.8 billion mobile subscribers worldwide by 2013. No other media channel offers anything like this reach.
- Half a billion people accessed mobile Internet worldwide in 2009. Usage will double within five years as mobile overtakes the PC as the most popular way to get on the Web.

March Birthday Hall of Famer: Jerry Lewis

Jerry Lewis was born Joseph Levitch in Newark, NJ, to Russian Jewish parents in 1926. His father, Daniel Levitch, was an MC and vaudeville entertainer who used the professional name Danny Lewis. His mother, Rachel Levitch was a piano player for a radio station.



Lewis started performing at age five and would often perform alongside his parents in the Catskill Mountains in NY. By fifteen he had developed his "Record Act", in which he exaggeratedly mimed the lyrics to songs on a phonograph.

He used the professional name Joey Lewis, but soon changed it to Jerry Lewis to avoid confusion with comedian Joe E. Lewis and boxing champion Joe Louis.

Lewis initially gained fame with singer Dean Martin, who served as straight man to Lewis's zany antics in the *Martin and Lewis* comedy team. They distinguished themselves from the majority of comedy acts of the 1940s by relying on the interaction of the two comics instead of planned skits. In the late 1940s, they quickly rose to national prominence, first with their popular nightclub act, next as stars of their own radio program.

They then made appearances on early live television, debuting first on the June 20, 1948 debut broadcast of *Toast of the Town* with Ed Sullivan, and finally as film stars in a string of successes for Paramount Pictures. However, as Martin's role in their films became less important, the partnership became strained. The partnership finally ended in July of 1956.

Both Martin and Lewis went on to successful solo careers, but for years neither would comment on the split, nor consider a reunion. They made a couple of public appearances together between the breakup and 1961, but then were not seen together in public until a surprise appearance by Martin on Lewis's Labor Day Muscular Dystrophy Telethon in 1976, arranged by Frank Sinatra. The pair eventually reconciled in the late 1980s.

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients and friends who graciously referred me to their friends and neighbors last month!

My business runs on the positive comments and referrals from people just like you! I couldn't do it without you!

A special thanks to all these fine folks who referred me...

Lidia Spinelli

Thanks for All the Kind Words!

The Lighter Side of Police Work

While taking a routine vandalism report at an elementary school, I was interrupted by a little girl about six years old.

Looking up and down at my uniform, she asked, "Are you a cop?" "Yes," I answered and continued writing the report.

"My mother said if I ever needed help I should ask the police. Is that right?" "Yes, that's right," I told her.

"Well, then," she said as she extended her foot toward me, "would you please tie my shoe?"

It was the end of the day when I parked my police van in front of the station. As I gathered my equipment, my K-9 partner, Jake, was barking, and I saw a little boy staring in at me.

"Is that a dog you got back there?" he asked. "It sure is," I replied.

Puzzled, the boy looked at me and then towards the back of the van. Finally he said, "What'd he do?"