



# Healthy Home News

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

May 

*Hope is the thing with feathers--  
That perches in the soul--  
And sings the tune without the words--  
And never stops--at all--*

**Emily Dickinson**

**Cinco de Mayo:** Cinco de Mayo celebrates the legendary Battle of Puebla, Mexico on May 5, 1862 in which a Mexican force of 4,500 men faced 6,000 men of the well trained forces of Napoleon III's French Army. The battle, which lasted all of four hours ended in a moral and military victory for the Mexican Army led by the 33 year old General Ignacio Zaragoza. It is a common misconception that Cinco de Mayo is Mexico's Independence Day, which is celebrated on September 16th, but actually it is a celebration of the battle. – wikipedia

## Thank you for referring us!!

Have you ever earned money just by talking to family and friends about what a great job a service person provided for you? Encourage your friends to book an appointment (if they mention your name they will get 100 sq ft free) then sit back and collect your **REFERRAL REWARD CERTIFICATES** worth 10% of your referral's cleaning bill. It can be treated like cash or save them and use it on your next cleaning. By saving these certificates you may be able to clean your house for FREE!!!

## Mother's Day Tidbits

Different countries celebrate Mother's Day on various days of the year because the day has a number of different origins. Some claim the day emerged from a custom of mother worship in ancient Greece, who held a festival to Cybele, a great mother of gods, and the wife of Cronus. The Romans also had another holiday called *Matronalia*, which was dedicated to Juno, and mothers were usually given gifts on this day.

In North America, Mother's Day was inspired by the English version, by social activist Julia Ward Howe, after the American Civil War, with a call to unite women against war. She wrote the famous Mother's Day Proclamation.

According to the National Restaurant Association, Mother's Day is now the most popular day of the year to dine out at a restaurant in North America. In the UK, the day now simply celebrates motherhood and thanks mothers.

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, although there are many festivals and events celebrating mothers within the many diverse cultures on the African continent that have been there centuries. In most of East Asia, Mother's Day is a heavily marketed and commercialized concept copied straight from Mother's Day in North America.

## May Day! May Day!

**May Day** is May 1, and refers to any of several holidays celebrated on this day. Internationally, it is also called International Workers' Day (or Labour Day), and commemorates the historic struggle of working people throughout the world. The holiday began in the 1880s in the USA, linked to the battle for the eight-hour day, and the Chicago anarchists.

May Day is commonly celebrated as a commemoration of the Haymarket Riot of 1886 in Chicago, Illinois, which occurred on May 4, and was the culmination of labor unrest which began on May 1. The date consequently became established as an anarchist and socialist holiday during the 20th century. In this form, May Day has become an international celebration of the social and economic achievements of the working class and labor movement.

The earliest May Day celebrations appeared in pre-Christian Europe, as in the Celtic celebration of *Beltane*, and the Walpurgis Night of the Germanic countries. It was a festive holy day celebrating the first spring planting. Although the pagan-oriented celebrations faded as Europe became Christianized, a more secular version of the holiday continued to be observed in the schools and churches of Europe well into the 20th century. In this form, May Day may be best known for its tradition of dancing around the Maypole and the crowning of the Queen of the May.



**Get Free Cleaning Tips And Specials At Our new Website [www.pcsniagara.com](http://www.pcsniagara.com)!**

## Outstanding Client of the Month!

### Meet Kelly Walker

We want more customers like Kelly! We helped her out of her sweet & sour sauce concern and she left us a voice testimonial. She has recommended us to her mother and a friend. Hopefully she is keeping her "Referral Reward Certificates" so the next time we can clean her house for free!

**YOU** might be my next **Client of the Month!** Watch for your name here in an upcoming issue! And then watch in the mail for our token of appreciation for all the business you have given us.

---

*Always vote for principle,  
though you may vote alone,  
and you may cherish the sweetest  
reflection that your vote is never lost.*

**John Quincy Adams**

---

*I find television very educating.  
Every time somebody  
turns on the set, I go into  
the other room and read a book.*

**Groucho Marx**

---

*The English language is nobody's  
special property. It is the property of  
the imagination: it is the property of  
the language itself.*

**Derek Walcott**

---

*I liked things better  
when I didn't understand them.*

**Bill Watterson**

### See Insert This Issue:

**4 Reasons To Shed Some  
Winter "Weight" In The  
Month Of May**



## Lowering Alzheimer's Risk

You may have wondered if eating a healthy diet would reduce your risk of Alzheimer's disease even if you already have such conditions as heart disease, stroke, or diabetes.

According to research reported in the Archives of Neurology, adopting a Mediterranean diet is associated with a lower risk for several diseases including cancer.

Researchers at Columbia University gave test subjects ratings of one through nine, depending on how closely they followed the Mediterranean diet. Those in the top third of the rating had 68 percent lower odds of getting the disease. Those in the middle had 53 percent lower odds.

Eat fruits, vegetables, cereals, potatoes, beans, nuts, and seeds. Use olive oil for cooking, frying, baking, and in salads. Eat small amounts of red meat and butter and limited fish and poultry.

## Annette's Business Connections

### Lex Parker - Design Consultant - and Much More!!

Lex Parker is a man of many passions – his family first but also interior design, model railroading, Corvettes and chess. Lex and his wife and partner, Susan, have managed, with their busy lifestyle, to develop a new chess game called Dragon Chess. To find out more about it go to [www.dragonchess.net](http://www.dragonchess.net). Lex is interested in car shows and, of course, train shows having achieved recognition as a "Master Model Railroader" and has founded the Canadian Association for Railway Modellers. ([www.caorm.org](http://www.caorm.org))

Lex Parker Design Consultants Ltd at 14 Ontario St. in St. Catharines, has been in business for 38 years designing restaurant interiors, corporate offices, retail stores, tourist attractions, residential interiors and custom homes. They are registered interior designers and members of ARIDO. If you have

any questions or need any design ideas just call (905) 641-2112 or check out their website [www.parkerdesign.com](http://www.parkerdesign.com)

Lex and Susan also design award winning websites. View their portfolio at [www.icatcherwebdesign.com](http://www.icatcherwebdesign.com)



*Lex and Sue Parker*

## Cured Meat, COPD Linked

Researchers at Columbia University say a study of 7,500 surveys suggest that people who eat cured meats at least 14 times a month are 71 percent more likely to have symptoms of chronic obstructive pulmonary disease (COPD). Cured meats include bacon, salami, and deli meats. They speculated that cured meats contain nitrites, which produce nitrogen that causes emphysema-type changes in the lungs. The connection was based on two lung function scores but they stressed they could not say that cured meats actually caused COPD. However, this could be one step in explaining why some nonsmokers develop COPD.



## Technology and You

Some users just use the cellphone to make calls. It's called "function fatigue." It happens when users can't figure out how to use the features on their cellphones. Some users don't even try. They just want to talk on the phone.

Manufacturers have thought it so important to include cameras, recording devices, video-streaming, and banking capabilities that they have lost sight of the fact that many consumers just want good voice reception, according to a survey by the Forum to Advance Mobile Experience (FAME).

Buyers are saying they are overwhelmed by their phones, at least in part because retailers do a lousy job of explaining things. Users see a lack of demos and product knowledge plus slow service.

### Other findings in the report:

- \* The Internet is now the most important source of information for researching and selecting phones.
- \* Cost of service and poor battery life are the main complaints worldwide.
- \* Americans and Western Europeans are the most annoyed by loud cellphone conversations.
- \* Fear of phone and data loss or theft is a concern for most mobile users.

FAME concludes that marketers should improve the buying experience so consumers will be less intimidated by a phone's many functions. A high percentage of buyers are only looking for limited functionality. Others want more functionality, but they also want to understand how to use it.

## Spring Cleaning Tips

Several of the same spring-cleaning questions came up time and again. So, here are few hints for those who tackle chores with a can-do attitude:

- Assemble all of the cleaning supplies and tools you need.
- Make a list -- either mental or written -- of what you want to accomplish. Are you going to clean all of the light plates, windows and hard surfaces, or tackle the drapes and floors?
- If you are the type who likes to clean your home one room at a time, the rule is: Don't leave until you are done! That means you bring all of the cleaning supplies with you, plus several bags or boxes marked "trash," "store away," "goes to another room," and "give away."
- Start at the top level of your home and work your way down.
- Don't forget to get your carpets and furniture cleaned!!

## 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...

**Vicky Nelson, Margaret Van Lierop, Kelly Walker  
and Pat Whitehead**

## This Month in History

**10 Years Ago (5/1/97):** Toni Blair elected PM of UK

**50 Years Ago (5/6/57):** Pulitzer Prize awarded to John F Kennedy (Profiles in Courage)

**55 Years Ago (5/8/52):** Mad Magazine debuts

**70 Years Ago (5/6/37):** The Hindenburg explodes in flames at Lakehurst NJ

**75 Years Ago (5/2/32):** Jack Benny's 1st radio show premieres

**80 Years Ago (5/4/27):** Academy of Motion Picture Arts & Sciences forms

**105 Years Ago (5/8/1902):** Mount Pelée erupts, wipes out St Pierre, killing 30,000

**130 Years Ago (5/8/1877):** 1st Westminster Dog Show

**205 Years Ago (5/3/1802):** Washington DC incorporates as a city

**210 Years Ago (5/10/1797):** 1st US Navy ship, the "United States" is launched

**255 Years Ago (5/10/1752):** Benjamin Franklin's 1st tests the lightning rod

**300 Years Ago (5/1/1707):** England, Wales & Scotland form UK of Great Britain

## Thanks For All The Kind Words!

Dr. Jina Hewitt left us a voice testimonial:

I would like to thank you for a fabulous job cleaning my carpets and the stairs – which receive tremendous traffic – the carpet is the cleanest since it was installed. Once again fabulous job!!

Annette Marchionda  
Professional Carpet Systems  
300 Welland Ave., St. Catharines  
Ontario L2R 7L9 (905) 646-6655



# Your New Issue Has Arrived!

*Look Inside For Some  
Amazing Money-Saving  
Tips and More!*

*Annette Marchionda*

**Open Me!!! Call Us!! Get help with  
Spring Cleaning!!**

## Lightning Is Deadly: Seek Shelter Quickly



Lightning is the second-largest storm-related killer, surpassed in North America only by floods. It can strike as much as 10 miles away from rainfall.

If you hear thunder, immediately get away from metal objects or things made of graphite including golf clubs, umbrellas, tools, and bicycles.

Then take shelter in a building or a metal-topped vehicle. Once inside, stay away from windows and doors.

Don't lean on a car. If you are outside, stay away from other people. Don't share a bench or huddle in a group.

Get out of the water and out of puddles. Get out of a small boat or canoe, or crouch down in the center. On land, keep twice as far from a tree as it is tall. Crouch in an open space.

- Each second there are 50 to 100 cloud-to-ground lightning strikes to the Earth world-wide.
- Most lightning strikes average 2 to 3 miles long and carry a current of 10000 Amps at 100 million Volts.
- Thunder can only be heard about 12 miles away under good quiet outdoor conditions.
- The temperature of a typical lightning bolt is hotter than the surface of the Sun!

©2007 Piranha Marketing Inc.

## Who Wants To Win Movie Tickets?

*Take my Trivia Challenge  
and you could win too!*

Once again we are giving away 3 sets of tickets to the movies! Everyone who responds by the 12<sup>th</sup> day of the month will be entered into a draw to win 2 FREE tickets! Increase your chances by emailing your answer – we'll put your name in twice! Take your best guess, then email ([triviachallenge@pcsniagara.com](mailto:triviachallenge@pcsniagara.com)) or call (905) 646-6655. Remember, your chances of winning are better than you think!

This month's MegaTrivia Question:

**What was the first city to reach a population of one million?**

- A) Rome B) London C) New York D) Beijing  
E) Paris

*Last month's answer: D) Titus*

*Last month's winner: Kerri Beattie, M Kudreikis  
and Mary High*