



Healthy Home News

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

Father's Day: June 19, 2005

While many people believe that Father's Day is a holiday invented by the fine folks at Hallmark, it's not so. The celebration of Dad's special day can most likely be credited to Mrs. John B. Dodd, of Washington State, who first suggested the idea of the holiday in 1909.

Mrs. Dodd's father, civil war veteran William Smart, was widowed when his wife died during childbirth with their sixth child. Despite the obvious hardships, Mr. Smart proceeded to raise the newborn along with his five other children, by himself.

It wasn't until Sonora Dodd became an adult that she realized the strength and selflessness her father had shown in raising his children as a single parent. The original date chosen for the holiday was June 5, Mr. Smart's birthday, however the celebration was postponed until June 19, the third Sunday in June, because there was not enough time to prepare.

At about the same time in various towns and cities across America other people were beginning to celebrate a Father's Day. Some accounts credit Mrs. Charles Clayton of West Virginia, as the founder of Father's Day, although most histories give credit to Mrs. Dodd.

In early times, wearing flowers was a traditional way of celebrating Father's Day. Mrs. Dodd favored the red rose to honor a father still living, while a white flower honored a deceased dad. J.H. Berringer, who also held Father's Day celebrations in Washington State as early as 1912, chose a white lilac as the Father's Day Flower.

In 1924 President Calvin Coolidge supported the idea of a national Father's Day, but it never became official until 1966 when President Lyndon Johnson signed the presidential proclamation that set aside the 3rd Sunday of June as Father's Day.

Migraine/Bacteria Connection

Headaches can be triggered by bacteria. About 50% of chronic migraine sufferers are infected with the ulcer-causing stomach bug *Helicobacter pylori* (*H. pylori*).

Recent finding: Treating the infection with antibiotics reduced the frequency of migraine attacks. Among those that were also treated with supplements of the friendly bacterium *Lactobacillus*, 80% were headache-free for one year. *Lactobacillus* has been shown to inhibit growth of *H. pylori*.

If you suffer from recurrent headaches: Ask your doctor if you should be tested for *H. pylori* – and if treatment with antibiotics and/or *Lactobacillus* is right for you. – *Maria Rita Gismondo MD*

Most People Don't Realize When They're Full

People who wore blindfolds ate 22% less food than those who could see their plates. **Reason:** Most of us rely on external cues – an empty plate or the bottom of a bag – to tell us when we're full. Blindfolded subjects rely instead on signals from their stomach. If you are trying to lose weight: Try using a blindfold once to become more aware of your satiety cues. – *Yvonne Linne, MD, PhD*



How June Got Its Name: The month of June was named for the Roman goddess Juno, queen of the gods. She was the wife of Jupiter and the goddess of women and marriage, which is how the tradition of June weddings originated.

We're Going to Vegas!

The largest trade show for the carpet cleaning and restoration industry is 'Connections'. This year it's being held in Las Vegas on September 23 – 26, 2005... and Stacy and I are going to be there!

PowerClean Industries of Mokena, IL is the manufacturer of carpet cleaning equipment we use to provide the Most Thorough Carpet Cleaning Ever!

We wrote a powerful testimonial about their equipment that *PowerClean* has used in their national sales catalog and also in a national trade magazine.

Because of our national exposure, they've asked us to be there with them in their display booth at the 'Connections' trade show.

They're even going to pay for our airfare to go!

As you can imagine, we're pretty excited! Our first time to Glitter City. We'll let you know how it goes in an upcoming issue.

Get Free Cleaning Tips and Specials at Our Website:



Flag Day, June 14th

In recognition of this celebration, here's a brief history of the American flag:

1775 -- General George Washington's troops raised the Grand Union flag on Prospect Hill near Cambridge, Mass. It had 13 red and white stripes and the British Union Jack in the upper left-hand corner. Various militia and colonies had their own individual flags (*such as the Grand Union*), but the Continental Congress agreed that there should be one flag representing all of the colonies.

1776 -- (*May*) Betsy Ross sewed a flag with 13 red and white stripes and a blue field in the upper left-hand corner with 13 stars (*one for each colony*).

1777 -- (*June*) The Continental Congress adopted Ross's design for the new flag.

1787 -- Captain Robert Gray carried the flag around the world on his sailing vessel during his travels to China and South America.

1795 -- When Vermont and Kentucky joined the Union, the flag went to 15 stripes and 15 stars.

1814 -- (*September 14*) Francis Scott Key wrote "The Star-Spangled Banner."

1818 -- Five additional states joined the Union, increasing the stars to 20, but the number of stripes was returned to 13 and has remained at that number to present day.

1819 to 1867 -- More states joined the Union, bringing the stars up to 37.

1869 -- The U.S. flag was depicted on a postage stamp for the first time.

1877 to 1891 -- Seven more states joined the Union, for a total of 44 stars.

1892 -- The "Pledge of Allegiance" is published.

1896 to 1908 -- Two more states joined, bringing the stars to 46.

1909 -- Explorer Robert Peary placed the U.S. flag atop the North Pole.

1912 -- Two more states entered the Union, for a total of 48 stars.

1945 -- (*August 14*) When the Japanese surrendered, the White House flew the flag that was flying over Pearl Harbor on December 7, 1941, when the Japanese attacked.

1949 -- (*August 3*) President Harry Truman signed a bill proclaiming the observance of Flag Day on June 14th every year.

1959 -- The stars increased to 49 when Alaska joined the Union.

1960 -- When Hawaii was admitted, the stars went to 50.

1963 -- The flag was placed on top of Mount Everest by Barry Bishop.

1969 -- The American flag was planted on the moon by Neil Armstrong.

And the Winner is...

We started the Referral Rewards Contest beginning May 1, 2005.

As you know, Stacy and I just LOVE referrals – it's the best way to spread the word about the *dazzling* results from our professional service.

The client that provides us with the **most referrals** during the calendar month wins \$100! The referrals must be either mailed or given to us when we clean your carpet. Of course, the referrals must be bonafide, potential clients.

The winner of the Referral Rewards Contest for May is... Sheila Austin!

Sheila gave us **17 referrals** that will be offered our certified carpet cleaning services.

Sheila will still receive \$20 for each referral that becomes a paying client... and so can you!

THANK YOU, Sheila Austin! We appreciate that you helped us spread the word about United Building Services, Inc.

Please call us if you need more information or referral forms:

385-5800 or 262-7585

Bulls and Bears on Wall Street

Ever wonder where the expression "a bear market" came from? The term, which means a falling stock market, comes from "bear skin jobbers," men who made deals to sell bear skins before they actually caught the bears. Eventually, in the late 18th century, the term was used to describe short sellers, people who sold shares that they did not own, hoping that the price would fall so they could repurchase the shares for less than they had sold them. At the time, bull and bear baiting was a popular sport, so bulls became the opposite of bears--that is, they bought shares in the hope that a stock's price would rise. Thus, a bull market became a term for a rising market. The cartoonist Thomas Nast popularized the symbols in his drawings.

When it Pays to Buy Organic

Because organic produce costs more than regular varieties, the Environmental Working Group, a research firm, recommends buying fruits and vegetables based on pesticide levels. Opt for organic when choosing produce known to be high in pesticides, but you can feel safe buying the store variety among fruits and vegetables that are typically low in pesticides.

Lowest in pesticides

asparagus	kiwi
avocados	mangoes
bananas	onions
broccoli	papaya
cauliflower	pineapples
corn	peas

Highest in pesticides

apples	peaches
bell peppers	pears
celery	potatoes
cherries	raspberries
grapes	spinach
nectarines	strawberries

Dusting - The Basics

The disposable towels so popular right now don't clean any better or faster, just more expensively. They don't list the chemicals contained in the towels and without that knowledge be cautious using them to dust wood furniture.

An old, clean cotton T-shirt works just fine to dust. Mist the T-shirt with water and go. Lift objects with one hand and dust with the other. It's a little awkward at first but much faster.

If you have carpal tunnel or arthritis in your hands, place a clean cotton tube sock over one hand, spritz with water and dust. Holding a cloth when your hands are sore can prove troubling. The sock allows you to clean lamps with ease as well.

Spray a clean white T-shirt with rubbing alcohol to clean TV and computer screens. Do not use old dryer sheets, disposable dust towels or cleansers of any kind on these sensitive surfaces.

Take care using paper towels or newspapers on any kind of glass or plastic. They are made from wood and the small wood slivers sometimes imbedded in them can scratch.

Visit your furniture store to find a polish to deep treat your wood furniture. Like humans, trees depend on moisture to live. That moisture must be replenished several times a year or cracking results. - www.doityourself.com

Just a Little Off the Top

According to lawn care experts like Peter Landschoot, associate professor of turfgrass science at Penn State's College of Agricultural Sciences, you should not cut off more than one-third of the leaf blade at any one time. Otherwise, your grass will be more susceptible to heat, disease, and drought stress. The best approach is frequent mowings, as often as once a week in the spring. But if the grass grows too rapidly and gets too high, first trim one-third from its height and mow again in a few days.

Thank You for the Referrals!

Thanks to YOU the word is spreading! We appreciate everyone who graciously referred us to their friends and neighbors last month! Our business **runs on the positive comments and referrals...** we just couldn't do it without you!

A special thanks to these fine folks who referred us:

Yvonne Mans, Midori Birch, Jami Smith, Susan Rogers, Rev. Randy Duncan, Joan Waller, Kyla Kreig and Mindy Batchelor

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This Month In History

10 Years Ago (6/25/95): The space shuttle Atlantis docks onto the Mir space station, forming the largest man-made satellite to ever orbit the earth.

15 Years Ago (6/1/90): President George Herbert Walker Bush and Soviet leader Mikhail Gorbachev sign an agreement to end production of chemical weapons and begin cutting stockpiles.

30 Years Ago (6/26/75): The Suez Canal opens for the first time since the Six-Day War.

40 Years Ago (6/3/65): Major Edward White exits Gemini 4 and becomes the first American astronaut to walk in space.

65 Years Ago (6/4/40): A nine-day evacuation of British troops from Dunkirk ends, saving 338,000 troops from Nazi capture. It was the largest evacuation of its kind in history.

100 Yrs. Ago (6/11/1905): Penns Railroad debuts the fastest train in the world (NY to Chicago in 18 hours).

Thanks for the Kind Words!

David and Barbara Miller, Mt. Carmel:

We'd been told by other carpet cleaners that one room would never come clean (inherited with home purchase).

It now looks unbelievably better after David and Stacy took to it. You are persistent with stubborn soiled areas until you are satisfied. You do a remarkable job!

Your New Issue Has Arrived!

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

INSIDE: Who Won the \$100?

Find out who's the first winner of our new monthly contest!

Strange News from Around the Globe

▶ Kim Chan, 40, of a village in the Cambodian province of Kampot, announced in March that he had a cow that was heavenly possessed and could cure illnesses by exposure to its bodily fluids, but local official Khun Somnang immediately discounted the claim, saying, "We had a holy cow here a year and a half ago (and you) don't get two that close together." [South African Press Association-Deutsche Press Agentur, 3-15-05]

▶ The New Zealand agricultural company Summit-Quinphos revealed in March that it has a working model of an automated nitrogen-inhibiting sprayer that fits under a cow's tail, and that it has a government grant to develop the device. A company spokesman said nitrogen from cow urine, concentrated in small patches in a field, currently must be neutralized by expensively treating the entire field. However, the company's "tail-activated" gizmo immediately fires a blast of inhibiting chemical at the ground directly below every time the cow lifts her tail for a call of nature. (A New Zealand Herald reporter made Summit-Quinphos scientist Jamie Blennerhasset solemnly swear that the announcement was not an April Fool's joke.) [New Zealand Herald, 3-30-05]

▶ Bureaucrats in North Korea's Communist Party, summarizing their understanding of the way the brain works, announced in January that, henceforth, all men would be expected to wear their hair short (2 inches, maximum) in that longer hair impairs function by taking oxygen away from the nerves in the head. (Balding men would be allowed another inch for comb-overs, and hair length of women was not addressed.)

Who Wants To Win Movie Tickets?

Take our 'Hide -N- Seek' Challenge and you could win too!

This is one of our favorite parts of the newsletter! Each month we'll give you a new search question. And the first 2 people who call our office with the correct answer will win **two FREE movie tickets**. Enjoy a night out on us with someone special in your life! Find the correct answer, and then call Stacy at **812-385-5800!** Remember, your chances of winning are better than you think!

This month's 'Hide -N- Seek' Question is...

Tell us the full name of the person that referred us to others that has the initials: K. K.

(HINT: The answer is somewhere in this newsletter)

Always Have Breakfast

Breakfast eaters tend to stay thinner than breakfast skippers, because breakfast speeds up your metabolism and diminishes midday food cravings. Breakfast also helps boost mood and sharpen memory. If you really dislike eating early in the day, pack a simple breakfast and eat it later in morning. – *Good Housekeeping*