



# Healthy Home News

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

DAJ Carpet Cleaning and Restoration – P.O. Box 2931, Ewa Beach, HI, 96706 – (808) 685-3315

## Groundhog Day: February 2nd



Groundhog Day is an annual holiday celebrated on February 2<sup>nd</sup> in both the US and in Canada. According to folklore, if a groundhog emerging from its burrow on this day fails to see its shadow, it will leave the burrow, thus signifying that winter will soon end. If on the other hand, the groundhog sees its shadow, it will supposedly retreat into its burrow and winter will continue for six more weeks.

The holiday, which began as a Pennsylvania German custom in the 18<sup>th</sup> century, has its origins in ancient European weather lore, wherein a badger (or “sacred bear”) is the prognosticator as opposed to the groundhog. The holiday also bears some similarities to the medieval Catholic holiday of *Candlemas*, as well as the Pagan festival of *Imbolc*, the seasonal turning point of the Celtic calendar, which was celebrated on February 1<sup>st</sup> and also involved weather prognostication.

In southeast Pennsylvania, Groundhog Lodges celebrate the holiday with special social events in which food is served, speeches are made, and one or more skits are performed for entertainment. The Pennsylvania German dialect is the only language spoken at the event, and those who speak English pay a penalty, usually in the form of a nickel, dime or quarter per word spoken, put into a bowl in the center of the table.

## Mardi Gras – Fat Tuesday – is February 16<sup>th</sup>

The term “Mardi Gras” refers to the events of the Carnival celebrations, ending on the day before Ash Wednesday. From the French term “Mardi Gras” (literally “Fat Tuesday”), the season is often designated by the year, as in “Mardi Gras 2010.”

The time varies from city to city, as some traditions consider Mardi Gras as the Carnival period between Epiphany (or Twelfth Night) and Ash Wednesday. Others treat the final three-day period as being Mardi Gras. In Mobile, Alabama, Mardi Gras events begin in November, followed by mystic society balls on Thanksgiving, then New Year’s Eve, with parades on New Year’s Day, followed by more parades and balls throughout January and February, continuing up to midnight before Ash Wednesday. Other cities famous for their Mardi Gras celebrations include Rio de Janeiro in Brazil, Quebec City, Quebec in Canada, and New Orleans, Louisiana in the US.

Carnival is also an important celebration in most of Europe – except in Ireland and the UK, where the festival is called “Shrovetide”, ending in Shrove Tuesday, with pancakes being the traditional fare.



*Keep your faith in beautiful things;  
In the sun when it is hidden,  
In the Spring when it is gone.*

**Roy R. Gibson**

## February’s Birthstone: the Amethyst

The name **Amethyst** comes from the Ancient Greek *a-* (“not”) and *methustos* (“intoxicated”), a reference to the belief that the stone protected its owner from drunkenness. The ancient Greeks and Romans wore amethyst and made drinking vessels of it in the belief that it would prevent intoxication.

Up to the late 18<sup>th</sup> century, amethyst was included among the cardinal gemstones, along with diamonds, sapphires, rubies and emeralds. However, since the discovery of extensive deposits in locations such as Brazil, it has lost a significant portion of its value.

Collectors now look for depth of color, possibly with red flashes if cut conventionally. The highest grade of amethyst – called “Deep Russian” – is exceptionally rare, and therefore its value is dependent upon the demand of the collectors when one is found. It is still orders of magnitude lower than the highest grade sapphires or rubies.

*A friend loves at all times, and a brother is born for adversity. Proverbs 17:17 (NIV)*



## Happy Birthday Felipe!

This month newsletter is dedicated to my son Felipe. He just turned one on January 24<sup>th</sup>. It's been a blessing having a baby again. Julia is eight and loves to play with her little brother.



### Abraham Lincoln Quotes:

*Am I not destroying my enemies when I make friends of them?*

*As I would not be a slave, so I would not be a master. This expresses my idea of democracy.*

*Better to remain silent and be thought a fool than to speak out and remove all doubt.*

*Don't worry when you are not recognized, but strive to be worthy of recognition.*

*Everyone desires to live long, but no one would be old.*

*He has a right to criticize, who has a heart to help.*

*I don't like that man.  
I must get to know him better.*

**See Insert This Issue:**

**Visit us at  
[www.dajcleaning.com](http://www.dajcleaning.com)  
for Special offers!**

## Women's Heart Week

The first week of February is Women's Heart Week. It began as an effort to bring awareness to how heart disease affects women; heart disease accounts for a third of all deaths in women each year. The focus of the week is on prevention, education, symptom awareness and early intervention.

It is important to learn about the signs and symptoms of heart disease, which include chest pains, shortness of breath and nausea. The more you know of the symptoms, the more likely you'll be to recognize them.

### Lowering your risks:

- **Stop Smoking.** And encourage other women to stop smoking as well. Smoking is a high risk factor for heart disease. Speak with your doctor about starting an exercise program. Walking is an excellent choice; there are walks you can participate in to promote Women's Heart Week.
- **Review your diet.** High levels of saturated and hydrogenated or partially hydrogenated fats will greatly increase the risks of developing heart disease. These levels should be reduced where possible. Also, be aware of the salt content in the foods you eat, and strive to maintain a healthy weight. These are all risk factors that you can control.
- **Manage your stress levels.** While eliminating daily stress is not practical, steps can be taken to greatly reduce it. Suggestions include exercise and meditation. Controlling your stress levels is important in lowering risk.
- **Schedule your annual screening.** There are organizations that provide free women's heart screenings this week.

## The Beatles' First U.S. Concert was Feb 9, 1964



When the Beatles left the UK on February 7<sup>th</sup>, 1964, an estimated 4,000 fans gathered at Heathrow, waving and screaming as the aircraft took off. "*I Want To Hold Your Hand*" had sold 2.6 million copies in the US over the previous two weeks, but the group was still nervous about how they would be received.

At New York's JFK Airport, they were greeted by another vociferous crowd, estimated at about 3,000 people. They gave their first live US television performance two days later on *The Ed Sullivan Show*, watched by approximately 74 million viewers – over 40% of the US population.

The next morning, one newspaper wrote that The Beatles "could not carry a tune across the Atlantic", but a day later, their first US concert saw Beatlemania erupt at Washington Coliseum. Back in New York the following day, they met with another strong reception at Carnegie Hall. The band appeared on *The Ed Sullivan Show* a second time before returning to the UK on February 22<sup>nd</sup>. During the week of April 4<sup>th</sup>, The Beatles held twelve positions on the *Billboard Hot 100* singles chart, including the top five. That same week, a third American LP joined the two already in circulation – all three reached the first or second spot on the US album chart.

## February 14<sup>th</sup> is Ferris Wheel Day

The original Ferris Wheel, sometimes also referred to as the Chicago Wheel, opened to the public on June 21, 1893, at the World Expo in Chicago, Illinois. Intended to rival the 1,060 foot Eiffel Tower, which was the centerpiece of the 1889 Paris Expo, it was World Expo's largest attraction, with a final height of 264 feet.

It was designed and constructed by George Washington Gale Ferris, Jr., a Pittsburgh, Pennsylvania bridge builder. The wheel rotated on a 71-ton, 45.5-foot axel comprising what was, at the time, the world's largest hollow forging, manufactured in Pittsburgh by the Bethlehem Iron Company and weighing 89,320 pounds, together with two 16-foot diameter cast-iron spiders weighing 53,031 pounds.



There were 36 cars, each fitted with 40 revolving chairs and able to accommodate up to 60 people, giving a total capacity of 2,160. It took 20 minutes for the wheel to make two revolutions, the first involving six stops to allow passengers to exit and enter, and the second a nine-minute non-stop rotation, for which the ticket holder paid 50 cents.

The Expo ended in October 1893, and the wheel closed in April 1894 and was dismantled and stored until the following year. It was then rebuilt on Chicago's north side, near Lincoln Park, next to an exclusive neighborhood. This prompted William D. Boyce, then a local resident, to file a Circuit Court action against the owners of the wheel to have it removed, but without success. It operated there from October 1895 until 1903, when it was again dismantled and transported by rail to St. Louis for the 1904 World's Fair. It was finally destroyed by controlled demolition using dynamite on May 11, 1906.

## Safe Ways to Kill Germs in the Bathroom

Even if you wear gloves when cleaning the toilet or bathtub, it is a good idea to wash your hands afterward. This eliminates bacteria from water that may get on your hands as you take off the gloves. *Also:*

- **Clean the bathtub** at least once weekly with scouring powder or a solution made with one-half cup of bleach and one gallon of water.
- **Sweep the bathroom floor at least once weekly** and clean with a basic cleaner, such as Lysol, or a solution made with one gallon of hot water, two tablespoons of borax, one teaspoon of dish detergent and five drops each of patchouli and lavender essential oils. These oils contain effective natural disinfectants.
- **Wipe bathroom sink and counters after every use.** Once a week, use a disinfectant made with one-quarter cup distilled white vinegar and one-half teaspoon of dish detergent in two cups of warm water. The bathroom sink is a bacterial hot spot because germs on your hands can spread to faucets.
- **Disinfect the toilet bowl, seat and outer surfaces weekly** with a commercial cleaner or with a solution made with one-half cup of baking soda, one-half cup of borax, one-quarter cup of distilled white vinegar, one teaspoon of dish detergent, three drops of sweet orange essential oil, and two drops of patchouli oil. Let it soak for an hour, scrub, and then flush. Wipe and disinfect the handle daily because it's frequently touched by unwashed hands.
- **Close the toilet lid when you flush.** During flushing, bacteria disperse into the air and can land on any surface that is within six feet, including toothbrushes. – *K.M. Thompson ScD*

### Did you know?

Out of 100+ carpet cleaners in Oahu **ONLY 8** hold IICRC carpet cleaning certification. Regular professional cleaning using a **Certified Firm** is as important to your carpet as having a trained mechanic perform routine tune-ups on your car. While your carpet may appear clean on the surface, periodic cleaning by a certified technician can remove what you can't see and help your carpet retain its fresh, beautiful appearance.

### Thanks for All the Kind Words!

I originally had an appointment with a different carpet cleaner only one day before my walkthrough to check out of my apartment. The other company didn't show up, and I thought I would be stranded with such short notice. DAJ came within ten minutes and managed to make my carpet look brand new. The stains were gone and the carpet looked white again. Demetrius, the owner, had the upmost respect and professionalism and was nice to top it all off. I would recommend this company to anyone! – *Josetta Marmelo - Honolulu*

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# Your New Issue Has Arrived!

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

## February 1<sup>st</sup> is National Freedom Day

**National Freedom Day** is a United States observance on February 1 honoring the signing by Abraham Lincoln of a joint House and Senate resolution that later became the 13th Amendment to the U.S. Constitution. President Lincoln signed the Amendment outlawing slavery on February 1, 1865, although it was not ratified by the states until later.

Major Richard Robert Wright Sr., a former slave, believed that there should be a day when freedom for all Americans is celebrated. While living in Philadelphia towards the end of his life, he invited local and national leaders to meet to organize a movement for a national holiday to commemorate Lincoln's signing of the 13th Amendment. The resulting *National Freedom Association* proposed having a memorial date to call attention to the continuing struggle for freedom for African-Americans. The first commemoration took place on February 1st, 1942, at Independence Hall.

## Who Wants To Win Movie Tickets?

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

Once again we are giving away 3 sets of movie tickets! 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, and then email us at [trivia@dajcleaning.com](mailto:trivia@dajcleaning.com) or call (808) 685-3315. Remember, your chance of winning are better than you think!

This month's Mega Trivia Question:

**How many spots did the Beatles hold on the  
Billboard Top 100 the week of April 4, 1964?**

A) 3 B) 5 C) 8 D) 12 E) 15

*HINT: The answer is somewhere in this newsletter*