



Healthy Home News

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

Professional Carpet And Cleaning Services – 812 N. Helen Ave., SF, SD 57104 – 338-9017 - Earl & Jodi

New Year's Traditions

Celebrating the arrival of the new year is perhaps the oldest holiday in recorded history. It started with the ancient Babylonians more than 4,000 years ago, and continued with the Egyptians, Romans, Celts and so on. Here are some other quick facts about New Year's traditions and their origins:

- **January 1:** January 1 officially became the first day of the new year in 46 BC, when Julius Caesar established the Julian calendar.
- **Resolutions:** The ancient Babylonians began the idea of New Year's resolutions as a way to start the year off with a clean slate by returning borrowed items
- **Baby New Year:** Using a baby to represent the birth of the New Year started in ancient Greece in 600 BC. Early Egyptians also used the baby as a symbol of rebirth. The tradition was brought to early America by the Germans.
- **Black-eyed Peas & Cabbage:** Some say the black-eyed pea's lucky streak dates back to the pharaohs. Others say it started in Vicksburg, Virginia, during the Civil War when the town ran out of food while under siege and the inhabitants were lucky enough to discover cow peas (aka black-eyed peas). Meanwhile, cabbage leaves (a symbol of prosperity) are thought to bring prosperity to those who eat them on New Year's Day.
- **New Year's Parades:** In the US, one of the most famous parades is the Tournament of Roses where the floats are all decorated with flowers. The parade dates back to 1886 when members of the Valley Hunt Club decorated their carriages with flowers. New Year's is celebrated in many countries with a parade. After spending many months creating colorful costumes, the Junkanoo Parade is held in the Bahamas where thousands of people celebrate in the New Year's Festival. Prizes are given to the best, the strangest and the most beautiful costumes.

In Nepal there is a four day parade during the New Year's celebration, and in Greece people carry figures of apples, ships and stars. In Syria and Lebanon children parade door to door. Thailand's parade is led by an honored woman and people march to the beat of drums and gongs. Dragons, elephants, buffalos and giants are popular parade costumes there.



Martin Luther King Jr. Day is January 15

The campaign for a federal holiday in Martin Luther King Jr.'s honor began soon after his assassination in 1968. Martin Luther King Jr. Day was initially founded as a holiday promoted by labor unions in contract negotiations, marking King Jr.'s January 15th birthday. After King's death, US Rep John Conyers introduced a bill in Congress to make King's birthday a national holiday.

The main arguments mentioned by opponents of the holiday were that a paid holiday for federal employees would be too expensive, and that a holiday to honor a private citizen would be contrary to longstanding tradition. Soon after, the King Center turned to support from the corporate community and the general public. Six million signatures were collected for a petition to Congress to pass the law, in the largest petition in favor of an issue in U.S history.

Ronald Reagan signed the holiday into law in 1983, and it was first observed in 1986. At first, some states resisted observing the holiday as such, giving it alternative names or combining it with other holidays. It was officially observed in all 50 states for the first time in 2000.

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Quotes on Time

Clocks slay time. Time is dead as long as it is being clicked off by little wheels; only when the clock stops does time come to life.

William Faulkner

If you don't have time to do it right, when will you have time to do it over?

John Wooden

Men talk of killing time, while time quietly kills them.

Dion Boucicault

Time does not change us. It unfolds us.

Max Frisch

Time is the coin of your life. Be careful lest you let other people spend it for you.

Carl Sandburg

See Insert This Issue:



It's My Slow Season So I've Slashed Prices Just To Keep Busy!

Fireplace Safety (Part 2)

Where there's soot, there may soon be fire. Professional chimney cleaners say any soot deposits more than a quarter-inch thick present a fire hazard. The soot, called creosote, is one of the top reasons for the thousands of fires involving fireplaces each year. Creosote is flammable and should be cleaned out annually if the fireplace is used very much.

- Have a cap installed at the top of the chimney to keep it from becoming blocked by birds, animals, or debris.
- Use clean-burning wood. Hardwoods like oak burn cleaner than softwoods like pine.
- Follow directions when using manufactured firelogs. Use one at a time. Don't crack or break manufactured logs. This will release energy at a high rate, resulting in a shorter burn time. Firelogs create less creosote than wood.
- If the fireplace has glass doors, leave them open while burning a firelog to allow air circulation and cleaner burning.
- Always use a fireplace screen.
- Keep a fire extinguisher on hand and have smoke detectors throughout the house.
- Use kindling to start a fire. Never use flammable liquid.
- When building a fire, place logs at the rear of the fireplace, preferably on the grate.
- Don't burn anything but wood in the fireplace. Never burn a Christmas tree.
- Keep the area around the fireplace and chimney clear of flammables.

Clearing Snow And Ice

Clearing snow and ice from driveways and sidewalks is hard work. To prevent injuries, follow these safety tips.

- Dress warmly, paying special attention to feet, hands, nose & ears.
- Avoid shoveling snow if you are out of shape. If you have a history of heart trouble, don't shovel snow unless your doctor approves.
- Do light warm-up exercises before shoveling. Take frequent breaks.
- If possible, push snow in front of you. If you have to lift it, pick up small amounts and lift with your legs, not your back. Do not toss snow over your shoulder or to the side.
- Don't drink alcohol before or while shoveling snow. Never smoke while shoveling.
- Use rock salt or de-icing compounds to remove ice from steps, walkways, and sidewalks. Sand placed on walkways may also help prevent slipping.



**Astonishing Savings!
It's My "Slow Season" So I've Slashed Prices
Just To Keep Busy –**

This Is For All You "Off Season" Bargain Hunters...

Hello friends and clients. Have you ever used discounted websites like Hotwire.com® or Expedia.com®? If so, then this is your month to clean your carpets!

You see the way those websites work is they sell their hotel rooms, car rentals and flights at deep discounts because a discounted sale is better than no sale at all. And frankly, in January, for a carpet cleaner like me, a filled schedule is better than no schedule at all. So when it comes to carpet cleaning at a discount...

Nothing Comes Close...

...to cleaning in January! So if you are longing for fluffy, clean, healthy carpet; if you want carpet that shines and has NO spots. And, if you want it all at a bargain price. Call me this month and...

Discover These 3 Benefits Of Cleaning "Off Season"...

Benefit #1: *Your home will be treated with respect and I promise to take extra measures to keep the cold out and the heat in.*

Benefit #2: You can have your pick of my schedule as I am usually just trying to keep busy this time of year.

Benefit #3: *Did I mention you get all this at a HUGE discount?*

If you are a bargain hunter, it doesn't get any better than this. It pains me to slash my prices this much but I have to do what I have to do to keep busy during January. So *instead of reminding you* that your carpets need to be cleaned every 6-12 months to maintain their health and beauty. *In lieu of educating you* that your carpets don't need to *look* dirty to need a professional cleaning. *Rather than letting you know*** that your carpet is a giant filter that holds onto dust mites, allergens, dirt, pollutants and the like, that need to get cleaned out regularly for healthy indoor air. ***Instead of all that I will just say....*****

**Clean In January And Save A Lot Of Money On
Carpet Cleaning!**

**Contact Professional Carpet & Cleaning Services by phone at 605-338-9017 or
e-mail info@pccssf.com**

Hurry! These Discounts End January 31, 2012

Take Advantage Of "Off Season" Discounts:

Save 30% Off your carpet cleaning

Save 15% Off your carpet protection!

Check us out on the web at www.pccssf.com

*Not valid with other offers & minimum of \$85 applies



Own A Business?

Give us a call we can clean your ceramic, stone, cement tile & grout. We also do restrooms, kitchens, sidewalks



Unsightly gummy sidewalks?

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Our steam cleaning system is EPA approved cleaning. With temperatures ranging from 250 - 320 degrees, gum and grease don't stand a chance. Gum is melted to a liquid and extracted back to our truck leaving no debris behind. Grease and dirt are also broken down by the intense heat and rinsed away.

Slow kitchen drain pipes from grease build up can also be flushed with the high temperature steam allowing them to drain better.

We cover a wide range of hard surface cleaning from tile & grout, concrete, equipment and more. Visit our web site @ hitechsteam.com to see photos of jobs before, during and after or to submit a question or request an on site demo, you may also contact us @ 605-338-9017

Sincerely,
Earl, Jodi
Owners

We also provide carpet cleaning services for both commercial and residential as well as janitorial, water damage and clean-up restoration

Visit us @ pccssf.com view real testimonials or call 605-338-9017 we would love to hear from you.

A Tale of Two Islands: Alcatraz and Ellis



Alcatraz Island was first documented in 1775 by a Spanish naval officer named *Juan Manuel de Ayala* - he and his ship the *San Carlos* were the first Europeans known to have entered San Francisco Bay. They named the island "*La Isla de los Alcatrazes*", which translates into "*The Island of the Pelicans*." In old Spanish, *alcatraz* meant "pelican" rather than the modern Spanish translation of "gannet" (a type of sea bird).

Alcatraz Island is home to the oldest operating lighthouse on the west coast of the US. Before becoming a federal prison in 1934, it was home to early military fortifications. During the Civil War, Fortress Alcatraz was home to a garrison of US Army troops and had 85 cannons installed. They were never fired offensively during the war, though the island was used as an arsenal, and to hold captive Confederate sympathizers.

After the Civil War, focus for the island shifted to long-term detention of military prisoners. The island was thought to be ideal for the purpose due to its isolation from the outside world by the cold, strong and hazardous currents of the waters of San Francisco Bay.

Alcatraz Island was acquired by the Department of Justice in 1933, and officially became a federal prison in August of 1934. During its 29 years of service as a prison, the island housed many notorious criminals, as well as provided housing for the prison staff and their families.

The inmate who spent the longest amount of time imprisoned on Alcatraz was Alvin "Creepy" Karpis, who spent 26 years on the island. He was a member of the notorious Barker Gang, and was the last official "Public Enemy" to be captured. He also has the distinction of being convicted of worse crimes than any other inmate in the facilities' history.



Ellis Island in New York Harbor was the busiest immigration inspection station in the United States from 1892 to 1934, processing millions of new immigrants. Before 1892, arriving immigrants were processed by New York State officials at Castle Garden Immigration Depot in lower Manhattan.

The island was originally much smaller, and was home to Fort Gibson, but between 1892 and 1934, the island was greatly expanded with landfill, mostly obtained from construction of New York's subway tunnels, doubling the island's original size to over six acres.

The first federal immigration station was a large three-story structure, with numerous out-buildings. It opened amidst fanfare on Jan 1, 1892. On the first day, three large ships docked and discharged 700 immigrants. Almost a half-million immigrants were processed at Ellis Island that first year alone.

On June 15, 1897, a fire, likely caused by faulty wiring, reduced the wooden structures on the island to ashes. There was no loss of life, but most of the immigration records dating back to the mid 1850s were lost.

The Island was made part of the **Statue of Liberty National Monument** in 1965, and has hosted a Museum of Immigration since 1990.

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...

Ronda W.

Thanks for All the Kind Words!

Your New Issue Has Arrived!

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



Super Bowl Facts

- Miami has hosted the Super Bowl the most at 10 times, New Orleans scheduled to host it a tenth time in 2013.
- The Pittsburgh Steelers have won the most Super Bowls at 6 times, with Dallas and San Francisco each winning 5.
- The longest Super Bowl winning streak has only been two in a row.
- Minnesota, Buffalo and Denver have lost the most Super Bowls at 4 times. Buffalo lost 4 times in a row.
- The longest run in a Super Bowl was 75 yards by Willie Parker during Super Bowl XL.



- Mike Ditka, Tom Flores & Tony Dungy have all won a Super Bowl both as player and coach.
- In 1981, Oakland linebacker Rod Martin set a record with three interceptions.

Who Wants To Win Movie Tickets?

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. The first 5 people who call, me or email me at info@pccssf.com with the correct answer will win **two FREE movie tickets**. Enjoy a night out on us with someone special in your life! Take your best guess, and then call me at **338-9017 M-F 9-5 only!** Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:
**What year did Alcatraz Island officially
become a federal prison?**

A) 1876 B) 1891 C) 1908 D) 1934 E) 1941

HINT: The answer is somewhere in this newsletter
You must have had your home cleaned within the last 12 months to be eligible for winning movie tickets.
One Winner per residential household and can only win every 90 days

Congrats to Cleo Sorensen She was the only winner for December!