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## Mothers Day May 9th

Every May, Mother's Day gives people a chance to express their deep gratitude for one of the most important people in their lives: their mom(s). People often take the opportunity to show mothers how much they're appreciated with gifts, cards, flowers, and thoughtful gestures like breakfast in bed. And while you may think you know about Mother's Day, there's actually a lot more to it than you might think.

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. Early Christians celebrated the festival on the fourth Sunday of Lent in honor of the Virgin Mary, the Mother of Christ.

In England in the 1600s, the celebration was expanded to include all mothers with "Mothering Sunday" being celebrated on the 4th Sunday of Lent (the 40-day period leading up to Easter). Besides attending church services in honor of the Virgin Mary, children returned home from the cities with gifts, flowers, and special Mothering Day cakes that were important parts of the celebration.

In the United States, 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 the United States. 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 the USA and Canada.



"Cool and Amazing"

**Here are two amazing websites to enjoy:**

### 1. [AGoodMovieToWatch.com](http://AGoodMovieToWatch.com)

One of life's biggest challenges seems to be trying to think of a good movie to watch. This website takes care of it with quality suggestions that aren't exactly well-known. You'll see that a few clicks of a random suggestion will get you to something that will catch your interest. Enjoy!

### 2. [Giffy.com](http://Giffy.com)

Giffy.com. This website houses the most popular GIFs that are circulated over a million times on the internet. You can use these to express yourself in a funny and inoffensive manner. You can use them on Twitter and elsewhere. Have fun!

We are doing everything we can to help you be safe and be well!

We can provide most estimates remotely.

Curbside pick up and delivery of area rugs.

Clean for health, not just appearance.

**Call today and see how we can help you 905 646-6655**



## Health Corner



### Arthritis and Stroke info

Rheumatoid Arthritis Is Linked to Diets Low in Vitamin C: Among study volunteers taking part in long-term research on chronic disease and diet, those who developed two or more swollen joints had the lowest vitamin C intake.

*Theory:* Vitamin C acts as an antioxidant, squelching the activity of free radicals. This prevents the tissue damage that can lead to joint inflammation.

*Self Defense:* Get at least 60 milligrams of vitamin C daily from fruits and vegetables. Red peppers, strawberries, and oranges are good choices. Important Info about Strokes

When bleeding or a blood clot prevents oxygen from getting to the brain, the result is a stroke - a dangerous condition that can cause permanent damage or death. Every minute counts when it comes to treating a stroke victim, so it's important to identify the symptoms as fast as possible to see whether it is really a stroke. Recently, doctors developed a simple three-step test to see if a person may have suffered a stroke:

- Ask the person to smile.
- Ask him or her to raise both arms.
- Ask the person to speak a simple sentence.

These questions can identify facial or arm weakness or impaired speech, any of which can be a stroke symptom. Call 911 immediately and tell the paramedics that you suspect a stroke so they can bring appropriate equipment and rush the victim to the nearest hospital or one that specializes in treating strokes.



## Save Money While You Let Me Do Your “Spring Cleaning” For You!

**20%  
OFF**



It's that time of year again. Time when the “winter blahs” turn to thoughts of sunshine and the outdoors. Who wants to be stuck inside cleaning?

Give me a call and let me do your “Spring Cleaning” for you! **Getting your carpets cleaned will make your whole house feel fresher and cleaner.** Plus, it will clean your indoor air!

### **“But My Carpet Doesn't Look Dirty!”**

Don't say that! If it's been longer than six months since your last cleaning, your carpet is harboring all kinds of dirt, allergens and other icky stuff that you can't see. By the time your carpet *looks* dirty...the damage could be irreversible....not to mention the poor quality of your home's indoor air.

And did I mention the savings?

**An Offer To Make Your Whole House Look & Feel Clean While Saving You Money...For This Month Only**

### **Spring Cleaning Special**

**20%** Off your carpet cleaning when you protect **ALL** areas being cleaned

**AND**

**20%** Off upholstery and tile & grout when you protect what we clean

**OR**

**Get 150sq' cleaned for FREE**

**Offers Expires May 31<sup>st</sup>, 2021**

Pick Up the Phone and Call

**905 646-6655**

**\*Not Valid With Other Offers. Regional Minimums apply**

## Synthetic Shag Rugs



Synthetic shaggy style rugs are made primarily from polyester and viscose, or a blend of both using viscose as a thin highlight fiber. Polyester is a plastic petroleum based fiber. Viscose is a regenerated cellulose (wood pulp) fiber. Both fibers create a rug with a short life span, with polyester lasting longer, and with less shedding, than viscose. • No ability to hide even light soil. These fibers quickly gray in traffic areas. Polyester loves oils, so bare feet will also gray traffic areas with use. • Plastic fibers wear/scratch with use and will develop a shadowing that looks like soiling when it is actually a light reflection change. Rotate the rug often to even this out. • No spill suspension. Liquids on these rugs will be absorbed immediately by the viscose (paper) fibers. Polyester will not absorb any liquid, so all spills will go directly into the base of the rug (usually absorbent cotton and adhesive). Shaggy rugs can be fun accent pieces, but they are not ideal for heavy use areas of the home.



**20%  
OFF**

*When you add protection  
to your Area Rugs*

### SPILL TIPS:

Most spills will run immediately into the backing material, which will likely be cotton. You can try to spot rinse, and place absorbent towels under and over the area to sandwich it while you stand on it to press out the moisture/spill. In many cases, especially pet-related, professional washing will be needed.

### AT-HOME MAINTENANCE:

Synthetic shag rugs are a vacuuming challenge. Most vacuums will tear shag fibers. Strong suction vacuums, as well as rotating brush vacuums, must be avoided. Vacuuming must be done with a hand held vacuum hose with attachment, a wide attachment for general dusting of the top, and a crevice tool to vacuum in between the rows of fibers in the rug base. Once dirt/soil reaches the base of these rugs, it can be extremely difficult to remove grit, lint, pet hair which has entwined with these fibers and become part of the rug. Your goal will be to regularly remove the dust settling on the surface of the rug to prevent it from reaching the base of the rug. Use a horse hair upholstery brush to groom the fibers, remove loose strands, and remove surface dust or use microfiber cloths to surface dust polyester shag rugs. Vacuum the surface of the fibers with a hand held vacuum tool as often as you need to sweep the nearby floors. If the rug is small you can shake it outside to "dust" it, or use a leaf blower to "air dust" it. Trim pulls with scissors, don't yank them out.



## May Day! May Day!



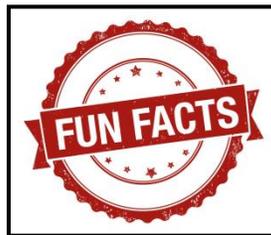
The first of May is a contradiction as far as days of observance go. It's a holiday suffering from "multiple personality disorder"; one identity dedicated to strike and protest, the other embracing all things spring and frolicsome.

You see, May Day 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 the Maypole and crowning of the Queen of the May.

Tradition dictates that washing one's face in the dew from May Day morning beautifies the skin. In Italy, May Day is regarded as the happiest day of the year, by some accounts. Since 1928, May Day in Hawaii has been known as Lei Day, a spring celebration that embraces Hawaiian culture and in particular, the lei. The holiday song, "May Day is Lei Day in Hawai'i," was originally a fox trot, but was later rearranged as a Hawaiian hula.



**May** is named for the Roman goddess Maia, who oversaw the growth of plants.

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**May 1** is International Harry Potter Day. It's a good day to read a Harry Potter book!

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**May 24** is Victoria Day in Canada. This holiday celebrates the birthday of Queen Victoria, who was born on May 24, 1819. The holiday is observed on the penultimate Monday in May.

**May 5** is Cinco de Mayo ("The Fifth of May"). This day celebrates the victory of the Mexicans over the French army at The Battle of Puebla in 1862.

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**May 9** is Mother's Day—don't forget! Do you have something planned to show appreciation for your mother?

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## Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients who graciously refer me to their friends, family, and neighbours! My business runs on the positive comments and referrals from people just like you. I couldn't do this without you! A special thanks to all these fine folks who referred me recently...

**Joyce James and Jane Robinson**

## Thanks for All the Kind Words!

PCS did a great job of responding quickly next day after a green drink spill on our white carpet. We thought the stain would be permanent. But they cleaned it to original condition to our delight. Good work and fast response. It's why we've used PCS for many years!

**- John W.**

**\$50 Gift Card**



Who Wants to win a PCS  
Gift Card?

### **Take my Trivia Challenge & you could win!**

This is one of my favourite parts of the newsletter! We are giving away 2 gift cards! Everyone who responds will be entered into the draw. Take your best guess, and then email us your answer to:

[triviachallenge@pcsniagara.com](mailto:triviachallenge@pcsniagara.com)

Remember, your chances of winning are better than you think!

### **Trivia Question:**

Rheumatoid Arthritis Is Linked to Diets Low in...

- A) Bran
- B) Vitamin C
- C) French fries
- D) Zinc

*Hint: You'll find the answer in the newsletter.*

**April Answer:**

**B) Cleanliness**

**Winners: Deb Monteith & Lauraine Friskey**

