

Osborne's Cleaning  
PO Box 133  
Lewiston Id 83501  
208-743-9664

# Healthy Home News

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

## Get Better Locks!

OK, so you're in a hurry to go on a short errand and you rush out the door without thinking. Mistake. Even the best locks can't protect you from burglaries if you don't use them.

If you do remember to lock the door, doing it won't help much if you don't have a good lock. The National Crime Prevention Council estimates that only half of us have dead-bolt locks on all of our entry doors. That means ALL doors, not just the front door.

Windows should be locked as well. Many a thief or home invader is willing to climb through a window to gain access.

The National Crime Prevention Council has other advice on prevention:

- Trim bushes close to the house so a burglar can't hide there.
- Never hide a key on the premises. Crooks are experts at finding them. Instead, leave a spare key with a trusted friend or neighbor.
- Make friends with your neighbors. They will keep an eye on your place and call the police when suspicious activities occur.
- Light the entrances to your home, including the front door, the back door, the sliding door and any others.
- Stop mail and newspaper deliveries when you leave for a vacation or a business trip. Piled up newspapers are an obvious tip off that the house is empty. A burglar can take his time deciding what to steal or whether to call a moving van and clean the place out.



April 



## The 1st Boston Marathon Was Held in 1897

The Boston Marathon was originally a local event, but its fame and status have attracted runners from around the world. For most of its history, the Boston Marathon was a free event, and the only prize awarded for winning the race was a wreath woven from olive branches. However, corporate-sponsored cash prizes began to be awarded in the 1980's, when professional athletes began to refuse to run the race without cash awards. The first cash prize for winning the marathon was awarded in 1986.

Women were not allowed to enter the Boston Marathon officially until 1972. Roberta (Bobbi) Gibb is recognized as the first woman to run the entire Boston Marathon (in 1966). In 1967, Kathrine Switzer, who had registered as K.V. Switzer, was the first woman to run with a race number. She finished, despite a celebrated incident in which race official Jack Semple tried to rip off her numbers and eject her from the race.

## Car Insurance Know-How

Many people think comprehensive auto insurance protects against everything -- including collisions with other vehicles -- as its name implies. Insurers use the word "comprehensive" to refer to coverage of damage caused by events other than vehicle collisions -- fire, flood, storm damage, animal collisions, theft or vandalism.

**Also:** Getting car and home insurance from the same company doesn't always get you the best rates, so shop around. Rates don't always drop when a driver reaches the age of 25; it depends upon his/her claims history, make of the car and other factors. - Rick Crowley, Progressive Insurance Companies

Get Free Cleaning Tips and Specials at our Website [www.cleanorfree.com/](http://www.cleanorfree.com/)

## On Experience

*A man who carries a cat by the tail learns something he can learn in no other way.*

**Mark Twain**

*A mind that is stretched by a new experience can never go back to its old dimensions.*

**Oliver Wendell Holmes, Jr.**

*Deep experience is never peaceful.*

**Henry James**

*Experience enables you to recognize a mistake when you make it again.*

**Franklin P. Jones**

*Life can only be understood backwards; but it must be lived forwards.*

**Soren Kierkegaard**

*Life is the art of drawing without an eraser.*

**John W. Gardner**

*If they don't know you personally, don't take it personal.*

**Unknown**

*Life becomes easier when you learn to accept an apology you never got.*

**Robert Brault**

*The best advice I've ever received is: 'No one else knows what they're doing either.'*

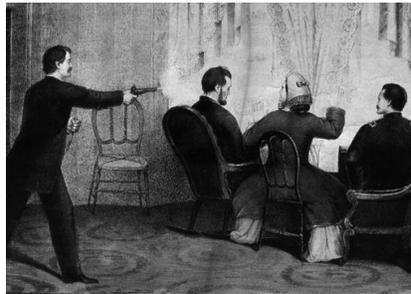
**Ricky Gervais**

## President Abraham Lincoln Shot

April 14<sup>th</sup>, 1865

Originally, John Wilkes Booth, a well-known actor and a Confederate spy from Maryland, had formulated a plan to kidnap Lincoln in exchange for the release of Confederate prisoners. After attending an April 11<sup>th</sup> speech in which Lincoln promoted voting rights for blacks, an incensed Booth changed his plans and determined to assassinate the President. Learning that the President and the First Lady would be attending Ford's Theater, he laid his plans, assigning his co-conspirators to assassinate Vice President Andrew Johnson and Secretary of State William H. Seward.

Without his main bodyguard Ward Hill Lamon, Lincoln left to attend the play *Our American Cousin* on April 14, 1865. As a lone bodyguard wandered, and Lincoln sat in his state box (Box 7) in the balcony, Booth crept up behind the President and waited for what he thought would be the funniest line of the play, hoping the laughter would muffle the noise of the gunshot.



When the laughter began, Booth jumped into the box and aimed a single-shot, round-slug .44 caliber Derringer at his head, firing at point-blank range. Booth then leapt to the stage and shouted "*Sic semper tyrannis!*" (Latin: *Thus always to tyrants*) and escaped, despite a broken leg suffered in the leap.

A twelve-day manhunt ensued, in which Booth was chased by Federal agents. He was eventually cornered in a Virginia barn house and shot, dying of his wounds soon after.

The President was taken across the street from the theater to the Petersen House, where he lay in a coma for nine hours before dying. Several physicians attended Lincoln. Using a probe, they located some fragments of Lincoln's skull and the ball lodged six inches inside his brain. Lincoln never regained consciousness and was pronounced dead at 7:22:10 am, April 15<sup>th</sup>, 1865. He was the first US President to be assassinated, or to lie in state.

## Beans: Heart Healthy

If you don't know beans about beans, here's a start. They're good for your heart. They fight cholesterol even among people at risk for heart disease. One study of pinto beans, the most common kind of bean, by the USDA Human Nutrition Research Center shows that regularly eating just a small amount three times a week leads to cholesterol reduction.

That means you don't have to cook a whole pot of beans to get that benefit along with other vitamins including vitamin B6. Pinto beans are a common filling for burritos. They can also be eaten whole, in broth, mashed or refried.

**See Insert This Issue:**



**Discover How  
You Can Defend  
Yourself Against  
the Allergy  
Epidemic!**

## April Birthday Hall of Famer Charlie Chaplin



English comic, director and icon of the silent film-era **Charlie Chaplin** was born April 16, 1889 in Walworth, London, England, and died at the age of 88, on Christmas day 1977. Most remembered for his portrayal of a character known simply as "The Tramp", his unique look is instantly recognizable, even today. The American Film Institute has ranked Chaplin as the 10th greatest male screen legend of all time.

**Chaplin's Film-making Techniques:** When it came to creating his films, he was very secretive of his methods, which were not revealed until after his death. He likened the film-making craft to being a magician -- and a magician never reveals his methods!

**The Method:** His films were shot without a script. He would normally start with a vague concept (for example, "Charlie works at a pawn shop"), and then use the people and props at hand to improvise gags and activity around them. Ideas were accepted, discarded, developed, improved, and soon enough, a narrative would begin to emerge, which frequently would require Chaplin and his cast to reshoot previous scenes to make them better mesh with the emerging storyline.

This style of meticulous film-making was very taxing on the cast. He would shoot scores of takes of the same scenes, until every motion of every actor was to his liking. This expensive, time-consuming combination of improvisation and relentless perfectionism would often take its toll on Chaplin as well, who in frustration would often lash out at the cast and crew, or even spur him to shut down production altogether.

In honor of National Poetry Month, here is a list of the **Ten Most Famous Lines of Poetry** (from 10 to 1).

*Out of the night that covers me,  
Black as the pit from pole to pole,*  
**William Ernest Henley**

*Mine eyes have seen the glory  
of the coming of the Lord*  
**Julia Ward Howe**

*I think that I shall never see  
A poem lovely as a tree.*  
**Joyce Kilmer**

*By the shore of Gitchee Gumee,  
By the shining Big-Sea-Water,*  
**Henry Wadsworth Longfellow**

*But I have promises to keep,  
And miles to go before I sleep*  
**Robert Frost**

*Once upon a midnight dreary,  
While I pondered weak and weary,*  
**Edgar Allen Poe**

*Into the valley of Death  
Rode the six hundred*  
**Alfred Lord Tennyson**

*Shall I compare thee to a summers day*  
**William Shakespeare**

*Water, water, everywhere,  
Not any drop to drink.*  
**Samuel Taylor Coleridge**

*How do I love thee?  
Let me count the ways.*  
**Elizabeth Barrett Browning**

## Hair Tips

- On fine hair, conditioners should be used at a minimum to avoid adding weight. Avoid the root area and focus on the driest ends only.
- Brushes and combs should be cleaned with warm soapy (shampoo) water and rinsed thoroughly.
- Any hair perming should be done at least two weeks prior to your special event. This will allow your curls to settle and will give you some time to learn how to make the most of your new look.
- For oily hair, use a gentle shampoo but leave it on your hair for a longer period of time rather than using a harsh clarifying shampoo.

# Your New Issue Has Arrived!

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

## Reduce Your Allergies and Get Sparkling Clean Windows

(See Insert)

### April 6, 1896: The First Modern Olympic Games Opened in Athens, Greece

There were fewer than 250 athletes at the first Olympic Games of the modern times. The Panathenian Stadium, restored for Zappa's Games of 1870 and 1875, was refurbished a second time in preparation for this inaugural edition. These Olympics featured nine sporting disciplines: athletics, cycling, fencing, gymnastics, shooting, swimming, tennis, weightlifting and wrestling. There were rowing events scheduled for competition, but they had to be cancelled due to bad weather conditions.

The Greek officials and public were enthusiastic about the experience of hosting the inaugural Games. This feeling was shared by many of the athletes, who even demanded that Athens be the host of the Olympic Games on a permanent basis. The IOC had, however, imagined these modern Olympics to be an itinerating and truly global event, and thus decided differently, planning for the second edition to take place in Paris in 1900.

### Who Wants To Win Happy Day Certificates?

#### 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. Call or email with the correct answer before the 20<sup>th</sup> to be entered into a drawing where 2 people will win **A \$15 Happy Day Card**. Enjoy a night out on me with someone special in your life! Take your best guess, and then call me at **743-9664** or email **osbornescleaning@gmail.com!** Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

**What was the name of the play Abraham Lincoln was watching when he was shot?**

- A) *Superstition* B) *Life in Louisiana*  
C) *Our American Cousin* D) *The Lion King*

*HINT: The answer is somewhere in this newsletter*

**Last Month's Winners**  
**Iiona Nemeth Alicia Neeley**



## **Allergies Affect 1 In 4 People ...** ***Discover How You Can Help Defend You And Your Family Against This “Epidemic”!***

***Hello friends and clients.*** 1 in 4... *Yikes!* That means A LOT of people are suffering. Even if no one in your home is a sufferer you must know someone who is and you can pass this info on to them.

Because **allergies make a huge percentage of the population miserable every year,** maintaining a clean, allergen free home isn't just a luxury it's ....

### **Crucial.**

One website had this to say on the subject, **“Why people develop allergies remains a mystery in the medical community. Until we know more about allergies the best line of defense is to eliminate the offending agents.”** – [www.peacefulmind.com](http://www.peacefulmind.com)

**So what are these “offending agents”?** Dust mites, pollens, and mold to name a few. Also, among the offenders are pet dander, and pollutants from outside that come into our homes on our shoes and clothes.

### **How Can You Get The Advantage?**

The good news is all of these culprits are easily removed with a professional carpet and/or upholstery cleaning. **You can go through this allergy season with a stronger defense line this year if you take a proactive approach and remove allergens from your home.**

The EPA (Environmental Protection Agency) has this advice, **“Keep the house clean. House dust mites, pollens, animal dander, and other allergy-causing agents can be reduced...through regular cleaning.”** *So go ahead and get your carpets and upholstery thoroughly and professionally cleaned and...*

### **The End Result?**

**You'll breath easier this allergy season** by removing common allergens at the source. Remember, your carpet is like a big “filter” that traps pollutants and allergens. But that “filter” gets full and redistributes allergens back into the air with every step you take. **If it's been more than 6-12 months since you had your carpets cleaned your “filter” (carpet) is definitely full.**

## **Reduce Your Allergies!**

**Call Osborne's Cleaning & Restoration at 208-743-9664 today or send me an e-mail at [osbornescleaning@gmail.com](mailto:osbornescleaning@gmail.com)**

**Save \$35.00 Off Your Carpet Cleaning and  
\$35.00 Off Your Upholstery Cleaning.\*  
But Hurry Offer Expires...**

**April 30, 2018**

**Check us out on the web at [www.cleanorfree.com](http://www.cleanorfree.com)**

\*Not valid with other offers. \$100 minimum applies

# We Want To Make Your Windows Sparkle



Since 1 in 4 of our clients are affected by allergies and will probably seek relief by staying inside. We thought “why don’t we give our clients sparkling clean windows along with removing the allergens from their home when we clean the carpets”.

## Sunny Days Are Just Around The Corner

It has been a long and cloudy winter, we have escaped the extreme cold and the piles of snow that we have seen over the last years. But that doesn’t mean that the short day light hours and the cloudy days don’t take a toll on us mentally and physically.

You leave your house in the morning when it’s still dark and then return home at night as the sun has disappeared into the horizon. It’s hard to tell if your windows need washed or not. Now that the days are getting longer and the sun is still up when you get home you can see the layers of dirt outside and the heavy film on the inside of your windows.

## How Do You Want To Spend Your Weekend?

How long does it take to get out the ladder, all the supplies you will need, and then spend your day washing windows? Once you have spent the time doing all that, you notice some streaks and spots that didn’t come as clean as you would like, now what are you going to do? Well, instead of having to do it all over again and wasting your whole weekend washing windows you can make one simple call and it’s done. You have spent all week working and now the weekend is here and there are so many other things you would rather be doing than “The Windows” so why not reward yourself?

With our special window cleaning offer you can wash away the doom and gloom of winter and let the fresh light of spring shine in. Not to mention spending the weekend doing what you enjoy!

### Get Sparkling Clean Windows!

When you have your carpets cleaned in April we will give you \$\$ to spend toward window washing. All you have to do is mention the word “**Sparkle**” when you schedule and the gift is yours.

**Amount spent on carpet cleaning earns:**  
**\$150 to \$250 earns a \$15 gift certificate**  
**\$251 to \$350 earns a \$30 gift certificate**  
**\$351 to \$450 earns a \$50 gift certificate**  
**\$451 and up earns a \$75 gift certificate**

**Call Osborne’s Cleaning & Restoration at 208-743-9664 today!**

**Save \$35\* off your carpet cleaning and \$35\* off your upholstery cleaning, along with earning window washing gift certificates. Offer ends April 30, 2018**

\*Not valid with other offers. \$100 minimum applies for carpet and upholstery cleaning.