

Close to Home YOUR 1 PLUMBER

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Who's Bright Idea Was Spring Cleaning Anyway?

So where did this whole notion and tradition of spring cleaning start? As in, if spring were the only time of year when we cleaned our houses, it would probably take us the entire season to finish the job!

Which led us to do a little homework into the origins of this time-honored tradition.

For starters, **no one knows for sure where spring cleaning originated**, but it's clear that from the very early days of civilization, several ethnic groups and faith traditions adopted springtime rituals that may have spread and evolved over time into what we consider spring cleaning today.

For example, **some suggest that spring cleaning dates to ancient times and the Persian New Year which happens before the first day of spring**. Today, Iranians continue the practice of "khooneh tekouni" or "shaking the house" just before they celebrate the New Year.

Others suggest that spring cleaning dates to the ancient Jewish practice of spring cleaning in advance of Passover. **In Greece and in other Orthodox cultures, it's customary to clean the whole house in advance of the Great Lent, usually on or about April 1st of each year**. Over time, these and other faith-based and cultural traditions and rituals spread with migration and can now be found throughout North America and, certainly, around the world.



Green & Healthy Living Tips

Eat avocados. For dry skin, incorporate more avocados into your diet. They're rich in monounsaturated fat and vitamin E, both of which promote healthy skin. Try them on salads and sandwiches, and even in smoothies.

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Spring Cleaning in Modern Times

Years back, particularly in cold climates, people kept their houses relatively closed throughout the cold winter months and heated their homes with coal, oil and wood. People also lit candles for light before the invention of electricity. **The arrival of spring allowed household members to throw open their windows and doors and allow fresh air into the homes again.** It was customary for families to lug their furniture outdoors, beat the carpets with sticks or brooms, hang linen outside, and give the whole house a good cleaning. Spring cleaning had a health and wellness aspect to it.

One More Item for This Year's Spring Cleaning Checklist

In addition to your traditional cleaning, spring is also a great time **for a whole-house plumbing inspection from Your 1 Plumber.** First and foremost, it allows us to prevent problems and potentially costly repairs. With **fewer repairs**, you also can look forward to **longer-lasting plumbing**, and that leads to even greater savings. Here at Your 1 Plumber we place a strong emphasis on home protection and personal safety, too.



Today, **we're pleased to offer you our whole-house plumbing inspection for just \$89 with the coupon on page 3 of this newsletter.**

And be sure to celebrate Earth Day on April 22 by doing something green... Close to Home.

William Kirkorian
President

Amazing Fact

We have approximately 24 hours in a day, but it is expected that after about 250 million years, a day will last 1.5 hours longer due to the slower rotation of the Earth around its axis.

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Our Favorite Recipes

Parmesan Spinach Balls



"These delicious little appetizers are always a hit."

[Click here to view and print this recipe.](#)

You Gotta Laugh

"I guess the real reason that my wife and I had children is the same reason that Napoleon had for invading Russia: it seemed like a good idea at the time."

Bill Cosby



Whole-House Plumbing Inspection

Pay Just \$89

...for our whole-house plumbing inspection service. Only one (1) coupon per service address will be accepted. Coupon must be presented at the time of service. This offer is valid through April 30, 2014 and may not be combined with any other offer or minimum service fee.

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Special Bonus Offer

Save \$25

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