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Reliable news for healthy living, saving money, and having fun!

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Suzie Smith!

You are this month’s   
Mystery Winner!

We have a   
**$10.00 Starbucks   
gift card**   
reserved just for you!

Come by our store to   
claim your prize!

Inside This Issue…

* Are you this month’s Mystery Winner?
* Month at a Glance
* Five Lesser Known Facts About the American Revolution
* Mega Trivia Contest
* Did You Know
* Do You Really Need Eight Glasses of Water a Day?
* Thank you for the Kind Words
* Client of the Month
* Find the Hidden Words!

**July 4**

Independence Day

Month at a Glance!

Scan to see our website

Dear Friends,

Your personal message goes here.

The personal message is important because it allows you to connect in a very personal way with your clients. This personal connection is sorely lacking in most businesses. Topic ideas:

Your hobbies

Something interesting happening this month. Wish them “Merry Christmas” or “Happy Thanksgiving.”

A thought from your heart

Appreciation for your clients and their referrals. Remind them that you will bend over backwards to provide their referrals with World Class Service.

Mention that month’s “special offer” insert

Your Friend,

Your Signature

Your Name

*“You’ll love your new floors or I’ll replace them free!”*

~Jim Armstrong   
[www.JimbosFloors.com](http://www.JimbosFloors.com)

**Jimbo’s Floors**

July 2020



A person holding a flag

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**Five Lesser Known Facts About the American Revolution**

**A Woman Disguised Herself as a Man and Served During the War**: Massachusetts born Deborah Sampson, who was taller than most men at the time, was one of a few women who saw military combat during the War of Independence and proved to be an excellent soldier. She was honorably discharged on October 25, 1783, after a physician discovered she wasn’t a male when he treated her for an illness.



**Answer to last month’s quiz: D) Jet Lag**

Congratulations to last month’s winner: **Client Name**

### Who Else Wants to Win

### Dinner for Two

### at the City Café!

### Take our Trivia Challenge and *you could win too!*

This month’s Mega Trivia question:

On April 19, 1775, the American Revolution began when American and British soldiers exchanged fire at Concord and Lexington. Here are five things you probably never heard about the war:

**The Colonists Were Not Originally Seeking Independence:** When the American Revolution began in 1775, colonialists were more interested in greater self-government than they were with separating from the British Empire. In fact, in the petition to King George III, the Continental Congress appealed to him for protection and assured him that independence was not an objective of the colonists.

**The Boston Tea Party Had a Sequel**: We know about the incident on December 16, 1773, when Boston’s Sons of Liberty dressed as Mohawk Indians and tossed 342 chests of tea from three ships into the Boston Harbor to protest the Tea Act. But they felt the need to hammer the point home with a second party, on March 7, 1774 — this time they grabbed only 16 chests of tea.

**George Washington Returned British General Howe's Dog**: At the Battle of Germantown, 150 men were killed, 500 wounded, and 400 taken prisoner. But Washington didn’t lose his good manners with the battle. A fox terrier appeared in the American’s camp wearing a tag with British General Howe’s name as the owner. Washington returned the dog back to Howe.

**The Secretary of War Trained Himself by Reading**: Henry Knox was a bookstore apprentice and opened his own store in 1771, where he read books on fortification construction, military tactics and even how to target artillery. Washington was impressed with his knowledge and Knox was later appointed the country’s first secretary of war.



Which U.S. President was born on the Fourth of July?

A) John Adams B) Thomas Jefferson

C) Calvin Coolidge D) James Monroe

To enter, go to [www.JimbosFloors.com](http://www.JimbosFloors.com) and click on “Mega Trivia Contest.” Take your best guess…your chances of winning are better than you think!

**You are protected by Jimbo’s Floors “Zero Regrets Guarantee!” You’ll love your new floors, or I’ll replace them FREE!**

If at any time during the first 30 days after installation you decide you don’t like your new flooring for whatever reason, just let me know. I’ll replace the materials free of charge. (With an outrageously good guarantee like this, I can’t include the cost of installation, so you’ll have to cover that.)

It’s just part of Jimbo’s 100% Iron-Clad Triple Guarantee!

**We’d be happy to send you our electronic newsletter!**

The same combination of useful tips and offbeat stories you read here, but with these differences:

* The e-Neighborhood Advisor will arrive in your email account once you give us permission
* We send it once a week
* The e-Neighborhood Advisor does not have the same content as the print Neighborhood Advisor – you’ll read all new stories, from helpful advice to items that give you a smile

Simply let us know which email account you’d like us to use for the e-Neighborhood Advisor.

If you are suffering from desynchronosis, what condition do you have?

A) Hiccups B) Black Eye

C) Tennis Elbow D) Jet Lag

To enter, go to [www.JimbosFloors.com](http://www.JimbosFloors.com) and click on “Mega Trivia Contest.” Take your best guess…your chances of winning are better than you think!



### Who Else Wants to Win

### Dinner for Two

### at the City Café!

### Take our Trivia Challenge and *you could win too!*

This month’s Mega Trivia question:

**Answer to last month’s quiz: D) Hot Wheels**

Congratulations to last month’s winner: **Client Name**



With the hot weather upon us and outdoor activities on the rise, how much water do we really need? It seems that our bodies do a good job of telling us when we need to hydrate, and that the “eight glasses a day” message may really be a myth.

In *The Guardian*, Stuart Galloway, associate professor of physiology, exercise and nutrition at the University of Stirling, says, “As humans, we have this homeostatic system, so when we need water, we feel thirsty.” Drinking when you are thirsty, he says, maintains your body’s water level within about 1-2% of its ideal state.

The bottled water industry would have us believe that water is a purifying fast-track to glowing skin, bright eyes and bags of energy. Galloway says detoxing with water is “a load of rubbish. Your kidneys do a very good job of sorting out what you need to retain and what you need to get rid of.”

How much you need to drink is governed by how active you are, the weather and your physiology. Tellingly, if you seek water-consumption advice from a quietly reputable source such as Harvard Medical School, instead of the 8x8 rule, you get “four to six cups” a day for healthy adults - and all beverages count, even diuretics such as coffee, tea and booze! Don’t they make us pee more so we end up dehydrated, you ask?

In 2016, Galloway tested the hydrating potential of a range of drinks and found a liter of beer was no less hydrating than a liter of water. Similarly, a liter of instant coffee, containing 212mg of caffeine, was as hydrating as water. Milk was even more hydrating, and effective as a hydration solution for people with diarrhea. While not a green-light to binge on high-calorie drinks, it’s good to know that a cup of tea or half a beer still count as water intake.

Thank You for the Kind Words!

“My new laminate floors in my kitchen and dining room are beautiful. I was treated with respect and courtesy as a single woman raising a daughter. I genuinely felt that Jim Armstrong and his staff display concern for my flooring needs and were a guiding light for me. I recommend his service to anyone looking for a supportive, positive experience.”

~Marsha Avalos, School Teacher, Yuba City

“We recently went to Jimbo’s Floors for new tile for our bathroom, and we’re thrilled with the results! This is our third time using Jimbo’s. Jim will never make you feel uncomfortable for asking questions and he’ll do anything in his power to accommodate your needs. When you do business with Jim and the staff at Jimbo’s Floors, you will be treated like royalty. Our experience was painless and very professional. Jim is not only our flooring expert, he’s a friend. That’s how he makes you feel.”

~Marvin and Sandy Moeller, owners of Sierra Landscaping, Yuba City

Congratulations to our client of the month,

**Susan Johnson!**

Susan is a 3rd time returning client, and she recently purchased new laminate for her kitchen and dining room. She always has a big smile on her face and is a lot of fun to work with. *Thanks, Susan!*

As always, our clients of the month receive **2 movie passes for Movies-8!**

*Watch for your name here in a coming month!*

**Do You Really Need Eight Glasses of Water a Day?**

A close up of a logo

Description automatically generatedA screenshot of a cell phone

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Get a Night Out at the Movies for 2 with my

**Referral Rewards Program**

As you probably know, advertising is very expensive. Instead of paying the newspaper or another place to advertise, we’d rather reward you. So we’ve assembled the Referral Rewards Program.

Every time you refer someone who becomes a client, we will send you a gift certificate for two passes to the **Movies-8 Cinema.**

And hey! What’s a movie without popcorn? The gift certificate will also cover a big box of hot, buttered popcorn and sodas!

**Be sure to stop by to pick out and schedule   
your new floor installation, and   
from our families to yours have a great month!**

**Your Company Name**

123 Address, Someplace, ZZ 555555

555.555.5555 Phone ⚫ 555.555.5555 Fax

email@yourcompanyname.com

**YourCompanyWebsite.com**

Find the Hidden Words!

**Welcome to our new and returning clients!**

Click on the text box and Insert names

**A gigantic THANK YOU to all who referred us last month…**

Insert names