



Home Cleaning Plus

<address>
<City, State, Zip>
<Phone>
www.MyWebsite.com

Your New Issue of
Better Home Living
Has Arrived!

Look Inside for Some
Amazing Money
Saving Tips and More!

The lighter side: Big sale

On the day of the big sale, a large group of people congregated at the door, waiting for the store to open. A small man pushed his way to the front, only to be shoved back, amid loud jeers. On his second attempt, he was punched and knocked down. As he got up, he said, "That does it! If they hit me one more time, I won't open the store!"

Staff Members Making the News

Shelly and her team have been cleaning homes for the past five years and they've always done a great job for us. The team was recently awarded <My Company's> highest achievement award for Service Excellence. Congratulations team! Keep up the good work!
All team members of <My Company> have completed the Annual Safety Training Certification. We're very impressed with the scores and are confident about our staff's performance.

"Procrastination is like a credit card. It's a lot of fun until you get the bill." -- Christopher Parker

FREE Air Quality Cleaning Audit

Call us by ___/___/___ to schedule your FREE Air Quality Cleaning Audit and...

Receive a FREE
Refrigerator Cleaning!

<Company Name>
<Telephone>
<Website>

Take the Trivia Challenge and Win a \$25 Gift Card to Applebee's!
The first <###> people who call our office with the correct answer will be entered into the drawing!

Which of the following foods help fight depression?

1 - Beans 2 - Nuts 3 - Chocolate 4 - Cereal

HINT: The answer is hidden somewhere in this newsletter.



August 2011

Volume 2, Issue 8

Better Home Living™

The Newsletter That's Both Informative and Fun!

Safe driving is important in any vehicle, but more important in a small car

Smaller cars are popular right now, and they will be the wave of the future as the government increases mandatory gas mileage to 39 miles per gallon by 2016. Car makers already have or will soon have cars that meet or exceed the standard.

Fuel costs are lower for a small car, but if you crash, your chances of getting hurt are greater. Here are a few driving tips to consider:

- * Be visible. Keep your lights on during the day. If you don't have automatic running lights, turn your headlights on and use the low beam.
- * Take extra care when entering an intersection to assure that all vehicles from the other directions are cleared.
- * Avoid getting sandwiched between two trucks, two larger cars or two SUVs, especially when driving on the Interstate or a state highway.
- * On any roadway, it's more important for drivers of a smaller cars to use turn signals well ahead of where they will change lanes or turn.
- * Regardless of the size of your vehicle, practice thinking about how you could escape a dangerous situation. It could be a move to the shoulder, going off the road and avoiding trees, or maneuvering to another lane.

Rules of safe driving are more important when you are in a small car, including: Always wear a seat belt; don't drink and drive; watch for speed limit signs and don't exceed the posted numbers.

Green initiatives limit phone-book deliveries

You might not hear the familiar thud of a telephone book being dropped by your door this year, or next year. An increasing number of states are approving requests by telephone companies to stop delivering residential white pages, which list home phone numbers.

AT&T will not deliver an unsolicited phone book in 14 states where it does land-line business. You can get one if you ask for it. Verizon will not make unsolicited delivery in 11 or 12 states where it has land-line customers.

San Francisco has a law banning phone-book delivery unless residents ask for them.

Free Cleaning Tips and Specials at www.MyWebsite.com



I hope you enjoy this month's newsletter!

Steve Hanson
Home Cleaning Plus

Sales of commuter bikes, scooters are up

When gas prices go sky high, many people decide it's time to ride a bike to work.

Sales of commuter bikes jumped 29 percent in the first quarter of this year, compared with the first quarter of 2010. Sales of bicycles overall were up 9 percent.

Gas-powered scooters did even better. Sales in the first quarter were up by 50 percent over 2010, according to the Motorcycle Industry Council.

Bike-sharing programs, such as those in Denver, Washington, D.C. and Minneapolis have made a big difference, according to Tim Blumenthal, president of peopleforbikes.org.



Do You Know...

... someone that could use our services? Perhaps a friend, family member, co-worker, or someone from church?

When a new client signs up for regular cleaning services at your recommendation; you will receive \$100 after their 6th cleaning!

If you would think of 3 or 4 people that could use our services, then don't hesitate to call them and give them our name and phone number. Be sure to have them mention your name when they call so we can send your \$100 Bonus!

Thanks in advance for your help and we look forward to sending cash your way!

Fair food on a big, fat stick

When, in 1901, Teddy Roosevelt famously told the crowd at the Minnesota State Fair to 'speak softly and carry a big stick', he probably didn't know the stick would contain a corn dog. Or a deep fried Snickers bar.

State Fairs play an important commercial and cultural role in American society. But never mind that! Let's talk about Food On a Stick, which just gets weirder and weirder.

The Minnesota State Fair sells 500,000 corn dogs every fair and, at 200 calories, the corn dog should be on the fair diet menu. The average turkey leg has 1,135 calories. The fabled funnel cake is at least 770 calories with a gargantuan fat load of 44 grams.

At the Indiana State Fair some of the newer Fair food includes deep fried butter, a hamburger between Krispy Kreme donuts, and chocolate covered bacon. After dining on that fare, visit the Clarion Health pavilion and creep through the 40-foot long, 4-foot tall colon. You've been warned.



Thanks a Bunch!

"Sue and her team have been cleaning our home for the past two years and they've always done a great job for us. The quality of service is at a much higher level than our previous cleaning provider."

*Tom Johnson
Sandy, UT*

*A special thanks to all these fine folks who referred us...
Kathy Jackson, Dan Lundgren, and Marcy Cantrell.*

Avoid a medical emergency

Heat and humidity add up to danger

Emergency rooms see an increase in cases of heat stroke and dehydration in July and August.

The American College of Emergency Physicians gives this advice on how to stay safe in hot weather:

- * Check the heat index before going out to work, play or practice and plan accordingly.

- * Avoid direct sunlight in the middle of the day. Schedule activities for the early morning or early evening hours.

- * Wear loose, light-colored clothes and hats. Dark colors absorb more heat.

- * Drink lots of water or sports drinks, about 8 ounces an hour when in the sun in order to avoid dehydration.

- * Take frequent breaks in the shade or in air-conditioning to cool off.

- * Calculate the "apparent temperature" before taking part in activities.

Heat exhaustion can include cramps, heavy sweating, nausea, heart-rate changes and dizziness. Get the victim out of the sun, remove excess clothing and place cool towels on extremities. Fan and give small sips of water.

At 95 degrees and 50 percent humidity, it feels like 107 degrees. At 70 percent humidity, it feels like 124 degrees. At that temperature and at any higher temperature or humidity, it is extremely dangerous to be outside, and heatstroke could occur.

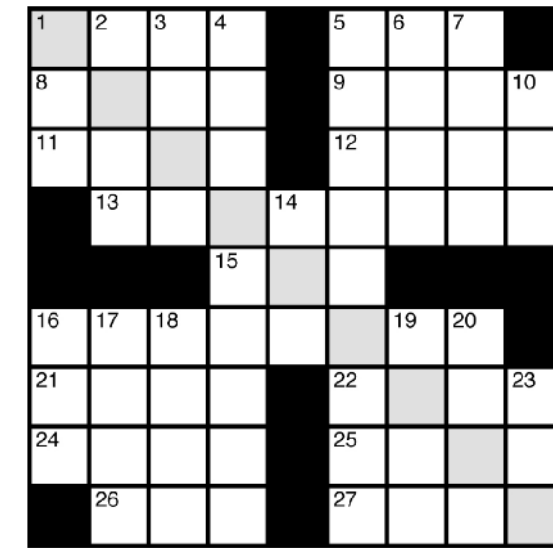
Heatstroke is a medical emergency. Symptoms include confusion, an altered mental state, unconsciousness and hot, dry skin. Call 911. Do not give fluids, which can cause seizures. As you can see, high temperatures and high humidity are a dangerous combination.



Tropical Fish Crossword

Across

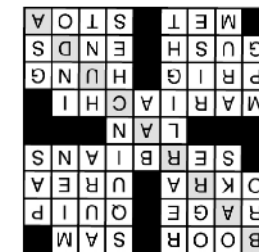
1. Phillistine
5. "Casablanca" pianist
8. Anger
9. Bon mot
11. Gumbo thickener
12. Carbamide
13. Residents of the Balkans
15. PC linkup
16. Mexican street musicians
21. Bluenose
22. Put decorations on a tree
24. Talk effusively
25. Means justifiers
26. Assembled
27. Greek promenade



The title is a clue to the word in the shaded diagonal.

Down

1. Pal
2. Thousand ____ Calif.
3. Shrek, e.g.
4. Tail lamp
5. Shrinks
6. Emanation
7. Appearance
10. ____ de deux
14. Farm call
16. Automobile sticker fig.
17. Starch
18. Ascend
19. Stalk
20. Prefix with China
23. Fed. construction overseer



How what you eat affects your mood

Researchers have long wondered why people living in the lower Mediterranean countries don't get depressed as often as people living in northern Europe. One thing they discovered: It isn't the sunny days or a nice blue ocean to look at. It's their diet.

They studied more than 10,000 Spaniards and discovered those who consumed more olive oil and less fat, had a moderate intake of alcohol and dairy products, and ate a lot of beans, fruit, nuts, cereal, vegetables and fish were far less likely to be depressed. Doctors at Tufts University offer this happy-plate advice:

- * Eat breakfast and have healthy snacks to avoid drops of blood sugar.
- * Try complex carbohydrates, like whole grains, for increased feeling of calm.
- * Protein can boost alertness.
- * Folate is important. It is in fortified cereals, leafy vegetables, okra, asparagus, bananas, melons, beans, orange juice and tomato juice.
- * Don't overdo alcohol. It is a powerful depressant.
- * Coffee is an antidepressant, but too much can give you the jitters.
- * Skip the chocolate. It improves mood at first, but makes you feel even worse when its effect wears off.

Trivia Teaser – Rockin' Robin

1. What color are the eggs laid by a robin? a-Yellow, b-Pink, c-Gray, d-Blue.

2. What color is the cape worn by comic book hero Robin the Boy Wonder? a-Red, b-Yellow, c-Black, d-White.

3. What was the name of Robin Gibb's twin brother in the Bee Gees? a-Damian, b-Tim, c-Maurice, d-Hugh.

4. Who was Robin Williams's costar on the sitcom Mork and Mindy? a-Pam Dawber, b-Suzanne Somers, c-Arlene Golonka, d-Charlotte Rae.

5. Shortstop and center fielder Robin Yount played his entire 20-year career with what Major League Baseball team? a-Baltimore Orioles, b-Milwaukee Brewers, c-New York Yankees, d-Cleveland Indians.

6. What TV detective lived on the estate of millionaire Robin Masters? a-Jim Rockford, b-Thomas Magnum, c-Remington Steele, d-Adrian Monk.

7. Robin Givens played well-to-do high school student Darlene Merriman on what TV sitcom? a-The Fresh Prince of Bel Air, b-A Different World, c-Head of the Class, d-Boy Meets World.

8. Robin Zander is the lead singer for what rock band out of Rockford, Illinois? a-Styx, b-REO Speedwagon, c-Cheap Trick, d-The Meat Puppets.

9. Who is the lead anchor for the Headline News program Morning Express? a-Robin McGraw, b-Robin Meade, c-Robin Logan, d-Robin Allen.

10. Who played Lady Marian opposite Russell Crowe in the 2010 movie Robin Hood? a-Kate Winslet, b-Kate Beckinsale, c-Cate Blanchett, d-Kate Walsh.

Answers to Rockin' Robin
1-d, Blue
2-b, Yellow
3-c, Maurice
4-a, Pam Dawber
5-b, Milwaukee Brewers
6-c, Cate Blanchett