



## 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!*

#### Antioxidants in coffee

Coffee is a valuable source of disease-fighting antioxidants. Fruits and berries have higher levels, but because coffee is consumed more often, it is the top antioxidant source in American diets.

The good news for decaf lovers is decaf is very similar in antioxidant content. Even better, adding milk to either type of coffee doesn't affect the antioxidant level.

#### 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.

*"A man can succeed at almost anything for which he has unlimited enthusiasm." Jeff Bezos, CEO, Amazon.com*

#### 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!

**What is the worst password you can use on the Internet?**

1) password 2) 123456 3) pet name 4) birth date

HINT: The answer is hidden somewhere in this newsletter.



October 2011

Volume 2, Issue 10

# Better Home Living™

The Newsletter That's Both Informative and Fun!

## Free yourself: Let go of the grudge

OK, so you were grossly offended by a "friend," family member or co-worker. It could have been last month, last year or too many years ago to count. Every time you think of it, you are angry and stressed all over again. It's not easy to let go of hurts and offenses. It's not easy to forgive, but according to the Institute for Behavior Therapy in New York, here are some of the reasons you should.

Your health. There's a connection between anger and stomach upset, heart problems and skin conditions, to name a few associated health conditions.

Overcome your false beliefs. You think that when you forgive, you will have to trust that the other person will not hurt you again. But forgiving frees you from an uncomfortable situation. As far as trust goes, the other person will have to earn it.

Forgiving is not a sign of weakness but a sign of strength. It's a sign of character that most people respect.

You may think forgiving is letting the other person get away with it. By this time, he or she knows that behavior will not be tolerated.

What if you don't really feel like forgiving? Do it anyway and let your emotions catch up with your actions. You have to give up the belief that people will act the way you want them to.

You don't have to forget the injury in order to forgive. You'll forget a wrong faster if you forgive it first.

Forgetting is often the result of forgiving, say experts.

Bury the grudge. Write out the thing you are so angry about on a piece of paper and bury it. Decide that for three months you will act as if you have forgiven the other person. It's therapeutic and it works.

## Carpeting makes a comeback, this time with bold colors

After years of being replaced by hardwood, carpet is getting popular again. The softer feel of wall-to-wall appeals to homeowners who are tired of walking on wood. They have tried the hard surfaces and now want to surround themselves with comfort.

Interior designer Eric Ross of Franklin, Tenn., says bedrooms, play rooms, studies and family rooms cry out for carpeting.

Manufacturers are creating it with rich colors, patterns and textures that are designed to be a focal point rather than a neutral backdrop.

A second decorator says her clients are using carpet to make a statement. If it is the right choice for a specific space, the buyer feels free to pick something a little more exciting. In a room where walls and furniture are a neutral color, a beautiful patterned carpet makes the whole room interesting.

*Free Cleaning Tips and Specials at [www.MyWebsite.com](http://www.MyWebsite.com)*



I hope you enjoy this month's newsletter!

Steve Hanson  
Home Cleaning Plus

## It's fun: Dress your pet for Halloween

If you're having a Halloween party this year, why not invite your dog or cat into the festivities?

You can dress them in costume. You won't be the only one doing it. Last year, many consumers dressed their dogs as a rabbit, a bumble bee or some other critter, according to the National Retail Federation.

Veterinarians think most pets enjoy the extra attention from their doting owners and more attention from party guests. They say petting and dressing your dog increases bonding.

When Halloweeners come to your door this year, you and your costumed pet could greet them with smiles.



## 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!

## Who should get a flu shot in 2011?

Everyone six months and older should get a flu vaccination each year. This recommendation has been in place since February 24, 2010. The CDC's Advisory Committee on Immunization Practices has voted for the "universal" flu vaccination in the U.S. Universal vaccination will expand protection against the flu to more people.

While everyone should get flu vaccine for each season, it's especially important that certain people get vaccinated, either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk.

High-risk people include pregnant women, people age 50 and over, those with chronic medical conditions, and health care workers.

Those who live or work with people at high risk for complications from the flu should be sure to get a flu shot, as should caregivers of children less than six months old, who are too young to be vaccinated.



## 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.*

## One strong password stands between you and the bad guys

On the Wild Wild Web, there are lots of ways for the bad guys to get your password, but you don't have to make it easy for them.

According to the Department of Homeland Security, one of the best ways to fight cybercrime and enhance security is to use strong passwords.

A strong password is generally 10-14 numbers and letters, both uppercase and lowercase.

Mark Burnett, author of Perfect Passwords, says one of the worst passwords you can create is the word 'password.' It doesn't make it any better to attach 123456. It actually makes it worse because 'password123456' is the single most common password in existence, used about 5 percent of the time. In fact, Burnett says there are about 1,000 common passwords and they are used 91 percent of the time.

Most people don't realize how vulnerable they are. According to Lockdown.co.uk, a fast dual processor PC would crack the password 'darren' in 30 seconds. A supercomputer could break that password instantly.

It only takes one person with a fast PC and evil intentions to break into your computer. Once there, your personal information can be stolen and the computer can be used as a 'zombie' to send out spam or make illegal downloads.

Don't forget to set a very strong password on your wireless router. In one infamous New York case, a homeowner became frustrated with setting a password on his router and left it blank. That is, until federal agents entered his house to arrest him on child pornography charges. The actual culprit was a neighbor who was stealing his signal.



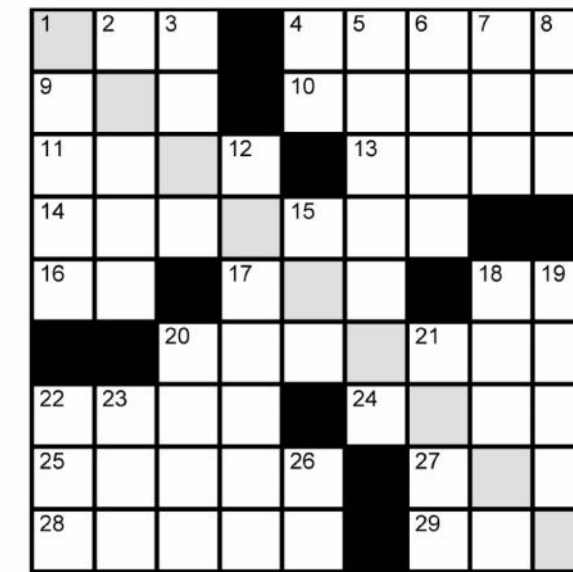
## Presidential Crossword

### Across

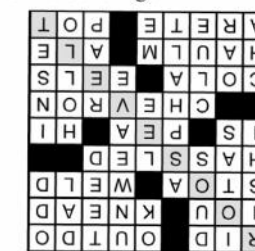
1. Free (of)
4. Go one better than
9. Chit
10. Work, as dough
11. Greek portico
13. Fuse
14. Bothered
16. Exists
17. \_\_\_ green
18. Hello
20. Type of military badge
22. Pop
24. Congers
25. Used for thatch
27. A pint, maybe
28. Mountain ridge
29. Coffee holder

### Down

1. Hindu sage
2. Bits
3. Pairs
4. All right
5. Straighten out
6. Angry, with "off"
7. Indian dish
8. Eccentric
12. Driveway type
15. Filmmaker Spike
18. Shout out
19. Atlas enlargement
20. Game name
21. Harvest
22. When doubled, a dance
23. Crew need
26. N.E. state



clue to the word in the shaded diagonal.



NOTE: The title is a

## Trivia Teaser – Puppet Show

1. Which ventriloquist used puppets named Charley Horse and Lamb Chop? a-Jeff Dunham, b-Charlie McCarthy, c-Shari Lewis, d-Paul Winchell.

2. Who played the puppeteer who discovered the portal into John Malkovich's mind in the movie "Being John Malkovich"? a-Christopher Walken, b-John Cusack, c-Tobey Maguire, d-Billy Crystal.

3. Who brought Pinocchio to life in the Disney movie? a-The Black Knight, b-The White Lady, c-The Red Dwarf, d-The Blue Fairy.

4. On Captain Kangaroo, the puppet Mr. Moose was always dropping what items onto the head of the Captain? a-Keys, b-Mushrooms, c-Kittens, d-Ping-pong balls.

5. Often seen on The Ed Sullivan Show, what kind of animal was the puppet character Topo Gigio? a-Dog, b-Dragon, c-Mouse, d-Alligator.

6. What Tony Award-winning musical was largely an adult version of Sesame Street in which both the live and puppet characters sing? a-"Avenue Q," b-"The Wiz," c-"Light in the Piazza," d-"The Drowsy Chaperone."

7. What made up the head of the robotic puppet Tom Servo on "Mystery Science Theater 3000"? a-Tennis shoe, b-Gumball machine, c-Computer monitor, d-Tennis racket.

8. What was the name of the car-driving cat puppet seen on "Saturday Night Live"? a-Rex, b-Toonces, c-Miss Kitty, d-Sterling.

9. What was the name of the puppet king who ruled the Neighborhood of Make-Believe on "Mister Rogers' Neighborhood"? a-Porthos, b-Palpatine, c-Friday XIII, d-Joffrey.

10. Which Muppet made the cover of "Life" magazine in August 1980? a-Kermit the Frog, b-Big Bird, c-Miss Piggy, d-Rowlf the Dog.

Answers to 'Puppet Show'  
1-a, Shari Lewis  
2-b, John Cusack  
3-d, The Blue Fairy  
4-d, Ping pong balls  
5-c, Mouse  
6-c, 'Avenue Q'  
7-b, Topo Gigio  
8-c, Miss Kitty  
9-c, Friday XIII  
10-c, Miss Piggy

## Outdoor tasks for fall

\* Clean flower beds: Rake up dead foliage and leaves. Divide and transplant overgrown plants. Add a layer of mulch so they will remain dormant.

\* Plant for spring. Consider bulbs for tulips, crocus, daffodils and hyacinths. They will give your yard color in spring.

\* Close the garden. Pull up vegetable plants and clean out weeds. Add a layer of mulch to keep soil from drying.

\* Clean, oil and store your tools. Empty the sprayers you use for weeds and insects, disconnect and drain hoses.

\* When leaves finish falling, clean the gutters. Leaves can clog them so they can't drain. Later, water could freeze and back up under the roof shingles.

\* Caulk. Seal cracks around windows and doors to keep the winter winds out.