



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!

To: Client Name
Address
City, State, Postal Code

Five weight-gainers identified

By studying dietary choices of 120,000 people, a study reported in the New England Journal of Medicine indicts five foods as responsible for the most weight gain over a 20-year period.

They are: potato chips, other potatoes, sugar-sweetened beverages, unprocessed meats and processed meats.

The "other potato" category includes French fries, mashed potatoes, fried potatoes and baked potatoes with butter, sour cream and other toppings.

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.

"I've failed over and over and over again in my life and that is why I succeed". Michael Jordan, Pro Basketball Player

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!

Women in the U.S. own how many pairs of shoes on average?

1) 6 pairs 2) 9 pairs 3) 14 pairs 4) 17 pairs

HINT: The answer is hidden somewhere in this newsletter.



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Better Home Living™

The Newsletter That's Both Informative and Fun!



Keep ladder safety in mind when decorating for Christmas

November has become the month of preference for outdoor holiday decorating. There are two reasons. If you live where winter is cold, it's not as cold in November as in December. Second, Thanksgiving Day is the new most-popular day to light decorations.

Whether you're decorating a big evergreen outside or placing a topper on a tall indoor tree, you will need a ladder. The first order of the day is: Don't climb alone. Have someone there to steady the ladder or help if you lose your balance.

The Home Safety Council gives these further instructions for safety:

- * Check the ladder for loose screws or rungs before taking it outside.
- * Don't place your ladder on ground that is uneven or very soft. Put boards on the ground for a solid ladder base.

- * Stay in the center of the steps when you climb and don't lean too far in either direction.

- * Never step on the top of the ladder, or the rung below it, because your center of gravity will be too high. Get a taller ladder if you need one.

- * Avoid carrying too much up the ladder at one time. A study by the Bureau of Labor Statistics shows that half of ladder accidents occur because people carry too much when going up or down.

- * Always hold on to the side rails.

- * Skip the beer and cocktails. Drinking before climbing increases the likelihood that you will lose your balance and fall.

In a survey by the council and Werner Ladders 52 percent of people interviewed say they have worked on uneven ground; 47 percent admitted reaching farther than they should; 38 percent said they hang decorations outside after dark; 36 percent said they use the top two steps of the ladder. About 20 percent admitted to drinking while climbing.

Survey: Women love shoes

A survey by ShopSmart magazine (published by Consumer reports) shows that the average woman in the United States own 17 pairs of shoes, but only wear three pairs regularly.

Women buy three new pairs of shoes a year at an average price of \$49. About a third of those surveyed said they had paid more than \$100 for a pair.

The editor of the magazine points out that shoes can last for years. It doesn't much matter if you gain weight or lose weight, the shoes still fit.

One problem is, as women continue to buy shoes, it's difficult to find a place to store them, especially if they are kept in their original boxes.

Other facts: 13 percent own more than 30 pairs of non-athletic shoes, 24 percent have fallen because of their shoes and 35 percent had an evening ruined by painful shoes.

Free Cleaning Tips and Specials at www.MyWebsite.com

I hope you enjoy this month's newsletter!

Steve Hanson
Home Cleaning Plus

Blessings & Bounty

Even in difficult economic times, there are countless reasons for Americans to give thanks for their many blessings.

Our nation has experienced troublesome times in the past and risen to the challenge. Above all, we remain the one country that shines as a great tribute to human liberty and freedom.

There is always something to be thankful for. This year, we could have our families make lists of the things we have that mean the most to us.

We could also serve others with greater needs. Many local churches and charitable organizations host free Thanksgiving meals, and thousands of volunteers offer their services as a way to express thanks for personal blessings.

This year, add your prayer for your blessings and believe in the bountiful harvests to come.



