



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

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 % of Americans have high blood pressure?

1 – 21% 2 – 32% 3 – 18% 4 – 25%

HINT: The answer is hidden somewhere in this newsletter.

Body data

- * Your nose can remember 50,000 scents.
- * Like fingerprints, tongue prints are unique.
- * A new baby has 350 bones. Because bones fuse together during growth, an adult has only 206 bones
- * A pair of feet has 500,000 sweat glands. They could produce more than a pint of sweat a day, according to Discovery Fit and Health Facts.

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.

"If the employees come first, then they're happy. A motivated employee treats the customer well. The customer is happy so they keep coming back, which pleases the shareholders. It's not one of the enduring Green mysteries of all time, it is just the way it works". Herb Kelleher, founder, Southwest



March 2012

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Better Home Living™

The Newsletter That's Both Informative and Fun!

Is your partner a procrastinator? Deal with it...or live with it

Though men are most often called household procrastinators, women can be just as guilty but in other ways.

With the guys, procrastination takes such forms as not fixing the dripping faucet, letting their closet pile up with clothes that haven't been worn in a decade or avoiding a needed trip to the doctor or dentist.

Women, on the other hand, may put off going to the grocery store until the cupboards are bare, not leave for an appointment until they will be late, or put off checking the tires on their cars until one goes flat.

Whichever one you are, if you are a do-it-now type of person, a procrastinating partner can be pretty annoying.

Some say there is no cure and you just have to realize that you can't change another person. If you're not willing to settle for that, consider these causes of procrastination and possible solutions given by Chicago consultant Rita Emmett:

Fear: If being afraid they can't do the job is the cause, ask "What if ...?" Thinking of possible outcomes could help to overcome fear. Or tackle the project with him or her.

Poor estimation of time: Consider back-timing. If they need to have a gift delivered by a certain date, talk about how long it takes to ship it, indicating when the gift has to be bought.

Power trips: Procrastinators know that when they are late for a date or meeting, others will wait for them. Point out how important it is that they be there on time.

Other steps:

- * Set false deadlines. Say you have to leave at 6:00 instead of 6:30.
- * Give the procrastinator just one thing at a time to do with one deadline. No big to-do lists.
- * Remove the distractions. When it's time to do it, keep the kids away, field phone calls and turn off the TV.
- * Tell the consequences. Say if the faucet isn't fixed, you will call a plumber who will charge \$100 an hour.
- * Give rewards. Say you'll watch all the ball games with him on Sunday if he does this on Saturday. Say you'll cook dinner if she loads up the cupboards.

Speaking of Safety:

Cellphone use while driving can cause road rage

What makes other drivers angry:

- * Many drivers no longer use their turn signals, because they are holding a phone in their left hand.
- * When the light finally turns green and the car in front of you doesn't move ahead, he's not paying attention because he's texting.

Drivers encountering these cellphone users may be trying to get to an appointment or want to get home after work. For some, their anger could turn to road rage and prompt them to do something dangerous.

Free Cleaning Tips and Specials at www.MyWebsite.com



I hope you enjoy this month's newsletter!

Steve Hanson
Home Cleaning Plus

How to get an early start for your garden

While snow still may be swirling in many locations, it's time to be thinking about the blooms of spring, the veggies of summer, and the harvest of fall.

March is the perfect time for starting seedlings in window planters, small greenhouses, or even under plant lights in the basement or garage. By now, seed packets are on the shelves of your local discount stores, or they can be ordered from companies that sell by catalog or on the Internet.

It usually takes about six weeks to two months for seeds to become strong enough plants to be set outside in pots or a garden.

The seeds may be started in prepared starter pots made of compressed peat and filled with a proper soil mixture, or they can be planted in small plastic pots left over from last year's commercially-purchased bedding plants.

All in all, you can enjoy the fruits of your labors when you start the process from scratch, not to mention the significant amount of money you save by not buying commercially grown bedding plants.



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!

Health in the News: Coming -- breakthrough procedure for hypertension

Medication and lifestyle changes have always been the treatment for the 25 percent of Americans who have high blood pressure. Some patients benefit more than others, and some don't improve much at all.

Reporting in Time, Dr. Mehmet Oz says that could change in a dramatic way with a new procedure now approved for use in Europe. It's now in an important U.S. trial and will probably be available here in about two years.

The procedure involves threading in a catheter equipped with radio-frequency energy to zap and disable a few select nerves in the kidneys. It has been shown to reduce blood pressure by an average of 32/12 mm Hg, while keeping the surrounding tissue healthy and intact.



American Idle

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.*

Moneywise: Keeping critical documents safe and accessible

In case of a fire or an immediate evacuation order, could you quickly find all of your important documents? If you're like most people, your birth certificate, marriage license, insurance papers, mortgage and retirement fund information are in several different places.

Not only could this cause problems for you in an emergency, if they are needed by your family at a difficult time, their search could be difficult and frustrating. According to New York Life Insurance, the best way to store critical documents is to keep them in a fireproof cabinet or safe.

Divide them into categories and mark each one clearly in case your family has to locate them on your behalf. Include:

- * Key contacts: phone numbers and addresses for family, banks, life, home, auto and health insurance providers.
 - * Identification documents: birth certificate, adoption papers, a copy of your driver's license, Social Security card, marriage licenses or civil union certificates.
 - * Emergency information: whatever would be needed if you became seriously ill or injured, such as living wills, care proxies, beneficiary forms, IRAs, 401(k)s, last will and testament, burial instructions, cemetery plot and deeds or prepaid cremation documents, military discharge papers, funeral home preferences and information for obituaries.
 - * Insurance policies: life insurance policies and documents, health and accident IDcards and claim records, mortgage insurance policies, annuity statements and documents, beneficiary forms and long-term care policies.
 - * Financial paperwork: your checks, bank statements, mortgages, auto and other loan information, credit card statements, appraisals of valuable items, rental or lease agreements, investments, real estate deeds or titles of ownership, and last year's tax returns.
- Review the information with those who would need access to it.

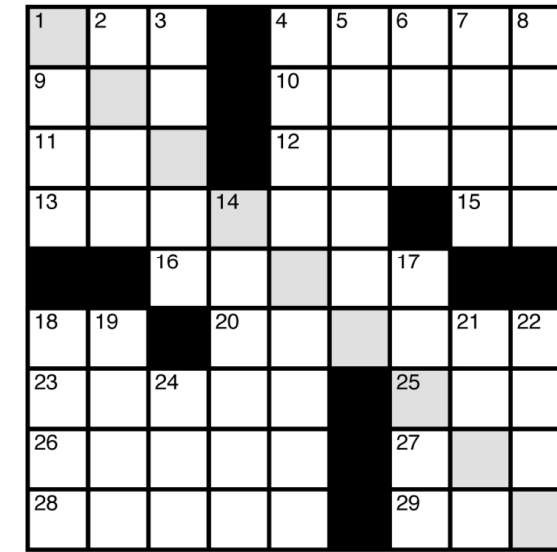
Tax Time Crossword

Across

1. Holiday mo.
4. Grave marker
9. Formal vote
10. Coil
11. Antiquity, in antiquity
12. Poets' feet
13. Mrs. Butterworth's and maple
15. Peruvian terrorist group in the 60s, for short
16. Host
18. Part of 'to be'
20. Robin's partner
23. Gain knowledge
25. U.N. workers' grp.
26. TV, radio, etc.
27. Mary's boss on "The Mary Tyler Moore Show"
28. Cheers
29. Dusk, to Donne

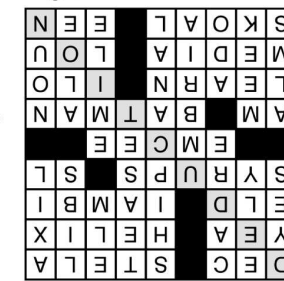
Down

1. Salon supplies
2. Hard to grasp
3. Close-knit group
4. Suez, for one
5. Afternoon service



6. "A Nightmare on ___ Street"
7. Ad ___
8. Branch angle
14. Central Italian region
17. "South Pacific" hero
18. Charity
19. Docile
21. Balm ingredient
22. It may be proper
24. Big fuss

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



Here's how to dine out with kids, peacefully

When you're going to take your children or grandchildren to a "real" restaurant, here are a few tips on how to arrange a successful event.

1. Do lunch, not dinner. It's a more relaxed time. Prices are lower, so it won't be a great loss if your kids only pick at their meals.
2. Patronize the same restaurants consistently, advises Bill Daley in the Chicago Tribune. You will be welcomed warmly and get more slack from the staff if your kid gets frisky.
3. Bring cleanup supplies. Come armed with moist wipes, plastic place mats and paper napkins. Pick up any food that falls on the table and the floor. Tip liberally to ensure a cheery greeting when you return.
4. Choose an established family-friendly restaurant. Some restaurants are meant for adults only. Parents go there to get away from kids for a while.
5. Check the menu in advance if you can. If kids can't get a hamburger, a drumstick, French fries or Jell-O, pick a different place.
6. If an older child wants to order an unusual food from the menu, it's OK. Let the child try it.
7. Be prepared to entertain your kids when they're hungry and waiting for a meal. Stories about food and how it is prepared are good choices. Avoid any reference to how a cow or chicken was killed.

Trivia Teaser – Common Scents

1. In what movie does Robert Duvall declare "I love the smell of napalm in the morning?" a-Full Metal Jacket, b-The Great Santini, c-Assassination Tango, d-Apocalypse Now.

2. Who starred as a powerful Hollywood gossip columnist named J.J. Hunsecker in the movie Sweet Smell of Success? a-Kirk Douglas, b-Burt Lancaster, c-Robert Mitchum, d-Walter Pidgeon.

3. Which American city gets its name from the Sioux language as the "place of the smelly onions"? a-Kalamazoo, b-Chicago, c-Sacramento, d-Omaha.

4. What actor won an Academy Award for his performance as blind man Frank Slade in the movie Scent of a Woman? a-Al Pacino, b-Bruce Willis, c-Warren Beatty, d-Michael Caine.

5. What singer issued "Scent of Mystery" as his first single on his own record label, Ramrod Records, in 1960? a-Mick Jagger, b-Tony Bennett, c-Frank Sinatra, d-Eddie Fisher.

6. Which Shakespeare play contains the lines "What's in a name? That which we call a rose, by any other name, would smell as sweet?" a-Romeo and Juliet, b-Macbeth, c-The Tempest, d-The Merchant of Venice.

7. "Smells Like Teen Spirit" was a big hit for what grunge band? a-Bush, b-Soundgarden, c-Nirvana, d-Pearl Jam.

8. Ambergris, a waxy substance used to make perfumes, is created in the intestines of what animal? a-Sperm whale, b-Muskat, c-Cane toad, d-Alpaca.

9. Which actor provided the voice of Stinky Pete the prospector in Toy Story 2? a-Tim Allen, b-Robin Williams, c-Kelsey Grammer, d-Ryan Reynolds.

10. On what sitcom might you hear a character singing Smelly Cat? a-Mad About You, b-The Big Bang Theory, c-Friends, d-My Name is Earl.

- Answers to 'Common Scents'
- 1-d, Apocalypse Now
 - 2-b, Burt Lancaster
 - 3-b, Chicago
 - 4-a, Al Pacino
 - 5-d, Eddie Fisher
 - 6-a, Romeo and Juliet
 - 7-c, Nirvana
 - 8-a, Sperm whale
 - 9-c, Kelsey Grammer
 - 10-c, Friends