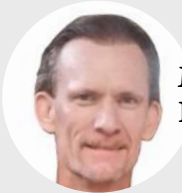


# CREATIVE CARPET & FLOORING'S

# Creative Thinking



**Mark Bouquet**



**Mark Bouquet Jr.**

We promise that you'll love your new floors, or we'll replace them for **FREE!**\*

Call today for a complimentary Custom Interior Analysis!

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\*Residential only. Within first 30 days after installation. Does not include cost of installation or other labor. Style must be of equal or lesser value.

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**"Mark" My Words...** *a message from Dawn Giganti* (filling in for Mark, he has been busy over the holiday with the music ministry at his church. He says "Hello and Merry Christmas" and that he will be back soon!)

Happy January!

The beginning of the year is a good time for reflection. That being said, I'd like to share a quick little story with you. My great-grandmother's birthday was fourteen days before Christmas. She made me promise that if I ever had a child around Christmas to wrap their gift in BIRTHDAY paper and to always make sure that I make their birthday feel special and not part of Christmas. Two years after my great-grandmother's passing, I was blessed with a daughter, Alexis Noel. She was due Christmas day but was born six days early.

I tried to keep that promise but failed miserably. When Alex was young, throwing her a birthday party was challenging. No one could ever seem to make it because of various holiday plans. I even tried the month before and after with no luck. For Alex's tenth birthday I got creative and threw her party at the mall. It was at a girly store called Club Libby Lu (they did cute little make-overs transforming the girls into rock stars & princesses). I even wrote a clever little note on the birthday party invitations specifically for the parents letting them know they could drop off their daughter with me and go Christmas shopping for about two hours or so. Against my best efforts, everyone was already packed with holiday plans that didn't include my baby girl's birthday. I shouldn't have been surprised because it happened every year. Somehow Alexis was always okay with it, but I still felt like I let her down.

If Alexis was always okay with it, why should I feel this way? My daughter made me learn to stop spinning and make sure that I'm focusing on the things that matter the most. God and my family are what is important to me. I learned to stop becoming frustrated, overwhelmed and angry. I do need to remind myself, but eventually, it will become natural. I'm still waiting for the "natural" part to happen, but I pray all the time!

If you need help refocusing, take a few minutes and list everything you have to do that is causing you stress. Now, choose to be JOYFUL by not making your happiness dependent on anything on this list! Joy does not come from your circumstances. Then, take this list and delegate or delete what you can. You might make someone unhappy telling them "no" but overextending yourself is not healthy. You won't be any good to anyone, or yourself, if you do. Finally, prioritize what is left on the list. Complete what you can and GIVE YOURSELF GRACE for everything else! You can't do it all, and you can't make everyone happy. It is impossible and unrealistic.

I am not one for new year's resolutions, but the beginning of the year is an excellent time to reflect on what works and what doesn't. Learn to give yourself the grace that God gives you and choose joy by not letting your circumstances control you. A little change in perception can go a long way.

Have a graceful and joy-filled 2019!

Dawn Giganti | Marketing & Administrative Assistant  
Creative Carpet & Flooring

2019 JANUARY						
SUN	MON	TUE	WED	THU	FRI	SAT
		1 <b>CLOSED</b>	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## Month at a Glance:

**1st New Year's Day [CLOSED]** - Welcome 2019!

**3rd Fruitcake Toss Day** - Time to show off your Michael Jordan skills! There is no wrong way to toss the old fruitcake... Just Do It!

**4th Trivia Day** - Celebrate by participating in our Mega Trivia contest. You might just win a dinner on us!

**26th Spouses Day** - a day to enjoy and appreciate your better half. Wait... isn't that EVERYDAY???

**27th Tim Churchill's Birthday** - Happy birthday to one of the three awesome musketeers in the warehouse! You rock, Tim!

**28th Bubble Wrap Appreciation Day** - Please send ALL bubble wrap to ATTN: Chris Boerema, Creative Carpet & Flooring, 19845 S LaGrange Rd., Mokena IL 60448-8348. (This can actually be done throughout the entire year!)

To sleep is divine, to be deprived is a disaster!

Everyone has such a fast-paced lifestyle nowadays. Everything is a priority and is due yesterday. This has become a general rule of life, and more people are having a hard time falling asleep or having sleeping deprivation because of it. This can really affect a person's equilibrium and can decrease one's productivity.

To be alert mentally during the day, a person usually needs 7 to 8 hours of sleep per night. A good night's sleep is essential; proper rest adds to a person's vigor. Aside from lost productivity of sleeplessness, it can be dangerous. Driving tired is like driving under the influence of alcohol and can cause motor or vehicle accidents just the same.

Taking naps in the afternoon helps. Getting enough sleep at night or taking naps in the afternoon can help prevent serious accidents. When signs of a sleep disorder like insomnia occur, it is imperative to consult a physician.

Signs of insomnia include waking up too early, difficulty falling asleep or staying asleep.

After a physician diagnoses if it is a medical or psychological problem and identifies what the primary cause of insomnia is, treatment can include:

1. SLEEP RESTRICTION which allows only a few hours of sleep a night. Sometimes, spending too much time lying in bed attempting to get some rest makes things worse.
2. RELAXATION THERAPY like soft music or other relaxing sounds can help reduce anxiety and tensions. A good massage can also help the body and muscles relax and induce a restful sleep.
3. GETTING ENOUGH BRIGHT LIGHT during the morning and throughout the day will reset the internal clock to an earlier time at night for sleep.

TIPS ON GETTING YOU TO SLEEP:

- Exercise daily
- Avoid too much coffee, tea, chocolate and soda
- Avoid eating heavily before going to bed
- Avoid excessive napping during the day
- Try to manage stress

Worrying contributes to having insomnia. Try not to worry much and relax before getting to bed.

Sleeping pills can help in some cases but should only be temporary to reset your internal clock. It would be best to try and avoid as they are commonly known to become addictive.



**MEET OUR CARPET CLEANING CUSTOMERS...**

Stephanie Applebaum  
Barbara Barnes  
Karen & Jim Bergstrom  
Ed & Shirley Berling  
Mary Bresnahan  
Willie & Donna Calvin  
Tonia & Ronald Carlson  
Jean Collier  
Dawn Florey  
Dawn & Tim Guenette  
Diane Hull  
David Krolman  
Thomas Lane  
Jeanette Larson

Debbie Lhotka  
Judy & Bill Matevich  
Donna & Shawn Matthuis  
Kim Meister  
Greg Meyer  
James & Gina Middleton  
Richard Nelson  
Marsha & Ross Nelson  
Ann Offerman  
Mike & Bonnie O'Grady  
Laura Otway  
Karen Parks  
Dolores Podgorny  
Mary Poglajen

Jenelle Raycroft  
Greg & Karen Rigoni  
Peggy Rubino  
Susan Sharp  
Sarah Simons  
Kim & Adam Vanderwoude  
Ken & Linda Weidenaar  
Steve & Connie Westman  
Kathy Zotos  
Karen Zylstra

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888.910.6585 ext. 100**



**YVETTE**  
**UNDERWOOD-PALMER**  
of Dyer, IN  
**You are this month's MYSTERY WINNER!**  
**We have a \$50 Creative Carpet & Flooring gift card reserved just for you!**  
**Stop in your nearest showroom to claim your prize!**  
**NOTE: Must be picked up before 1/31/2019**

**Did You Know ?**

**WE HAVE A REFERRAL REWARD PROGRAM!**

Advertising is Expensive.  
We'd Rather Reward You!  
How Our Referral Program Works

1. **Gift for You** Complete the online form to introduce us to five of your friends and family members, and you'll receive a \$25 gift card to Creative Carpet & Flooring. Good towards flooring purchases, carpet cleaning services, floor care products and more. Use it however you like (or give it as a gift). It NEVER EXPIRES!
2. **Gift for Your Friends and Family** We'll introduce ourselves to your friends and family and offer them a Creative Carpet & Flooring gift card of their own for \$50, with a chance to turn it into \$100. We'll NEVER PESTER OR HARD SELL anyone you introduce us to. If you've worked with Creative Carpet & Flooring you know our good reputation means everything to us.
3. **Even MORE Gifts for You** Every time someone who you referred through this program becomes a new client by making a first purchase, we will send YOU a \$25 restaurant gift card!

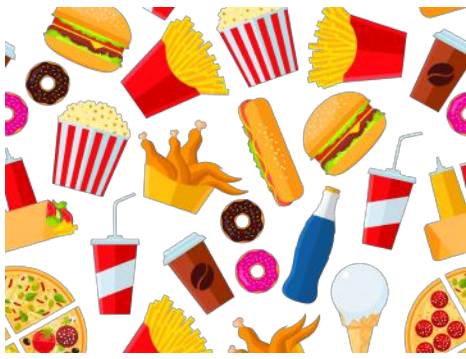
**VISIT US AT:**  
[www.creativecarpetinc.com/referral-rewards](http://www.creativecarpetinc.com/referral-rewards)

**WARNING!** Don't visit any flooring dealer until you call us for a **FREE Consumer Awareness Guide!** *You will learn...*

- ✓ 4 predatory sales tactics
- ✓ 7 costly misconceptions about flooring
- ✓ 5 questions to ask a dealer before buying

**Visit our website to obtain your copy!**

**Reach for These Instead of a Snack**



We reach for a snack when we're bored, lonely, frustrated, uncomfortable – just about any negative feeling at all. We all do it. It could be a habit or the result of years of conditioning, but there it is. We've grown to equate food with comfort. Some situations provoke us to reach for a snack – can you watch a movie without popcorn? Recognizing some of these situations in advance and heading them off can take a little planning. The conditioning that has you grabbing a candy bar when someone hurts your feelings CAN be reprogrammed. Here's a few situations that scream for a snack – and things you can do instead.

Reach for your date's hand instead of popcorn at the movies. He/she will feel special and never know you're just avoiding the popcorn.

Your body needs a mid-morning pick-me-up to keep you going, but don't reach for potato chips. Grab the mail and take a walk to the post office instead or take a walk to the copy machine or printer. A quick walk does wonders for your energy level. If you can get outside for some vitamin D, that's all the better.

Can't watch TV at night without snacking? Take up knitting, crocheting, quilting or cross-stitching. Something to keep your hands too busy to dip into the snack bowl. Added bonus? A new sweater, afghan or a heartfelt handmade gift for your significant other.

Be a daredevil and have more fun by jumping on that ride you've been afraid to climb aboard instead of hitting the cotton candy, popcorn or fried dough at the carnival.

Finding yourself craving food in the middle of the night? Try reading a book, grab a crossword puzzle or reach for that sweater you've been knitting until you're tired enough to head back to sleep.

Do you reach into the freezer for the tub of ice cream when you're hurt or angry? Reach for a DVD or search through your Netflix or Hulu account instead. Find a good tear-jerker and give yourself a good cry. You could also grab your pen and write a nasty letter, then crumble it and throw it away to be done with it or just spill it all to your diary.

There are instances where when your body wants a snack, it's because it needs a snack. If you only keep a variety of healthy snack foods around, you can fill up on something healthy when the cravings hit.

**Tips on Using A Warm Mist Humidifier**

When the heat is turned on during the winter, it is common for the air to become dry. Dry air can cause a variety of symptoms such as a stuffy nose, dry cough, nosebleeds, dry skin, and brittle hair. If the air is excessively dry, it can cause damage to your home. Seams in your wallpaper could peel, or worse your wood furniture and flooring could crack and warp.

A warm mist humidifier will relieve all of these and help you sleep better in more ways than one! Another significant benefit of a warm mist is the ability to put medication in the humidifier when needed. This is helpful for treating colds, congestion and winter viruses.

There is less of a risk of mold spores and bacteria breeding in the water because the water is heated. Mold can still grow since the mist is cooled before entering the room, but it happens less often than with cool mist humidifiers. Since mold flourishes at higher levels of humidity, make sure to monitor the humidity level and make sure it doesn't go over fifty percent.

Regular cleaning and proper maintenance can nearly eliminate mold spores in the air from the humidifier. Plus, regular cleaning and maintenance can help keep your humidifier working well for years. Make sure to clean your humidifier according to the manufacturer's directions. If the reservoir empties or you empty the water reservoir, make sure to rinse it with clean water and dry it out with a towel before adding new water.

When winter is over, clean it using a disinfectant cleaner and dry it thoroughly before storing it. Clean the heating element to remove any build up that has accumulated, throw away the filter and replace before storing it as well. You may need to replace the filter and clean the heating element more often if you have hard water. To avoid this and extend the life of your humidifier, use distilled water only.

Keep yourself and your home comfortable this winter with a warm mist humidifier.



**MEET OUR NEW FRIENDS AND CLIENTS...**

Bonnie & Mark Alberson  
 Donna Algozino  
 Russ Barone  
 Jesse Bermudez  
 Joe & Nancy Biggio  
 Mary Burke  
 Robert Burnett  
 Willie & Donna Calvin  
 Ron & Sharon Catania  
 Kirby Clare  
 Scott Crowhurst  
 Jackie Cusimano  
 Emily & Peter Louis Cutka

Robyn Darnell  
 Christine DeBoer  
 Kathy Delaney  
 Nick Derkacz  
 Marge Dzagan  
 Sharon Ginensky  
 Jessica & Steve Gombos  
 Michele Goshko  
 Teri Habel  
 Jessica Halpin  
 Michael & Ruth Hendrix  
 Sallie Hoekstra  
 Tina & Tony Jackovich

Rob Kozlowski  
 Victor Lasko  
 William & Annie Lieber  
 Diane Logan  
 Lorna Lydick  
 Matt & Amanda McDaniel  
 Phillip & Barbara Mesarch  
 Edward Molenda  
 Dennis Muczynski  
 Martin Nemeth  
 Sharon OMalley  
 David Onofrei  
 Jeanne Padron

Raymond & Mary Pietruszka  
 Kim Poulos  
 Lisa Pycz  
 Sidney Rice  
 Robert Richardson  
 Teri & Dennis Riordan  
 Marsha Ross  
 Jonathan & Sandy Rothstein  
 Patrick Salgado  
 Karen Scheibel  
 Stefanie Schodrof  
 Bill & Alice Schomburg  
 Diane & Gary Spain

Velicia Spears  
 Mike & Donna Stob  
 Liz Suppes  
 Allison Trester  
 Kathy Urchell  
 Annette Vanderwall  
 Robert Votaw  
 Dawn & Molly Walsh  
 Howard Weiss  
 John Whiteside  
 Scot & Fumiko Wick  
 Angela Yaeger  
 Ben Zamojski

**MEGA Trivia Contest**

Who wants to WIN a \$50 Gift Card towards dinner at TGI Friday's, Olive Garden or Beggars Pizza?

**Take our Trivia Challenge!**  
 This month's Mega Trivia question:

**Millions of Americans spend New Year's Day watching the traditional end-of-season college football 'bowl games'. The first such game was played on January 1, 1902, but which 'bowl' was it?**

- (A) The Orange Bowl**
- (B) The Fiesta Bowl**
- (C) The Sugar Bowl**
- (D) The Rose Bowl**

To enter, visit our website at [www.creativecarpetinc.com](http://www.creativecarpetinc.com), click on "MEGA Trivia" under *Specials* and take your best guess. Your chances of winning are better than you think! Winner will be announced in the following month's newsletter. Entry deadline, January 20<sup>th</sup>, 2019. Good luck!!!

**Answer to December's quiz:**  
**C) feeding trough**

Congratulations to last month's winner:

**Sue Hall**

of Orland Hills, IL

Stop by Creative Carpet & Flooring to claim your prize by January 31, 2019!



**THANK YOU FOR THE KIND WORDS!**

"Great company to work with. Visited their beautiful showroom multiple times and was always greeted by a friendly, knowledgeable staff. I was given honest opinions and never once felt pressured or hurried to make a decision. Once we had made our decision we were given a clear checklist to ensure our home was ready for installation. The installation couldn't have been better. They were friendly, timely and did an absolutely amazing job. I feel they went above and beyond to leave my home looking fabulous."  
**- Angela Yaeger of Joliet, IL**

"Our experience was great. The installers were polite and worked well. They completed 2 rooms in a reasonable time frame. I would definitely recommend Creative Carpet!"  
**- Dorothy Saltanovitz of Munster, IN**

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

Lila Carr                      Barbara & Larry Sakowski  
 Karen Nelson                Gene Sullivan  
 Gayle & Bob Phal

**Get A Night Out At One Of Your Favorite Restaurants Through Creative Carpet's**

**Referral Rewards Program**

As you probably know, advertising is very expensive. Instead of paying the newspaper or other place to advertise, we'd rather reward you. So I've assembled my **Referral Rewards Program**. Every time you refer someone who becomes a client and purchases, we will send you a **\$25 gift card** to one of the following: **Olive Garden, TGI Friday's or Beggars Pizza**.

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 10am - 8pm Tue, Thu  
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 10am - 6pm Wed  
 10am - 4pm Sat

The material contained in this newsletter is for informational purposes only and is based upon sources believed to be reliable and authoritative; however, it has not been independently verified by us. This newsletter should not be construed as offering professional advice.

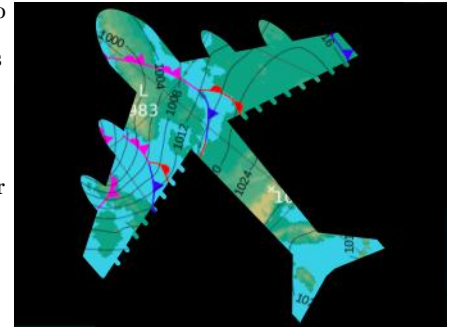
**"WELCOME BACK" TO OUR RETURNING CLIENTS...**

- |                         |                       |                      |                        |
|-------------------------|-----------------------|----------------------|------------------------|
| Marissa Biegel          | Katherine Holmberg    | Ron & Lorae          | Margaret Sgariglia     |
| Donna & Peter           | Dave Hostert          | Perlikiewicz         | Sarah Simons           |
| Bourdage                | Brent & Kathy Humecki | Donna Phalen         | Barbara & Roy Surdej   |
| Jacki Brown             | Ross Kass             | Candy & John Piersma | Steve & Karen Treonis  |
| Ed Curran               | Ken & Mitzi Levander  | Jim Richmond         | Joel & Brenda          |
| Arvy & Jennifer Dailide | Deborah McMahon       | Summer & Clark       | VanBruggen             |
| Nancy DeYoung           | Jan Moeller           | Rispens              | Jean Vaslie            |
| Linda & Chris Fragale   | Erika & Ruben Moreno  | Amy & Chris Ryan     | Rich & Sandy Widlowski |

**Weather Tips for Your Vacation**

Are you planning your annual vacation or perhaps your honeymoon & are concerned about how the weather will hold up in your desired venue? The following is a list of the best & the worst weather months in select locales. When choosing the best weather, we make it a point to take into account the dead of winter & the heat of summer, which are horrible times to take your vacation anywhere.

- ✦ In HAWAII, the best months are usually from March to July & from October to November, while the worst months are December & January, when Hawaii is at its coolest (average afternoon temperature is 75 degrees) and August & September when Hawaii is at its hottest (average 92 degrees). The wettest months are from November to March.
- ✦ In the BAHAMAS, the best months are from November to April, while the worst months are from June to October when the Bahamas is alternately at its hottest (up to 89 degrees on average) & rainiest.
- ✦ In BERMUDA, the best months are from May to October, while the worst months are in January & February.
- ✦ The CARIBBEAN has excellent weather year-round with temperatures averaging between 78 & 88 degrees. The best months are from December to May, when the Caribbean is at its coolest & enjoys the most wind. The worst months are from June to November, which is considered as the "official" hurricane season.
- ✦ In EUROPE, the best months are from May through September or October, while the worst months are from December to February.
- ✦ Weather in FLORIDA is similar to the Caribbean year-round. The best months are March, April, October & November, while the worst months are from May to September.
- ✦ In Las Vegas, the best months are March, April, October & November, while the worst months are from June to September. Note that July & August are scorchers in Las Vegas.
- ✦ In MEXICO, the best months are from October to May, while the worst months are during the rainy season which runs from June through September.
- ✦ In SOUTHEAST ASIA, the best months are from October to February, while the worst months are from March to May when it's exceedingly hot & from June to September when it's rainy.
- ✦ In the SOUTH PACIFIC, the best months are from May to October, while the worst months are from December to February.



Buchanan, K. (2008, March 7). *Ezekiel Yang*30394. Retrieved from [ezekielyang23006.blogspot.com](http://ezekielyang23006.blogspot.com)

**Kids say the funniest things**

Me: I made you in my tummy.  
 4-year old: No you didn't.  
 Me: Oh yeah? Where do you think you came from?  
 4-year old: Chinatown.  
 ~Jessica G.

What is the funniest thing a child has ever said to YOU? Please email [dawn.g@creativecarpetinc.com](mailto:dawn.g@creativecarpetinc.com) and share your story we can feature in a future Creative Carpet & Flooring Creative Thinking newsletter!

The more you  
spend...

the more  
you

**SAVE!**

Now through January 31<sup>st</sup>, 2019



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*Price per sq. yd.*

*\$ off per sq. yd.*

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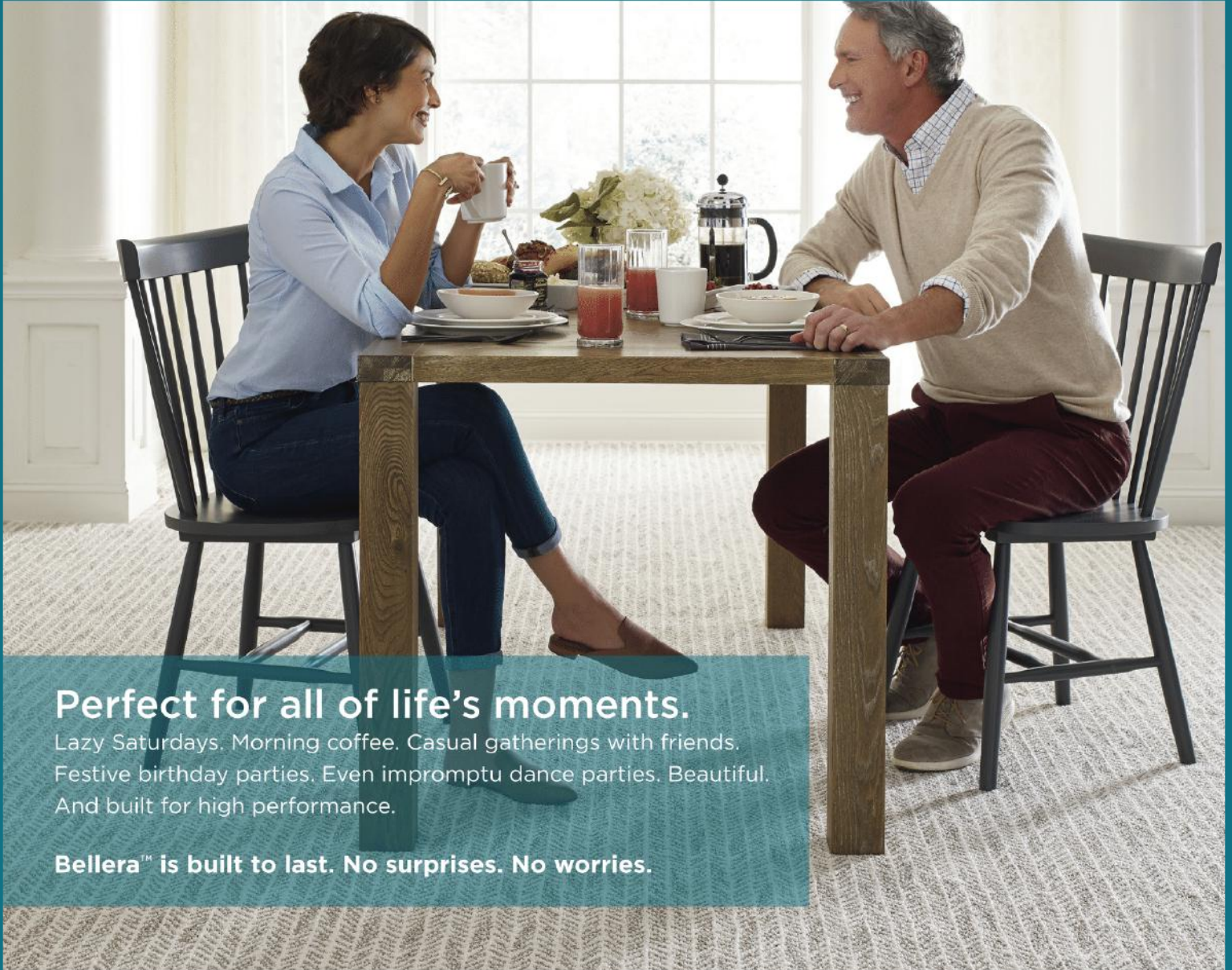
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