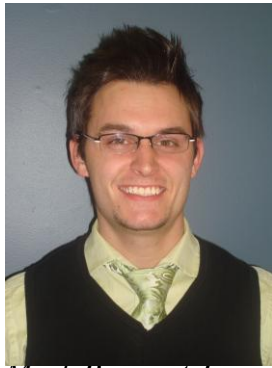


Mark Bouquet



Mark Bouquet Jr.

**"We promise that you'll love your new floors, or we'll replace them FREE! Call today for a complimentary Design Audit®!"
(708) 479-8600**



Inside this Issue...

- Are you this month's Mystery Winner?
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- Volunteering: Good for Business and Good for You
- Moneywise
- Food Pantry Suggestions
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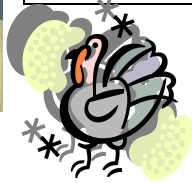
Attention Debbie Trojan!

You are this month's Mystery Winner!
We have a \$10.00 gift certificate to Starbucks reserved just for you! Come by our store to claim your prize!
Creative Carpet, Inc.
19420 S. LaGrange Road
Mokena, IL 60448
NOTE: Must be picked up by November 30, 2009

CREATIVE CARPET, INC.

Home Advisor™

Reliable news for healthy living, saving money, and having fun! Nov 2009



Dear Friends,

Thanksgiving is almost here! However, if you listen to the negativity peddlers in the media, there's not much to be thankful about. I couldn't disagree more.

I know that this is a very challenging time for many because of the economy, and I don't want to diminish that, especially for those who are suffering. But America has seen its share of tough times, and we'll get through this one.

Yes, America has its problems, but so does every country, and I wouldn't trade the freedoms and the beauty of ours for any other. I am blessed to live in the greatest country on Earth; a country that gives me liberty that's unprecedented in the history of the world.

I'm also grateful for friends and family who care about me., for a business with a fantastic team of professionals, and for my faith in God in whom all things are possible.

And, as always, I'm grateful for you, my clients.

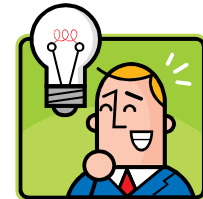
Enjoy this issue and have a fantastic Thanksgiving!
Blessings to all!!

Mark Bouquet



Check out this month's insert on how you can get beautiful new floors for Thanksgiving or Christmas AND help someone less fortunate have a great Thanksgiving, too!

TOP 10 THINKING TRAPS EXPOSED – HOW TO FOOLPROOF YOUR MIND



Our minds set up many traps for us. Unless we're aware of them, these traps can seriously hinder our ability to think rationally, leading us to bad reasoning and making stupid decisions. Features of our minds that are meant to help us may, eventually, get us into trouble. Here is Part Four of the most harmful of these traps and how to avoid each one of them. Check upcoming newsletters for more . . .

The Incomplete Information Trap: Review Your Assumptions

Harry is an introverted guy. We know that he is either a librarian or a salesman. Which one do you think he most probably is?

Did You Know...

You get a FREE Lifetime Installation Warranty on all of Creative Carpet's Floors!

Buying flooring is not like buying any other piece of interior décor, such as a sofa or a lamp. Why? Because unlike other products, flooring is installed or "manufactured" in your home. This makes the installation critical. I offer a lifetime installation warranty at Creative Carpet. You NEVER have to worry about something going wrong with the installation. If it does, I'll fix it FREE! And I'll do it quickly.

Looking for **new window treatments**? We have found an awesome local business you simply MUST check out. You can find more information on the yellow insert!!

Of course, we may be tempted to think he's almost certainly a librarian. Haven't we been conditioned to think of salesmen as having outgoing, if not pushy, personalities? Too bad this reasoning may be dead wrong (or at least incomplete). This conclusion neglects the fact that salesmen outnumber librarians about 100 to 1. Before you even consider Harry's character traits, you should have assigned only a 1% chance that he's a librarian. (That means that even if *all* librarians are introverted, all it takes is 1% of introverts among the salesmen to make the chances higher for Harry being a salesman.) That's just one example of how **overlooking a simple data element can make our intuitions go completely astray**. We keep mental images — simplifications of reality — that make us jump to conclusions before questioning assumptions or checking whether we have enough information.

What can you do about it?

- **Make your assumptions explicit.** Don't take a problem statement as it is. Keep in mind that for every problem you're using implicit information — your assumptions. It's usually not hard to check the validity of assumptions, but first you need to know what they are.
- **Always favor hard data over mental simplifications.** Our preconceptions — such as stereotypes — can be useful in many situations, but we should always be careful to not over-rely on them. When given the choice, always prefer hard data.

About Staying Well...

Freshwater fish have omega-3s

If you're a fisherman or have friends who share their catch with you, here's good news. Ocean-going fish may be rich in those important omega-3 fatty acids, but salmon, tuna, mackerel, and herring are not the only sources.

Freshwater game fish have omega-3s, as well. Lake Superior lake trout actually are richer in this nutrient than Atlantic salmon or Atlantic mackerel. The trout has 3 grams per 3.5-ounce serving as opposed to 1.84 for the salmon and 1.2 for the mackerel.

Other freshwater game fish with omega-3s include whitefish with 1.6 grams per 3.5 ounce serving, chub with 1.5, herring with 1.1, bass with 0.9, smelt with 0.5, walleye at 0.4, and northern pike with 0.1 ounces per serving. Doctors at the Mayo Clinic say it's true that the content of most game fish isn't as high as that of ocean-going cold-water fish. But fish, as long as it's not fried or prepared with a lot of added fats, is still a better choice than meat. Meat is typically higher in undesirable

Thoughts To Live By

Family words: Is it nagging or connecting?

Words have the power to change your perception of

TRIVIA CONTEST

WHO ELSE WANTS...

to Win Dinner for 2 at TGI Fridays, Chili's, or Olive Garden? *Take our Trivia Challenge and you could win too!*

Every person who e-mails in the correct answer by the 15th of the month will be entered into a drawing to win a \$50 gift certificate to TGI Fridays, Chili's, or Olive Garden!

This month's *MegaTrivia* question....

Abraham Lincoln was born in a one-room log cabin in which U.S. State? A) Kentucky, B) Illinois, C) Tennessee, D) Hawaii.

Take your best guess, then e-mail your answer to MarkJr@CreativeCarpet Inc.com. Or call Mark Jr. at (708) 479-8600. Remember, your chances of winning are better than you think!

Answer to last month's quiz: South
Congratulations to last month's winner:
Anna Scroggin

Thanks to those who referred us this month...

ANN SCROEGIN
BOB GULDE
CHERI STEPHENSON
DIANA KOZACEK??
DR. TRUFFLE & DR. LORACO
GEORGE AND MARY KRAUS
INTERNET
JIM MALLOY
LAURA BEECHY
STEVE VINKE
TAMMY STARCEVICH

Welcome Back to our Returning Clients...

TERRI NIEMEYER
NORM AND NANCY KACZMARCZYK
KATHY WELDIN
BOB BYERWALTER
EILEEN GREENAWALT
MIKE KAWKA
LUANN HUMBERT
RHONDA FELICE
SCOTT AND MARCY ASHBRENNER
KRISTY BEECHY
NANCY CONLEY

**New Friends And Clients!
Meet our new clients...**

DEEANNE CONTERIO
SARAH BRASS-KING
AMY HEYSE
FRANK ZMUDA
GINA KOZACEK
AMY SLANINKA
MICHELLE HEURUNG
NICOLE KRUCPECKI
BEA TAYUI
TONY CITRO
JANET JONES
DOLORES ANDREWS
DERRICK AND KARRIE BALL
OCTAVIO ESPARZA
ROBERT JUNE
PETE MACLEAN
JIM AND BETTY LALLY
JAMES MORROW
RICK KRAUS
JORDAN AND AMY KRANER
PATRICK SULLIVAN
PATTY AND JOHN GRAY
JOHN AND EVELYN MERWIN
ALISHA PACETTI
RON SCANNEL
ARLENE HUFNAGL
KATHY GUINEA
CRAIG VINKE
JAKE STARCEVICH
CONRAD SIADAK
ANTHONY BOUDREAU

yourself and people around you, say psychologists at Harvard.

Impulsiveness/spontaneity: You could be irritated by your partner's impulsiveness, or choose to admire her "spontaneity" instead.

Moping/coping: A friend who lost his job just sits in front of the TV. You could call it moping. But try calling it coping. He needs to get distance from the blow in order to regain his confidence.

Nagging/connecting: Your mother often calls to check on you or remind you of things. Is she nagging? Call it connecting. She misses you and wants contact. Call her instead and have the conversation you want.

Using/relying: You think people try to take advantage of you and are using you. Try thinking they are relying on you. Your friends actually think you are dependable and trustworthy. If you really don't want to do something, say so. According to the editors of Health, that would be taking care of yourself.

This & That...

Turkey Talk

- * What do you get when you cross a turkey with an octopus?
Enough drumsticks for Thanksgiving dinner.
- * What kind of music did the Pilgrims like?
Plymouth Rock.
- * Which side of the turkey has the most features?
The outside.
- * Why did the police arrest the turkey?
They suspected fowl play.
- * Why did the turkey join the band?
Because he had the drumsticks.
- * What's the key to a great Thanksgiving dinner?
The tur-KEY.
- * Why did the Indian chief wear so many feathers?
To keep his wigwam.
- * What happened to the Pilgrim who was shot by the Indian?
He had an arrow escape.



Volunteering is Good for Business, and Good for You

A body of research shows that helping others can significantly reduce stress and enhance personal health. This helping requires personal contact with those helped, repetition at least every other week, and involves helping strangers rather than people you know. Such volunteers, scientists say, are focusing outside of themselves.

Right now, only about 13 percent of Americans do face-to-face helping. Lack of time is the most common reason given. A survey by Big Brothers Big Sisters in New York, however, shows no difference in the amount of time spent on working or leisure

between volunteers and non-volunteers of similar backgrounds.

A few people are self-starting volunteers, but most people say they considered volunteering for years before they did it. Why not find someplace to volunteer now? You'll be happy you did!



MONEYWISE

Shopping, buying encouraged by brain activity

There's a reason why you go to the store for one item and come back with five or six. Shopping boosts your mood and makes you feel good.

That's the conclusion of Gregory Burns, author of "Satisfaction: The Science of Finding True Fulfillment" (Henry Holt). Burns writes that "recreational shopping" and "retail therapy" have a real chemical reward.

Shopping triggers release of brain chemicals that give you a shopping high. It's genetic. With Christmas coming soon, science has new information that could help you keep spending in line and help you understand the highs of buying the lows of buyer's remorse.

Blame your buying partly on the brain chemical dopamine. It plays a crucial role in our mental and physical health and is associated with feelings of pleasure and satisfaction. Dopamine is released when we experience something new, exciting, or challenging.

Shopping can be all of those things, according to Burns, an Emory University neuroscientist. Dopamine is like a fuel injector for action, he writes. It urges you to seal the deal, even though you may never use the item. Once you have it, however, you get a let-down feeling.

To make better shopping decisions, experts recommend:

- Buy only what's on your list.
- Use cash or debit cards to keep you from buying things you can't afford.
- Window-shop when stores are closed or your wallet is at home.
- Don't shop with friends or relatives. The novelty puts you at a higher risk of buying things you don't need.

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

Call Today – (708) 479-8600

Food Pantry Suggestions

Check out the yellow insert for our food drive promo this month. Here are some ideas.

*APPLE SAUCE *BAGS: GARBAGE, KITCHEN
*BODY LOTIONS *CANNED MEATS *CEREAL
*COFFEE (SMALL SIZES) **COOKIES *CUPS OF SOUP *DEODORANT (MENS/WOMENS) *DINNER ENTREES *FOIL & OTHER WRAPS *FRUIT SNACKS *GRAVIES & MIXES *HOT COCOA MIX *JUICES & BOXES **KLEENEX **LAUNDRY PRODUCTS *MAYONNAISE *MUSTARD **OIL & VINEGAR **PANCAKE MIX *PAPER TOWELS **PASTA SAUCE (JARS) *PICKLES *POPCORN *POTATOES, MASHED *RICE MIXES **SALT/PEPPER **SHAVING CREAM *SNACKS: CHIPS, PRETZELS *STUFFING **SYRUP **TUNA **TOOTHPASTE *BABY PRODUCTS: WIPES, WASH, ETC *BBQ SAUCE **CANNED FRUIT **CANNED PASTA *CLEANING PRODUCTS *COFFEE CREAMER (NON-DAIRY) *CRACKERS (esp. SALTINES) *DENTAL FLOSS *DIAPERS (SIZES 4, 5 & 6) *DISH SOAP *ETHNIC FOODS (TACO KITS) **FROSTING (CAKE) *GRANOLA BARS *HAMBURGER HELPER **INSTANT POWDERED MILK *KETCHUP *KOOL-AID *LUNCH BOX SNACKS *MOUTHWASH *OATMEAL-OATMEAL *OLIVES *PAPER PLATES & NAPKINS *PASTA MIXES **PEANUT BUTTER & JELLY

Get A Night Out At The Movies For 2 With My Referral Rewards Program

As you probably know, advertising is very expensive. Instead of paying the newspaper or other place to advertise, I'd rather reward you. So I've assembled my **Referral Rewards Program**. Every time you refer someone who becomes a client, I will send you a gift certificate for two passes to the Marcus Theater. And Hey! What's a movie without popcorn? The gift certificate will also cover a big box of hot, buttered popcorn and sodas!

Creative Carpet, Inc.
19420 S. LaGrange Road
Mokena, IL 60448
Phone: (708) 479-8600
www.CreativeCarpetInc.com

HOURS:
Mon Tue Wed 10:00 – 6:00
Tue Thur 10:00 – 8:00
Sad 10:00 – 4:00
Sun Closed

**“How to Get A GREAT Deal On
Flooring For The Holidays
AND
Help Someone In Need
Have A Fantastic Thanksgiving!”**



Bartholomew Turkey

On a mission to help
people in need this Thanksgiving

Dear Friend,

Hi, Bartholomew Turkey here. There are some folks in our town who are facing a Thanksgiving of hunger instead of celebration, and that's really sad.

But my good friend Mark Bouquet, from Creative Carpet, is doing something special this Thanksgiving. He's come up with a way you can get a hum-dinger of a deal on beautiful new flooring for the Holidays **AND, AT THE SAME TIME**, help folks in need have a good Thanksgiving. For every 5 canned food items you bring to Creative Carpet, you will get a huge discount towards your new floor. Here's how it works:

* Cans of donated food	* Your Flooring Discount	* Minimum purchase
5	\$103	\$997
10	\$211	\$1,997
15	\$327	\$2,997
20	\$451	\$3,997
25	\$583	\$4,997

All the food will be donated to the Frankfort Township/Mokena Food Pantry!

DEADLINE: Tuesday, November 23rd! Although we prefer your food donations in time for Thanksgiving, we will accept the donations and apply the discount to purchases made by the end of the month!

See you at Creative Carpet!
Sincerely,
Bartholomew Turkey

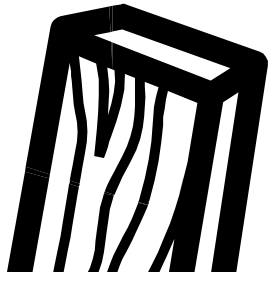
Mark Bouquet's a great guy! He said he's having me for Thanksgiving!



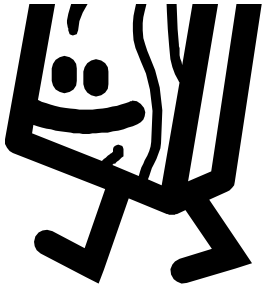
P.S. Won't it feel great to get beautiful new floors in time for the holidays AND help a less fortunate member of our community have a happy Thanksgiving?

P.P.S. There's only one WEEK left for Shaw's Fall Flooring Event. Get a **\$200 coupon** from Shaw for any carpet purchases of 50 yards or more or hard surface purchases of 250 square feet or more. Orders **MUST** be placed before November 8th. That's \$200 IN ADDITION TO THE CANNED FOOD DONATION SAVINGS!! Don't pass up this great deal!

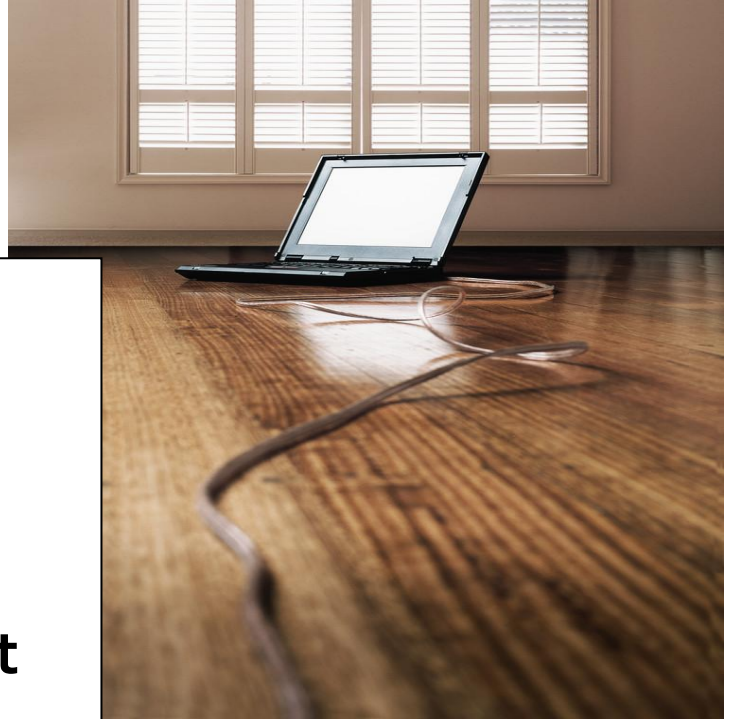
OVER PLEASE →



Floors look like they
need to go?



Need New Laminate Flooring? **We Have the Floors For You!!**



IN STOCK

Columbia Laminate

\$4.99 a Square Foot
Includes Padding and
Standard Installation.

Need your hardwood floors refinished?

Creative Carpet now **refinishes** hardwood
flooring. **Don't delay!** *Call today* to have your
floors redone for the holidays!!!

Call for more details.

Creative Carpet Inc
19420 S La Grange Rd
Mokena, IL 60448
708-479-8600

www.creativecarpetinc.com

Check us out on FACEBOOK
www.facebook.com/creativecarpetinc

Schedule your **FREE** home measure today!