## CREATIVE CARPET & FLOORING'S

# Creative Thinking



Mark Bouquet Jr.

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#### "Mark" My Words... a message from Dawn Giganti

I was reading an article on "how to get organized" and I actually started having anxiety. I felt overwhelmed because I didn't know where to begin, so it made me feel worse. Honestly, this is how I feel more often than I'd like to admit. The reality is we all get overwhelmed sometimes. As hard as we may try to be organized or proactive, there will likely always be seasons where the stress and the busyness feel like they are taking over. There are times that we are lucky to just keep our heads above water. But, if we try to think about just one more thing, we will drown. I've been working on a few strategies to help me when I'm feeling overwhelmed. I know I'm not the only one who feels this way, so I thought I would share them with you in case they could benefit you, too!

WALK - A walk might be the last thing you feel like doing, but it will clear your head and get the blood flowing. Long or short, a walk is one of the best things you can do. Research shows that spending time outdoors and exercise is a proven mood booster, and walking accomplishes both! I also find it helpful to listen to relaxing music or an inspiring podcast to help clear my head.

BREATHE - Research shows we tend to breathe shallower when we are stressed. This only adds to our feeling of anxiety. Taking a few minutes to consciously breathe deeply will instantly lower stress. Try taking ten deep breaths and see!

JOT IT DOWN - If your mind is racing with all the things you have on your plate right now, the best thing you can do is get those things out of your head and onto a piece of paper. Set the timer for ten minutes and quickly write down every obligation or to-do item that comes to mind.

PRIORITIZE - Once you've got all the to-dos out of your head, analyze and prioritize the must-dos from the should-dos. When things are in our head, the less important things tend to take up more space and mental energy than the critical things. This just leads to feeling overwhelmed. Once we write them down and can actually see them, it so much easier to separate the important tasks from the ones that can be put off until later. Take the time to number each item in order of importance, then only focus on the most important item and continue to go down the list in order.

ASSISTANCE - Another benefit of getting your list on paper is so you can see which items you could delegate to someone else. Ask for help from a friend or family member, or maybe hire someone to give you a hand. Asking for help is okay!

SLEEP - Getting the right amount of sleep is huge! Many of us sleep less in order to get more done. This is backwards! There is no better cure for feeling overwhelmed than a good night's sleep.

So, if you don't know where to start, try least one or two of the approaches listed above. Take a walk, breathe, get more sleep. Get those thoughts out of your head and onto a piece of paper, so that they stop filling up your mind and overwhelming you.

"And which of you by being anxious can add a single hour to his span of life?" Matthew 6:27 ESV. In other words, there is nothing to gain in life by being worried or anxious. There is even evidence that excessive worry can shorten your life span. There will always be seasons of being overwhelmed in our lives, but sometimes the key to getting through the most stressful times is just giving ourselves the grace to do the best we can. DON'T WORRY... you've got this!

God Bless and have a great February,

Haux H. Diganti February 2020

Dawn Giganti, Marketing & Administrative Assistant Creative Carpet & Flooring

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
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23	24	25	26	27	28	29
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#### Month at a Glance:

**2nd Super Bowl Sunday** - Super Bowl LIV will be at Hard Rock Stadium in Miami, FL at 5:30pm CST on Fox.

**9th National Pizza Day.** - Jake Bouquet and Dawn Churchill will be available for pizza quality control throughout the day.

**9th 92nd Academy Awards** - will be at the Dolby Theatre in Hollywood, CA on ABC at 5:30pm CST.

**14th Valentine's Day** - Did you know more than 36 million heart shaped boxes of chocolates are sold across the country around this time every year?

**17th President's Day** - A big "thank you" to the 45 men who have served as president over the last 231 years.

**20th Love Your Pet Day**. - There are more cats than dogs in the U.S. However, more homes have dogs than cats, but not by much.

**29th Leap Day.** - This year is Leap Year! It only happens once every four years.

#### THANK YOU FOR THE KIND WORDS!

"I have never been treated like I was the most important customer to a company until I walked into Creative Carpeting and flooring. As soon as I met Autumn, I knew I was in good hands. I was also lucky to meet Steve. Between the both of them to answer all of my questions, I felt like family. I told Autumn the needs and wants that I had, and she showed me what carpeting would fit best with those needs. She gave me many samples to look at to see what colors I liked and the feel of my carpeting. I picked up my carpeting and picked out the color Zink. It was more beautiful than I ever thought it would be. I also spoke to a nice lady named Dana. She was so helpful and kind; I felt like we were friends. If there's a company that anyone needs to go with for their flooring needs, it's this company. All my doubts and concerns were all met with Compassion Care and professionalism and friendliness. The carpet installers were above and beyond amazing. They were kind and professional and laid my carpet with such ease, and my house looks brand-new now because of them. Here's before and after pictures. I'm a customer for life now! Thank You so very much for everything." ~ Jenny Elman of Michigan City, IN

#### What's Stopping You from Writing a Novel?



You may find it more complicated than you anticipated when you start writing a novel. You are not alone! Many novice writers and even published authors discover themselves in the very same predicament. One of the most challenging things may be trying to determine who, what, when, where, why and how you are going to create the next "New York Times Best Seller." Hopefully, this can help you with some thoughts and ideas to make it not so complicated and possibly even fun!

According to data from 2013, there are between 600,000 and 1,000,000 books published every year in the United States, and they sell less than 250 copies each on average. You don't want to quit your day job, but don't let the statistics deter you from your writing. Your attitude about why you are writing the book could mean its success or failure. You don't want to look at it as something that will rich and propel you into retirement! Look at writing your book as something you have always wanted to do or something on your bucket list you want to accomplish.

Now that you are in the right mindset, what are you going to write?

I'm sure you already have an idea or thought about what you want to write. If you are a first-time novelist, write on something you are passionate and knowledgeable. Doing so will help avoid the typical "writer's block." If you become bored writing, that is a guarantee you won't be able to complete it.

The style of writing you elect to use will tie in with the subject. For example, let's assume you are a history teacher and decided you are incredibly knowledgeable and passionate about the American Old West frontier. Visit the library and check out several Western books by different authors. To help you recognize the style you are most comfortable with, read these books and jot down some notes about the author's writing style.

There are tons of other attributes on writing difficulties that would make this article go on forever. But having the right attitude, writing about something you are passionate or knowledgeable about and figuring out your style will get you started in the right direction.

November is National Novel Writing Month. Why not start now? I hope this can help put a fire under you to get started on that book. And if you write a novel that becomes a "bestseller," I get a signed copy!

#### MEET OUR NEW & RETURNING FRIENDS & CLIENTS...

Alan & Jeany Dean Albert & Judy Fontana Alicia Bales Ann Floyd Asherah & Don Florante Belinda Kornaus Beth & Keith Blue Bill & Mary Collias Bill Kinsey Breanne Silver Brenda Stephens Brennan & Nicole Nemec Brent & Lisa Wieher Brett Novosel Brian & Tracy Pautsch Brian Wallace Brian Yost Carolyn Vaccaro Carrie Kramer Carrie Ludvik Chris & Heather Kurtz Chris Rosolowski Christine Dziczkowski Christine Purbaugh Cindy & Randy Robertson

Colleen Szara

Courtney & Derek Hosler Craig & Cindy Lyman Craig Nass Dan & Elise Fac Dan Pritchard Danny & Jaclyn Elise Fagan Crescent Davis Jaspers Denise & Ken Bogs Dennis & Sue Ryan Diana & Andy Lihosit. Diane Pilibosian Don Larsen Doug & Lexi Yunker Erin Mcdonald Fred & Maryann Soderquist George & Sue Tragos George Zurbuchen Gretchen Smith Jason Klaich Jeff Bence Jill Pohlmann Jim & Audrey Hagan Jim Oosterbaan Joe Boton Joe Wrobel Joel Jabaay Joesph Siwinski John & Gloria Wojciechowski

John & Monte Novak John Pellar Joseph Cariola Josephine Mazanec Judy & Bill Snider Judy Pete Julie Mccrea Karen & Ed Haugh Karen Mariscal Karen Talenco Kate Braun Keith & Donna Rymut Kim Harton Laverne Doorn Leslie Bartosz Linda & Mike Champion Linda & William Duran Linda Thomas Lisa Bolek Lori Greene Marianne Zaba Marie Downs Marilyn Conerty Mark Svara MaryJo Sexauer Maureen Bringley Maureen Reid Melissa Cosich Melvin Petties Michael Jones Mike Fleming

Mike Matkovich Mike Reyna Nicolette Prepura Olivia Ridder Pat & Kathy Moore Pat Furlan Patti & Scott Vandenberg Paula Sargent Regina Sargent Rick Ippolito Rosemary Brodeur Sallie Hoekstra Stacey Caldwell Stephanie Siebert Steve & Carrie Brasky Steve & Karen Treonis Steve Smith Sue Follenweider Sue Leahy Susan Bannerman Susan Brunner Ted & Lori Vyhnanek Tracy Sizemore Violet Ferry Wendelin Svara Wendy Lindemulder Yolanda Murphy

## LIZ AND DAN

BASKEL

of Frankfort, IL
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 2/29/2020

### **Did You Know**



## **Creative Carpet & Flooring has it all!**

Are you shopping for someone who already has everything? Think about getting them a flooring upgrade - they'll walk all over your gift and think of you every time! How about carpet cleaning? Everyone loves the look, feel and smell of a clean carpet! They can also use their gift card whenever they wish because they never expire! You can use Creative Carpet & Flooring gift cards as payment up to the amount of the gift card in any domination you choose. It is good for any Creative Carpet & Flooring product and service. Gift cards are nontransferable and valid at any Creative Carpet & Flooring location.

# Call us at (888)910-6585 or stop into your local showroom today!

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!

#### Origin of Valentine's Day

Each February, friends exchange flowers, gifts, and candy in celebration of Valentine's Day all around the world. The name of Saint Valentine is known across the globe as a patron saint. However, most of us don't know the exact origin of Saint Valentine or how this special day came to be making February the month of romance. Saint Valentine's Day incorporates the origins of early Roman and Christian rituals. The official Roman Catholic roster of saints shows roughly a dozen named Valentine, or a variation of Valentine.

The most common legend states that Valentine was a third-century priest in Rome. During this time, Emperor Claudius II declared single males made superior soldiers compared to men who had wives and children. To optimize his potential army of soldiers, Emperor Claudius II outlawed marriage for all young men. However, Valentine felt this unjust, so he continued performing marriages in secret ceremonies defying Emperor Claudius II's declaration. When the Emperor learned of Valentine's actions, he immediately had Valentine put to death.

There are other stories that suggest Valentine was killed for attempting to assist Christians in escaping these Roman prisons. The reason being, Christians were often tortured and beaten in these prisons.

There is one particular legend that we all would like to think holds true. Valentine himself sent the first-ever "valentine" greeting. It is said that Valentine fell in deeply in love with a jailer's daughter who had visited him in jail. Rumor has it that Valentine sent her a letter that he signed "From Your Valentine" right before his death. Valentine's story became a famous folklores in France and England during the Middle Ages, succeeding in his death and sainthood.

The early pastors of Roman Christian churches used Saint Valentine's Day as the day young men picked out young women from the congregation as prospective spouses. Since then, there have been several traditions that have become a fundamental part of Valentine's Day. The most common way we express our feelings on Valentine's Day is with cards, gifts and the promise of eternal love every year. The first commercially printed Valentine's Day cards began appearing in the United States in the early 1800s. Since that time, millions of dollars are spent

As we prepare ourselves for Valentine's Day and anticipate the gifts we will give and receive, remember this day originated with no gifts at all. It was a promise of eternal love and happiness that cost nothing. It just goes to show that the most important things in life really are priceless.

each year for Valentine's Day, making it a hugely profitable business.



#### You Might Be A Chocoholic If...

chocoholic (def): a person who has or claims to have an addiction to chocolate

Are you a chocoholic? Answer these questions to help find out.

- If you have more than two secret stashes of chocolate candy, you might be a chocoholic. (Be honest.)
- ☑ If your top 3 favorite candies all have chocolate in them, you might be a chocoholic.
- ☑ If you have more than four books at home on chocolate, you might be a chocoholic.
- ☑ If your favorite dessert is a chocolate cake with chocolate frosting and chocolate ice-cream on the side, then you might be a chocoholic.
- ☑ If you name chocolate as one of the seven wonders of the world, you might be a chocoholic.
- $\ensuremath{\underline{\omega}}$  If you bookmark more than two websites on the health benefits of chocolate, then you might be a chocoholic.
- If your favorite movie is Charlie and the Chocolate Factory, you might be a chocoholic.
- $\ensuremath{\mathbf{v}}$  If you own more than one chocolate-related T-Shirt, you might be a chocoholic. (If you wear that chocolate T-Shirt in public, admit it. You are a chocoholic.)
- $\ensuremath{\overline{\cup}}$  If you name your first-born child after your favorite chocolate candy then you are a definite, full-fledged chocoholic.

If you are a chocoholic, there you may want to try one of two possible cures:

- 1. Chocolate Overdose In several cases, a chocolate overdose will effectively kill your chocolate bug for a while. At some point, too much chocolate in a given month will cure your addiction for at least a week. Your chocolate overdose limit will depend on your level of addiction. (We sell a variety of chocolates to help you do this in style.)
- 2. Chocolate Substitution Chocolate substitution is another option if the chocolate overdose doesn't work. It involves starving your chocolate bug by offering it wholesome candy substitutes. The concept is that your body will gradually forget its craving for chocolate. (We sell a variety of delicious candies to help you do this in style.)

If one of these cures doesn't work, well, at least you would enjoy the attempt.

By the way, here are some excellent links on the health benefits of chocolate. You may want to bookmark them in case someone tries to convince you that chocolate is not good for you:

- $\verb| https://www.cancer.org/latest-news/is-chocolate-good-for-you.html| \\$
- https://www.thorne.com/take-5-daily/article/cognitive-benefits-of-chocolate-eat-two-truffles-and-call-me-inthe-morning
- + https://www.heart.org/en/news/2019/02/12/are-there-health-benefits-from-chocolate

Well, of course, it makes sense that chocolate is healthy. Chocolate is made from a bean – and so, wouldn't that be like eating a vegetable?

Nagre, M. (2018, April 29). You Might Be A Chocoholic If .... Retrieved from nerdyreads: https://thenerdyreads.wordpress.com/2018/04/29/you-might-be-a-chocoholic-if/

## 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:

Where was the coldest alltime record low temperature ever recorded in the state of Illinois?

- (A) Congerville
- (B) Mt Carroll
- (C) Chicago
- (D) Rockford

To enter, visit our website at 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, February 20th, 2020. Good luck!!!

## Answer to January's quiz: D) Wallpaper

Congratulations to last month's winner:

### Diane Latta

of Schererville, IN

Stop by Creative Carpet & Flooring to claim your prize by February 29, 2020!



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

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Mark Sirvinskas Sallie Hoekstra

John Hassey

Sandee Williams

Larry Schmudde

Linda & William

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

Erica Gambino Harry Murphy Heidi Yunker Jackie Fagan

Leslie & Brett

Cosich

Margarita Peltzer

Reed & Amy Monesmith Robert Braun

Kathy Call Krys Przbysz

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



2315 45th Street Highland IN 46322 (219) 595-5561

9am - 6pm Mon, Tue, Thu, Fri

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.

#### 20 Fun Facts About Bubble Gum!

- 1. Kids in North America spend approximately half a billion dollars on bubble gum every vear.
- 2. The largest piece of gum ever was equivalent to 10,000 pieces of chewing gum!
- 3. 100,000 tons of bubble gum is chewed every year all around the world.
- 4. Chewing bubble gum is said to keep one from crying, as it reduces stress and helps in concentration.
- 5. Sixty to 70 percent of bubble gum is sugar.
- 6. One of the most famous, but false facts, is that swallowed gum will remain in your gastrointestinal tract for seven years. It is not so. Swallowed bubble gum will not get stuck to your intestines, but will pass through your system, because, gum base cannot, as it has indigestible fiber.
- 7. Scientists found a 9,000 year- old wad of chewing gum in Sweden.
- 8. The average American chews around 300 sticks of gum in one year.
- 9. The head of the Philadelphia Chewing Gum Company (who happens to be the makers of Swell Bubble Gum), Edward L. Fenimore, has been said to have blown a bubble within a bubble within a bubble, that is, a triple whammy.
- 10. In Africa, it was said that various tribes accepted large quantities of bubble gum, year-old sheep and oxen as payment for a wife.
- 11. Another cool fact is that if your popped bubble gets stuck in your hair, you can remove it by rubbing the piece stuck with peanut butter.
- 12. The color of the first successful bubble gum was pink because it was the only color that was left with the inventor.
- 13. A mathematician once calculated and figured out that the energy Americans expend every day when chewing bubble gum was enough to light a city of ten million people.
- 14. The first bubble gum ever marketed was done so under the name "Blibber-Blubber."
- 15. By the 1940s, bubble gum had become so popular that it was included in the ration kits given to U.S.
- 16. According to the Guinness Book of World Records, the largest bubble ever blown measured 23 inches in diameter
- 17. It is believed that ancient Greeks found relief from stress by chewing a gum that was made from resin.
- 18. Turkey is the country with the most gum companies; the United States is second.
- 19. The largest piece of bubble gum ever was the size and weight of 10,000 regular pieces and was presented to baseball player Willie Mays by the Topps Chewing Gum Company in June 1974.
- 20. Humans are the only animals on earth that chew gum. If you give a monkey a piece, he will chew it for a couple of minutes, and then he will take it out and stick it to his hair.

Strataki, R. (2015, November 8). 20 fun facts about bubble gum! (List). Retrieved from Ueless Daily: https://www.uselessdaily.com/news/20-fun-facts-about-bubble-qum-list/#.XiH29yN7lhF

# **Fommunity Events**

FRI - Feb. 7, 2020 7pm-9pm

#### **DADDY DAUGHTER DANCE**

Lincoln Community Center Fieldhouse 2450 Lincoln St, Highland IN

Light refreshments, DJ entertainment & professional photos. \$30-\$35 couple, \$15-17 each additional daughter. RSVP before 2/6/2020.

Contact (219) 838-0114 or info@highlandparks.org for info.

SAT - Feb. 8, 2020 1:30pm-4pm

#### **SWEETHEART DANCE**

Wicker Memorial Park

8554 Indianapolis Blvd, Highland IN Families w/kids 3-12, dancing, games, crafts, buffet

& pop - \$5 per couple \$3 each additional child. RSVP required.

Contact (219) 313-3934 for info.

WED - Feb. 12, 2020 5pm-6pm

#### **VALENTINE'S DAY STUFFING PARTY**

Tinley Park District

8125 171st St, Tinley Park IL

Registration includes animal stuffing kit PLUS one hour of FUNS CONTACT TINLEY PARK DISTRICT TO REGISTER!

Contact (708) 342-4200 for info.

SAT - Feb. 15, 2020

#### **SUMMER CAMP & CHILD CARE REGISTRATION**

Bobbie Noonan's Child Care Centers Visit www.BobbieNoonans.com for locations 2020 Summer Camp & 2020-21 school year registration will be open for the public. Contact Judith Nevell (815) 469-2920 or inevell@bobbienoonans.com for info.

If you have a community event or fundraiser that you would like us to feature in March 2020's Creative Thinking newsletter, please email marketing@creativecarpetinc.com by February 15, 2020.

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# I LOVE My Floors



February 1st - 29th, 2020

May not be combined with any other offers.

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Carpet & Flooring

# **Pay-It-Forward**

# Raise Money for Your Church or Non-Profit Organization

Do you have a non-profit organization you are passionate about? Then, give them this flyer! After they enroll with us, a percentage of your future purchases can go towards the organization.

### **How it Works**

Enroll your 501(c)(3) organization in Creative Carpet & Flooring's Pay-It-Forward Program

Every time one of your members or supporters makes a purchase from us, your organization will receive 3-6% of the purchase price.

We provide you with vouchers, flyers, and a personal letter to your organization explaining the program. We'll even help stuff, stamp and label the envelopes!

Organizations can enroll at www.creativecarpetinc.com/pay-it-forward/

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