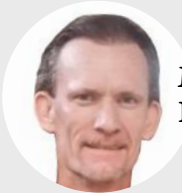


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Creative Thinking



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 Custom Interior Analysis!

(888) 910-6585

*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 Mark Sr.

Happy New Year to All!

It's my wish for all to have a HAPPY NEW YEAR! And we truly do appreciate all of you. Your loyalty has been an unbelievable blessing!

I have to say that because of everyone's loyalty we were able to bring in more people to the business to hopefully serve you better. It is an amazing thing to be in a solid enough position to be a part of growing our economy. We're just a small family business with a couple retail stores: one in Mokena, Illinois and another in Highland, Indiana. They're still run like a "mom and pop" shop, too, but it's people like you that buy from people like us that has been the key. A whole lot of help from our Lord, Jesus Christ sure didn't hurt either! I have a strong faith, but in case you're wondering, I still don't walk on water unless it's frozen!

My bride, Tammy, and I personally want to thank you for making it all possible by making your decision to join the family. Without you, there is no Creative Carpet and Flooring.

Happy New Year to you again!

Thank you,

THANK YOU FOR THE KIND WORDS!

10-29-17

We are so very pleased with the job done for us by Creative Carpet. From the first time of going into the show room until installation, it was a great journey!

I felt very welcomed at Creative. Very helpful never high pressured. This whole process of purchasing whole-house carpeting went smoothly. The installers were so respectful and did a flawless job. Beautiful teamwork!

Thank you Creative for helping to make our house a truly beautiful home!

*David & Jenie Scender
Crete, IL 60417*

2018 JANUARY

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|--------------------|-----|-----|-----|-----|-----|
| | 1 CLOSED | 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:

- 1 New Year's Day - bring on 2018!
- 3 Festival of Sleep Day - Why does this have to be on a Wednesday?
- 15 Martin Luther King Jr. Birthday - Many consider it a day to serve your community.
- 21 National Hugging Day - Give a hug, and you automatically receive one in return. Sure, someone might not hug back. But, how often does that happen?
- 28 Fun at Work Day - Everyday is Fun at Work Day at Creative Carpet & Flooring!



The Science Behind Why Popping Bubble Wrap Is So Addictive

Science is once again tackling those critical issues in your life.

ONE OF THE most satisfying trivial things in life is popping some bubble wrap - and it's universally acknowledged around the world as such.

But why is it so addictive? Why do we always need to have just one more pop? Well, some actual scientific research has gone in to finding out why we love it so much.

As the Science of Us reports, US psychology professor Kathleen M. Dillon studied the effects on a sample audience and found those who got to pop two sheets of Bubble Wrap felt at once calmer and more awake after they were done than before they'd started; they also reported higher levels of calmness and alertness than a group that was not granted popping privileges.

So, it's scientifically more relaxing to pop bubble wrap, fair enough. But it goes even further than that, as the study went on to explain.

In fact, the satisfaction of popping bubble wrap could be linked to our evolutionary instincts: it has to do with a very natural, human response to stress: freezing in your tracks. In real danger, this might be helpful, because it gives you a moment to decide what to action to take — better to fight back or flee? A similar thing might happen when people are nervous or stressed, and so it could be that little nervous motions like finger tapping or foot jigging — or Bubble Wrap popping! — are ways of releasing that muscle tension, which helps reduce the feeling of stress.

So now you know why it's addictive - you can cherish it to its fullest extent and on January 29th celebrate Bubble Wrap Appreciation Day.

The Daily Edge. (2015, July 9). *The science behind why popping bubble wrap is so addictive*. Retrieved from www.dailyedge.ie/bubble-wrap-2207004-Jul2015/

“WELCOME BACK” TO OUR RETURNING CLIENTS...

| | | | |
|-------------------|------------------|--------------------|---------------------|
| Scott Bertagnolli | Thadius & Tracy | Patti Maher | Greg & Lisa Stilp |
| Joe Boton | Elliott | Donna & Shawn | Jennifer & Steve |
| Phil & Jeanette | Beverly Hamstra | Matthuis | Szymanek |
| Bradley | William Hoop | Joe & Sandy Monzin | Ashley & Dana |
| Patricia Burke | Michael & Marion | Ellie & Gary Olson | Vicich |
| Holly Cammack | Johnson | Daniel Onak | Norma Vilutis |
| Jim Capuano | Pat Johnson | Natalie Postell | Frank Vojtech |
| Linda Colter | Sue Kroen | John Rickey | Jake & Tiffany Voss |
| Tracy Corrao | Loretta & Wayne | Frieda Roessner | Patricia Watson |
| Patrick Duggan | Kwiatkowski | Danny Salgado | Gizzy Wolak |
| | Debra Lopez | Laura Schulte | Jean Zapka |

BRUCE & VIRGINIA MOTKOWSKI

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 01/31/2018

Did You Know?

Protect Your Floors From WINTER!

Living in the Midwest... where it dips below freezing in the winter, you understand how quickly snow and salt get tracked into your home or office. Follow these simple floor care tips to protect your floors from snow and salt this winter.

* *The best floor cleaning advice is this: Prevention is easier than restoration. Prevent damage to your floors by keeping snow and salt off of them as much as possible.*

* *Use floor mats. Put a bristly floor mat outside the front door and encourage your family members and guests, or staff and customers to wipe their feet before coming inside. This will remove the largest particles of salt and clumps of un-melted snow. Place additional mats inside for guests to dry their feet.*

* *Keep old towels or cleaning rags near the door. Wipe up puddles immediately. Standing water can damage your floors.*

* *If your office floors become slippery quickly, consider laying down plastic runners. Not only will these keep your floors clear of snow and salt, but they may prevent slip and fall injuries.*

* *Increase the frequency of your regular home or office floor cleaning. If you normally clean your floors with a damp mop once a week, you may need to clean them two or three times per week depending on foot traffic.*

Creative Carpet & Flooring is one of the most trusted carpet cleaning service providers in Illinois & Indiana! We will gladly do the carpet cleaning for you. Contact us whenever you need... we're always here for you! 888-910-6585

Making Your New Year's Resolution Stick



Lose weight? Check. Start exercising? Check. Stop smoking? Check.

It can be daunting when your list of New Year's Resolutions is as long as your holiday shopping list. In addition to the post-holiday slump, not being able to keep your resolutions by February, March or even late January may increase your anxiety. When your holiday decorations are packed up and stored away, the frustration of an unused gym membership or other reminders of failed resolutions can make the later winter months feel hopeless.

However, it is important to remember that the New Year isn't meant to serve as a catalyst for sweeping character changes. It is a time for people to reflect on their past year's behavior and promise to make positive lifestyle changes. "Setting small, attainable goals throughout the year, instead of a singular, overwhelming goal on January

1 can help you reach whatever it is you strive for," says psychologist Lynn Bufka, PhD. "Remember, it is not the extent of the change that matters, but rather the act of recognizing that lifestyle change is important and working toward it, one step at a time."

By making your resolutions realistic, there is a greater chance that you will keep them throughout the year, incorporating healthy behavior into your everyday life. APA offers these tips when thinking about a New Year's resolution:

Start small - Make resolutions that you think you can keep. If, for example, your aim is to exercise more frequently, schedule three or four days a week at the gym instead of seven. If you would like to eat healthier, try replacing dessert with something else you enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment.

Change one behavior at a time - Unhealthy behaviors develop over the course of time. Thus, replacing unhealthy behaviors with healthy ones requires time. Don't get overwhelmed and think that you have to reassess everything in your life. Instead, work toward changing one thing at a time.

Talk about it - Share your experiences with family and friends. Consider joining a support group to reach your goals, such as a workout class at your gym or a group of coworkers quitting smoking. Having someone to share your struggles and successes with makes your journey to a healthier lifestyle that much easier and less intimidating.

Don't beat yourself up - Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and OK. Don't give up completely because you ate a brownie and broke your diet, or skipped the gym for a week because you were busy. Everyone has ups and downs; resolve to recover from your mistakes and get back on track.

Ask for support - Accepting help from those who care about you and will listen strengthens your resilience and ability to manage stress caused by your resolution. If you feel overwhelmed or unable to meet your goals on your own, consider seeking professional help. Psychologists are uniquely trained to understand the connection between the mind and body. They can offer strategies as to how to adjust your goals so that they are attainable, as well as help you change unhealthy behaviors and address emotional issues.

American Psychological Association. (n.d.). *Making your New Year's resolution stick*. Retrieved from <http://www.apa.org/helpcenter/resolution.aspx>

MEET OUR NEW FRIENDS AND CLIENTS...

Steve Able
Karen Bajenski
Anna Brannigan
Charles Braun
Tom Brindley
Diana & Steve
Bruesewitz
Paula Carey
MaryAnn DeCicco
Michael Delacy
Lisa & Frank Fus
Nancy Glowacki
Carolyn Godbout

Rich Grossart
Christianna Hagen
Adam & Catherine
Higens
Brian & Veronika
Johnson
Donna Kiesling
Dustin & Jennifer Kirk
Amy Konopack
Jean Krolak
James Kujaca
Mark & Jeri Lang

Carolyn & Patrick
Mackenzie
Janice Manthei
Mary McGuinness
Glen Medema
Joe Myers
William Nanny
Daniel Perez
Debbie & Bob
Potempa
Lina Riccelli
Joanne Rincker
Del Shimando

Jim Sieron
Kathy Smith
Richard Smolik
Eleanor Sullivan
Glen & Elizabeth Tews
Darlene Unruh
Barb Weber
Cynthia Willett
Judy Witt
Cindy Wondrasek
Lisa Zielke
Gail Zimmerman
Karen Zylstra



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:

What American institution opened its first location in the Soviet Union on January 31st, 1990?

- A) Walmart**
- B) McDonald's**
- C) Tiffany & Co.**
- D) Taco Bell**
- E) Macy's**

To enter, go to:

www.creativecarpetinc.com, click on "Monthly News - Home Advisor Monthly Newsletter" 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 20th, 2018. Good luck!!!

Answer to December's quiz:
C) Indiana

Congratulations to last month's winner:

Bob Parsons

Stop by Creative Carpet & Flooring to claim your prize by January 31, 2018!

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!

What Do You Do On National Kazoo Day? Why, play the kazoo, of course!

The kazoo was invented in the 1840's and first presented to the world at the Georgia State Fair in 1852 as the "Down South Submarine". Legend tells us that the kazoo was invented by collaboration of Alabama Vest (American black) and Thaddeus Von Clegg (German-American clockmaker).

Commercial production of the Kazoo began many years later in 1912. Manufacturing was started by Emil Sorg in Western New York. Sorg joined up with Michael McIntyre, a Buffalo tool and die maker. Production moved to Eden, NY where the factory museum remains today as a working museum.

National Kazoo Day is celebrated every January 28th. People young and old love Kazoos. Kazoo Day celebrates the joy of this musical instrument. Kazoos are easy to play. Simply hum a tune into the kazoo, and you're an expert. Kazoos can be played solo, or in groups. It plays a great tune both ways.

We know when the Kazoo was invented, and by whom. We know a lot about the history of the Kazoo. But, we do not know who started National Kazoo Day....yet. There is no evidence to suggest that this is truly a "National" day, which requires an act of congress. Stay, uh...tuned.

Premier Star Company. (n.d.). National Kazoo Day January 28. Retrieved from Holiday Insights: <http://www.holidayinsights.com/moreholidays/January/kazooday.htm>

Stephen Murray, P. (2003). National Kazoo Day - Kazoo History. Retrieved from Kazoobie Kazoos, LLC: <http://www.nationalkazooday.com/history.html>



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

| | |
|-------------------|-------------|
| Christine Bialka | Karen Hott |
| Grant Blankenberg | Kim Lantow |
| Caryn Dubois | Jim Sollami |
| Thomas Glowacki | |

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.**

Creative Carpet & Flooring

19420 S LaGrange Road
Mokena, IL 60448
(708) 479-8600

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

Main (888) 910-6585
www.creativecarpetinc.com
info@creativecarpetinc.com
Mon, Wed, Fri : 10am - 6pm
Tue, Thu : 10am - 8pm
Sat : 10am - 4pm

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.

MEET OUR CARPET CLEANING CUSTOMERS...

| | | | |
|--------------------------|--|-----------------------------|-------------------------|
| Bob & Paula Amstein | First Reformed Church of South Holland | Barbara Malm Sherry McGrath | Annette Prendergast |
| Barbara Barnes | Sabrina Fleming | Greg Meyer | Kathie Pultz |
| Anna Brannigan | Dawn Florey | Sue Meyers | Cynthia Retel |
| John & Colleen Brannigan | Janet & Vi Hasler | Kevin Wiggins | Janice Rhodes |
| Charles Braun | Janice Hector | Agency Nationwide Insurance | Cindy Rochel |
| Blaine Cusack | Lena Joudeh | Richard Nelson | Barb Rubesha |
| Lisa Egner | Norm & Nancy Kaczmarczyk | Winnie & Douglas Nyhus | Colleen & Robert Sands |
| Virginia Emery | Fred Lauzon | Terry Obele | Dave & Carrie Stapleton |
| Karen Erwin | Linda & Joe Lopez | Karen Parks | Andy & Robin Stephens |
| Lorraine Evenhouse | Craig & Cindy Lyman | Margie Pavlovich | |
| | | Diane Peterlin | |

Call for more info on our expert carpet cleaning services!
888.910.6585

Community Events

TUE Jan 2nd to FRI Jan 5th 9a - 4p
Humane Indiana Winter Camp
by Humane Indiana
Humane Indiana's South Shelter
10255 Wicker Ave, Saint John IN
4 day camp where kids ages 7 to 12 learn about species native to Indiana & their environment. COST: \$150
INFO: email Nicole education@humaneindiana.org

SAT Jan 13th 9a - 1p
Healthy Living Expo
by Planet Fitness
Tinley Park Convention Center
18451 Convention Ctr Dr, Tinley Park IL
Variety of vendor booths, health screenings, cooking demos and free 30-minute workout classes.
COST: FREE
INFO: call 708-326-9170 ext 16

SAT Jan 13th 11a - 3p
Winter Open House
by Dunes Learning Center
Dunes Learning Center
700 Howe Rd, Chesterton IN
Outdoor fun, indoor campfire, live music & hot chocolate.
COST: FREE
INFO: Michelle Krueger 219-395-9555
mkrueger@duneslearningcenter.org

SAT Jan 13th 12:30p - 3p
Ice Fest
by Village of Frankfort
Braidert Green Park
Kansas & Ash Street, Frankfort IL
Ride free trolley through downtown Frankfort & view ice sculptures!
COST: FREE
INFO: call 815-469-2177
www.villageoffrankfort.com

If you have a community event or fundraiser that you would like us to feature in the February 2018 Creative Carpet & Flooring Creative Thinking, please email marketing@creativecarpetinc.com by January 15th, 2018.

Now through January 31st, 2018

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spend...

the more
you

SAVE!



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|--------------------------|---------------------------|
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