

Mark Bouquet

"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

Mark Bouquet, Jr.

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Andersen

You are this month's **Mystery Winner!** We have a

\$10.00 Starbucks gift card reserved just for you!

Come by our Mokena, IL store to claim your prize!

NOTE: Must be picked up by 01/31/2017

Creative Carpet & Flooring 2017 HOME ADVISOR

Hi Everyone and Aloha from Maui!

It's rough going to business seminars in Maui!!! But these are things we must "struggle through" sometimes. We never could take many vacations. Our business was too "owner dependent." We have taken some, but we wanted to make sure our kids knew Gramma and Grampa, who retired home to Kentucky. So, we took many long weekends down to see that that happened. This trip we decided that after the business portion was done we would fly out the rest of the family and one of the grandchildren. We don't know when the chance will, if ever, present itself again. It was a leap of faith to make this happen; for those who don't know Tammy and myself, family and our faith is everything. We worked hard and gave up lots of "fun times" to stay with our noses to the grindstone.

I KNOW that our second family at the two stores handled everything incredibly well while we were on vacation. The silver lining in me having surgery after surgery some years ago was the younger generation of our family really stepped up and did whatever was necessary to see us through the housing bubble and all the problems after that. Many in our industry and other construction-related industries didn't make it. Their life's work went down the tubes because of not seeing the signs or thinking that we were in for a "normal recession." I attribute our success to our faith in the Lord and the family all pulling in the same direction. A lot of luck didn't hurt, either!

I must say that vacations like this are not the norm for us. I just wanted my 5 boys together, all at once, with my daughter-in-law and almost 4-year-old granddaughter, for something other than our monthly Sunday dinner. The point is that family is what is important to us. God gave me more than I was willing to admit that I could handle when surgery after surgery began to pile up. It took these to force me to let God take over. Then He did, in a big way. It still is a battle to deal with my "wounded pride." But Mark, Jake and Cody have been "Godsends", and Tammy goes without saying. Most women I know would have [rightfully so] said "I'm done!" I was so mad, depressed and miserable (not intentionally) that I forgot that it is God that is in control and not my triple "A" personality that was knocked down for the count. I understand not everyone has the same belief system as we do, but I truly said things I wish never left my lips. "Out of the abundance of the heart the mouth speaks." That's one scripture that hits me between the eyes every time I read it.

ALOHA FROM MAUI, and thank you for letting me indulge on the greatest family in the world! [No bias whatsoever!] Warts and all!!!

Thank you,

Mark Bouquet Sr.

Month at a Glance:

1st <u>New Year's Day</u> - enjoy everything about New Year's... it only comes once a year!

11th <u>Step in a Puddle and Splash Your Friend's Day</u> more like "QUICK WAY TO LOSE A FRIEND DAY". Besides, all the puddles are FROZEN!

13th <u>Friday the 13th</u> - The 1st Friday the 13th for 2017, the next will be in October. You aren't superstitious, are you?

14th <u>Dress Up Your Pet Day</u> - You're on your own with how to dress up a goldfish.

16th <u>Martin Luther King Jr. Birthday</u> - a great day to serve your community.

20th <u>Penguin Awareness Day</u> - time to wear black and white - penguin colors. Wearing a tuxedo is optional.

28th <u>Fun at Work Day</u> - Everyday is fun at work day here at Creative Carpet & Flooring!

30th <u>Bubble Wrap Appreciation Day</u> - Feeling a little stressed lately? Then, this special day is made for you!

2017 JANUARY							
SUN	MON	TUE	WED	THU	FRI	SAT	
1	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					

What better way to start the new year than with a new hobby? Our nation seems to agree since January is National Hobby Month. Everyone has a hobby or interest, or something they enjoy doing in their leisure time. Open up the new year with this national month celebration and see if there's something else in the world that might interest you.

Are You Experiencing A Winter Edginess?



The holidays are done, decorations put away and life is back to "normal," but do you feel more tired, anxious and moody than "normal"? Some people attribute this winter blue feeling to the aftermath of the holiday rush and crazy schedule over the past few months.

There are more than 11 million North Americans suffering from winter depression - more commonly known as Seasonal Affective Disorder (SAD) – and it often starts in October. Of course, there is a difference between winter blahs and SAD. SAD needs to be diagnosed by a physician.

The primary cause of SAD is a lack of sunlight, which is why cases are more common further north of the equator. For example, only 1% of those living along the far southern borders of the US will experience winter blues compared to half of those living in the northern US and Canada.

Lack of sun means more melatonin is in the system, a hormone linked to depression. That means getting as much sunlight as possible is best. However, shorter days create a challenge.

Here are some tips to help.

- → Take a walk outside before or just after breakfast within a couple hours of waking.
- \rightarrow Invest in a sun box. The recommended 30 minutes near a bright light box improves SAD symptoms 80% of the time.
- → Get enough vitamin D. People who lack sunlight are often low in this vitamin. Your doctor can test your levels with a blood test.
- → Brighten up your home and environment wherever possible to allow as much natural light in as possible. Plus, the cleaner and less cluttered your space is the healthier it is for your mindset.
- → Get out with friends and family. When feeling depressed it's easy to become reclusive, but that human interaction is better for you.

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



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

Take our Trivia Challenge and you could win, too!

This month's Mega Trivia question:

On January 26th, 1875, this invention which has caused fear for millions was patented. Name the invention.

A - The Atomic Bomb	B - Napalm	C - The Guillotine
D - The		E - The Dental
Hypodermic Needle	Drill	

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, 2017!

Answer to last month's quiz: D) The Pilgrims Congratulations to last month's winner:

Jenny Synal

Stop by Creative Carpet & Flooring to claim your prize by January 31, 2017!

Unique Benefits of Daily Journal Writing



Do you write a journal? Do you spend time capturing the highs and lows; what works/ what doesn't work of your day? This is one of the daily habits of successful people in our society have done for centuries.

From capturing three bullet points a day to delving into the details of what where, when, who, why and how, maintaining a journal has many benefits. A quick Google search reveals a plethora of examples and ideas from images of other people's journal pages to journaling prompts.

Why Journal?

Truthfully, there are many different reasons why people journal, from releasing tension to capturing life's details that you don't want to forget.

If you have ever wanted to be a writer, a journal is a great place to start. The process of journaling on a consistent basis will make you a better writer. Within the pages of your journal, there are no rules. You can write as freely as you choose and be as creative and outlandish as you want. Write in past, present or future tense; from your older self to your younger self. The possibilities are endless.

A journal is a great place to work out the details and understand the nuances of life – past, present or future. Upon those pages, writing out struggles, wins, relationships, things bogging down the brain, and the details of your life helps clear the mind and

put things into perspective. Over time of consistent journaling, you will find improved mental clarity.

Ultimately, writing a journal helps you discover yourself. It weaves a better connection with your values, emotions, goals, and with consistent entries will:

- Improve mental clarity
- Assist in problem resolution
- Help deepen self-understanding
- Attest to personal growth and development over time

Getting started is as simple as putting pen to paper. If you don't know what to write, start with the three things you're most grateful for and your greatest achievements each day, then search for journaling prompts on Google.

MEET OUR NEW FRIENDS & CLIENTS...

Delores Allen Lawrence Arendt Jeremy & Donna Bell Ray Benson Nancy & Phil Bruckner Dana & Jim Castle Jeannie Collier Norm & Sandy Cowie Sandy Curran Norene Debold Cindy & James Durnbaugh David & Sagit Epstein Marilyn & Richard Fox Tom & Barb Frangella James Garcia Deborah & Jim Gardner Tom Gartland Pat Gopalakrishnan Karen Grein Annette Halfman

John & Charlene Hanyzewski Nicole Harris Jan & Pam Helfen Jim Kantowski Steve Keller Sharon Kies Jim Klamo Debbie Koren Ralph & Pat Kwilosz Barb Leep Susan & Brad Lueders Pat Lynn Ron McCraven Kim & Dave McManus Tim & Diane Mertz Nancy Milovic David & Debbie Osterman Angela Pappas Patrick Parker Susan & Donald Pelka

Deloris Petrich Joann & Kevin Pittman George & Sally Podolski Rosalee Polanski Lisa & Vincent Reh Lisa Rita Frieda Roessner Kelli Sawyer Ken & Linda Schoon Evelyn Sell

Greg Smith June Smith Drew Sopha Ruth Sroka Mike & Kate Sullivan Linda Vanderlaan Michelle Vierk Bonnie Wisniewski David Wuske

Thank You For The Kind Words!

"We could not be happier with the staff and product. Our basement looks wonderful. Thank you!" ~ Laura

"Everyone from start to finish was helpful, thorough and professional. We will definitely use Creative Carpet for our next flooring needs." ~ Ken & Sara

"We just love our new carpet. Mark Sr. and Mark Jr. were extremely helpful in making sure that we received the quality of carpet that we were looking for. We are also grateful for Mark Jr. sending us Andy. He did a fantastic job on our Brazilian Cherry floor. We have nothing but praise for the job Creative Carpet did and would highly recommend them and do business with them again." ~ Larry & Susan

WELCOME BACK TO OUR RETURNING CLIENTS..

Jeff & Lisa Andrews Debbie Bakke Kristy & William Beechy Tom & Mary Brabec Barbara Bragassi Dale & Mary Brown Megan Browning Sharon Daley Dez Daly Dennis Demereckis Margaret & Leo Galvan



Donna Gibson Todd & Catherine Gryczka Greg & Kim Klappauf Kevin Kubiszak Dick & Joan Labeck Heather Lamonto Connie Mahl Mike Maione Mary & Mike Maloney David Martino John Mazzorana

Sharon Daley James & Judy Dorman Brian Ebers Jean Fugo Rich & Kathy Gemmell Cindy Hepp JoAnne & Jack Johnson Diane Kissinger Jim Knight Sue Leahy Judy Matevich Vicky Matusik Erin Nair Kim & Bob Padjen Candi Parrish Larry Patient

Walter & Sue Murphy Geraldine Page Russ Petrizzo Kathleen Prusac Robin Rezek Dave & Marissa Rudolph Jan Sabey Margie & Jim Sevening John Slack Lee & Lynn Wallace Irma & Steven Zamora

> Colleen & Jeff Plude Barbara & Eugene Satrun John Slack Katherine Stanek Chris Wagner Delores Wellington Pearl & David Zuidema

Happy Brain Teaser Month!

Brain teasers are those thought-inducing puzzles that often require unconventional and out-of-the-box thinking to solve. They are a source of fun, learning and help keep our brains actively on the right path. Here are some to serve as an example and for you to have fun with:

MAN BOARD a	STAND I b	WEAR LONG	Rewards Program. Ever someone who become purchases, we will send yo one of the following: Olive Steakhouse, Bahama Br Seasons 32 Fresh Grill, Lobster, TGI Friday's or Au
R ROAD A D	T O W N	CYCLE CYCLE CYCLE	A gigantic THANH who referred us la Noreen Debold H Donna Gibson William Hanyzewski Sa
d R E A D I N G g	e LE VEL h	KNEE LIGHT	 A predatory sales tactics ✓ 4 predatory sales tactics ✓ 7 costly misconceptions a ✓ 5 questions to ask a deale ✓ Visit our website to ob

Answers:

ל) גפשקוטל מפגאפה גור ווחפי, הן אמויג ופעפו, ון מפט ווקאנג (גאפפ-סט ווקאנג) ש) ששו סהפגףסשנת'. ף) ן חשקפגצושת'. כן ןסטל חשקפגיאפשי. ק) כנסצנסשתצ. פ) קסאטנסאטי. נן) נעכאכןפ'.

January Community Events:

THR 01/05 — 6:00pm "Neurotypical"- A Look at the World Through the Eyes of the Autistic Mokena Community Public Library District 11327 W 195th St., Mokena, IL 60448 Cost: Free 708-479-9663 www.mokenalibrary.org	SAT 01/07 — 1:00pm Memories of the King! Mokena Community Public Library District 11327 W 195th St., Mokena, IL 60448 Cost: Free 708-479-9663 www.mokenalibrary.org	SAVE THE DATE! TUE 02/07 & WED 02/08 — 7:30pm Shen Yun 2017 World Tour The Center for Performing Arts 1 University Pkwy, University Park, IL 60484 Cost: \$70 to \$150 888-99-SHOWS (888-997-4697) www.shenyunperformingarts.org/cpa
SAT 01/14 — Winter Open House Dunes Learning Center 700 Howe Rd., Chesterton, IN 46304 Cost: Free Phone: (219) 395-9555 www.duneslearningcenter.org/events	THR 01/19 — 6:30pm to 9:30pm Canvas Painting With Cocktails White Rhino Bar & Grill 101 Joliet Street, Dyer, IN 46311 Cost: \$27 www.facebook.com/ events/1808086396133742	SAT 01/28 — 11:30am to 6:00pm Long Johns on Winter Warmer Bash Burn 'Em Brewing 718 Freyer Rd., Michigan City, IN 46360 Cost: 10 pre-sale, \$15 at the door, kids 12 & under FREE www.facebook.com/ events/706750536156419

If you have a community event or fundraiser that you would like us to feature in the February 2017 Creative Carpet & Flooring Home Advisor, please email dawn.g@creativecarpetinc.com by January 15th, 2017.

Thank you for being part of the Creative Carpet + Flooring family. Here's to a blessed 2017!

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 ry time you refer es a client and ou a \$25 gift card to e Garden, Longhorn Breeze Island Grill, , Yard House, Red urelio's Pizza.

K YOU to all last month... Howard Sawyer **Rich Raddatz** arah Wapiennik Jean Wronski

on't visit any ring dealer until II us for a FREE er Awareness ou will learn...

about flooring

ler before buying

btain your copy!



19420 S LaGrange Road Mokena, IL 60448

> 2315 45th Street Highland, IN 46322

(888) 910-6585

Website: www.creativecarpetinc.com Email: 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.

Now through January 31st... the more you spend, the more you S

Purchase carpet priced from:price per sq yd\$ off per sq yd

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