

Mark Bouquet

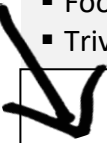


Mark Bouquet Jr.

"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

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Attention Trisha Svehla!

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. La Grange Road
Mokena, IL 60448
NOTE: Must be picked up by Jan 31st, 2011

CREATIVE CARPET, INC.

Home Advisor™

Reliable news for healthy living, saving money, and having fun! January 2011

A HAPPY
NEW YEAR

Dear Friends,

Happy New Year! 2011, can you believe it? Why does it seem as I get older that the years seem to go faster? I know I am not the only one that wonders how their kids got so big, or why they have aches in areas they did not know existed. You're losing hair where you had it and growing it where you never had it. I know, gross, but true!

Well all that to say, I hope everyone had a prosperous year in these trying times. I pray you all are getting through this tough economy. We, as Americans, sometimes forget that no matter how bad it seems things are, we are living a very high standard of living compared to the rest of the world.

So, with that being said just remember there is always, and I mean always, someone who has it worse. If possible, give and it will be given in return. Somehow, it always comes back.

Happy New Year from everyone at Creative Carpet!

Your friend,
Mark Bouquet





About Staying Well - Is Yoga Right for Me?

YOGA
Relaxing pastime,
spiritual path or
extreme sport?

Yoga is flavor of the month (or maybe decade). Other than making you buy a leotard is there any benefit to you from practicing yoga?

But if you can't get past the public humiliation, there are two other types of yoga that will benefit anyone and can be done anywhere.

Meditation is the second thing most people think of when they hear the word "yoga", but there's nothing mysterious about it. You don't need to chant and you don't need your own special mantra. The big secret of meditation is trying to stop the mind-chatter. If you don't know what I mean by mind-chatter, sit still and try to think about nothing. You'll probably last 5 seconds before tonight's dinner or your muffler, or something will intrude into the nothingness. Don't get aggravated with yourself if this happens, just keep steering your mind back to a calm, nobody home kind of state. You'll find this immensely refreshing!

The third major kind of yoga is called Pranayama, or "breath yoga", and what it really means is paying attention to your breathing. For most of us, it's an automatic thing, well below the level of consciousness. You might say we have it on cruise control. But if you get excited or scared your breaths come shorter and faster. The opposite holds true, as you'll see if you try this exercise: "inhale for a count of 3, hold for 3, exhale for 3, hold for 3". If you consciously breathe calmly and deeply, and repeat this for 3-4 minutes, it's the mental and physical equivalent of a quick nap.

Moneywise - A Strategy that Works!

We've often talked in these pages about cutting your debt, but blogger Adam Goodman has an excellent, easy-to-understand approach.

He tells the story from a personal point of view. Like many young people these days, he graduated with a huge student loan: \$60,000. He made a determined effort, using this series of strategies, and says he paid it off in 2 years. My thoughts on that are (a) good for him; and (b) he makes more than I do.

His approach is highly disciplined and may not be for everyone. Although you can read it in the original here - <http://www.moneyville.ca/blog/post/878800--6-steps-to-a-debt-free-life> - I'll summarize the main points:

Did You Know. . .

We celebrate your referrals!

Advertising in the newspaper yellow pages, radio, etc. is expensive, so rather than pay for that, we'd rather reward you!

For every person **you** refer who becomes a client, I will send you a gift card worth **\$25 to Marcus Theaters**.

A \$100 Gift From You to Your Friends

We will send every friend or relative that you refer a FREE Creative Carpet gift certificate for **\$100** in your name.

What should you do right now?

It's simple. Just fill in the blanks on the back of the insert sheet for each friend, neighbor, relative, or acquaintance you want to refer.

Mega Trivia Contest!

Who Else Wants to Win a \$50 gift card towards dinner for two at TGI Fridays or Olive Garden? Take our Trivia Challenge and you could win too!

This month's MegaTrivia question....

Russia is on which continent?

- a) Europe
- b) Asia
- c) Europe & Asia
- d) Asia & North America

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

Answer to last months quiz: pigeon

Congratulations to last month's winner:

BOB CLAUSING

Welcome to Our New Friends & Clients

Keith & Sue Alberts
Therese Sokolowski
Diana Buckner
Catherine Calhoun
Judy Korzec
Jeremy Paris
Jennifer Minyard
Trisha Svehla
Martin & Rama Atieh
Barb Boucek
Nick Bobich
John & Michelle Ferrer
Bob & Marcia Laski
Pat Egan
Bert & Dianne Lindstrom
Ken & Sara Kooistra



Welcome back to our returning clients...

Laura Hamilton
Barbara Murray
Jerry & Robin Buczko
Vicky Flanagan
Vince Santoni
Barb Salazar
Kim Brubach
Sandi Harnish
Jeff Plude
Rhonda Felice
Adam Darnell
Mimi Royer

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

Manette Alberts
Marge Minyard
Mary Bobich
Sharon Heiden

Enjoy your \$25 gift card to Marcus Theater for the referral!

1. Make a detailed list of where you spend your money for three months!
2. Divide these items into things you need, things you want, and one-time expenses
3. Create a new budget including **ONLY** the things you need
4. Stick to your budget
5. Use leftover money – there will be a lot – for debt repayment
6. At the end of each month, repeat steps 1 through 5, and try to move items from “things you need” to “things you want” list

10 Tips to Keeping Your New Years Resolutions!

- #1 Be realistic** - The surest way to fall short of your goal is to make your goal unattainable.
- #2 Plan ahead** - Don't make your resolution on New Year's Eve. If you wait until the last minute, it will be based on your mindset that particular day.
- #3 Outline your plan** - Decide how you will deal with the temptation to skip that exercise class, or have one more cigarette.
- #4 Make a “pro” and “con” list** - It may help to see a list of items on paper to keep your motivation strong.
- #5 Talk about it** - Don't keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better or improve your health.
- #6 Reward yourself** - This doesn't mean that you can eat an entire box of chocolates if your resolution is to diet. Instead, celebrate your success by treating yourself to something that you enjoy that does not contradict your resolution.
- #7 Track your progress** - Keep track of each small success you make toward reaching your larger goal. Short-term goals are easier to keep, and small accomplishments will help keep you motivated. Instead of focusing on losing 30 pounds, say, focus on losing that first 5. Keeping a food diary or a symptom journal may help you stay on track.
- #8 Don't beat yourself up** - Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take each day one at a time
- #9 Stick to it** - Experts say it takes about 21 days for a new activity, such as exercising, to become a habit, and 6 months for it to become part of your personality. Your new healthful habits will become second-nature in no time.
- #10 Keep trying** - If your resolution has totally run out of steam by mid-February, don't despair. Start over again! There's no reason you can't make a "New Year's Resolution" any time of year.

FAST FACTS ABOUT NEW YEARS RESOLUTIONS:

- 63% of people say they are keeping their resolutions after two months
- 67% of people make three or more resolutions
- Top four resolutions:
 1. Increase exercise
 2. Be more conscientious about work or school
 3. Develop better eating habits
 4. Stop smoking, drinking, or using drugs (including caffeine)
- People make more resolutions to start a new habit than to break an old one.



Food for Thought:

Celebrate the happiness that friends and family are always giving, make every day a holiday and celebrate just living! ~

Every day we are engaged in a miracle which we don't even recognize; a blue sky, white clouds, green leaves, the black, curious eyes of a child - our own two eyes. All is a miracle. ~

When you stop comparing what is right here and now with what you wish were, you can begin to enjoy what is. ~

Apathy is the glove into which evil slips its hand. ~

Thanks for the kind

Having studied several internet sites to educate myself on what makes a quality carpet, padding, and installation, I found Mark to be the most knowledgeable salesperson. He seemed to care about our needs and usage, as much as making a sale.

He clearly explained all of the details that ended up as "extra costs", at the Big Box stores on installation.

Edgar and his brother John were excellent! Their work was flawless, timely, everything we could have hoped for.
-Tom Kuehl

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!

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

Recipe Corner Low-Fat Crockpot Country Chicken

Prep Time:
10 minutes

Cook Time:
8 hours

Amount Per Serving Calories 224, Calories from Fat 18, Total Fat 2g (sat 0.3g), Cholesterol 55mg, Sodium 194mg, Carbohydrate 25.5g, Fiber 5.2g, Protein 26g

Ingredients

- 1 pound small white potatoes, halved
- 8 ounces baby carrots (half a 16-ounce bag)
 - 1 medium onion, sliced
 - 2 large ribs celery, sliced
 - 8 ounces sliced mushrooms
- 1 1/4 pounds skinless, boneless chicken breasts, cut into pieces
 - 2 tsp dried mixed herbs
 - 1 14.5 ounce can crushed tomatoes
- 1/2 cup fat-free, low-sodium chicken broth

Directions

1. Coat the inside of a 4-5 quart crockpot with nonstick cooking spray. Place vegetables in base of crockpot. Sprinkle with dried herbs. Add chicken pieces, finish with canned tomatoes and broth. Cook on low for 6-8 hours, until vegetables are tender and chicken is cooked.
2. If you want to thicken the juices, make cornstarch slurry of 2 tablespoons of cornstarch to 1/4 cup of broth or water and stir in half an hour before the end.
Serves 6



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19420 S LaGrange Rd
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708-479-8600

www.creativecarpetinc.com

Hours: M-W-F 10a - 6p
Tue & Thurs 10a - 8p
Sat 10a - 4p



www.facebook.com/CreativeCarpetInc

We missed it!
We missed it!



There's No Need to Cry If You Missed Lasts Months Special!!

Creative Carpet is extending our December Sale into the new year!

Take 25% off
select Carpets.... or
purchase any other
carpet and take **50%**
off Installation and
Upgraded Pad

***SHAW**
Anso Nylon
Colorwall
All Styles
All Colors



BUT THERE'S MORE!



Previous client special...Save ADDITIONAL \$100!
Just bring this letter with you when you visit Creative Carpet!
This offer is good for any purchase over \$2,500.



PLUS

Receive a Gift Card to AMC/Marcus Theater
(\$25 value) for every person you *refer* who purchases flooring from Creative Carpet.



REAL CLIENTS!

"When we first went to Creative Carpet we told Mark to treat us like we knew nothing about carpet. When Mark finished we felt we could sell carpet. He explained everything from the material cost, to the installation, and how to keep the carpet looking new by setting a maintenance schedule. The day of installation went smoothly. Three great guys started at 10am and never stopped until 5 pm. We are very happy." **Don & Marietta O'Heir - November 2010**

"Again, splendid work and very courteous people. Very helpful staff and prompt service and efficiency. I thank my friends for the referral to you! Keep up the great work."

Pam McGregor
October 2010

"When we came into the store we felt quite welcome. They explained things to us and gave suggestions, but let us shop. Also, if we wanted samples, it was no problem and they came directly to our home large enough to get a great idea on how it would look. The installers were very neat and always had shoe covers on when walking on our new carpet. We had done a sun-room so they went the long way around outside so as not to come through the house. Very Courteous!! Thanks again for another job well done."

Brenda Verzak - September 2010

"The new flooring in our home makes everything bigger and more beautiful. Everyone who has seen it for the first time remarks on how beautiful it is. Your workers were above and beyond with being courteous and in cleaning up after themselves. We would recommend your store to our friends and relatives."

John & Harriet Scanlan-
October 2010