



Austin, Bill & Skyler  
American Dream - World Class Clean

# Healthy Home News

*"Secrets For Living A Healthy, Wealthy & Happy Life..."*

## Get A Jump Start On Your Spring Cleaning With These Simple Tips!

*Spring cleaning is just around the corner so here are some really easy ideas for getting your clean on...*

**1. Start in the Kitchen:** A trip to the Container Store or Target for some drawer configuration and storage containers makes kitchen organization a breeze. Use glass jars or bins (or try BPA free plastic) to organize and stack cereals, pastas, and dry baking supplies in the pantry. Once you've got your pantry and spices under control. Try giving the family "junk drawer" a new life, and vow to keep it organized this time. Then give the cupboards a quick wipe down and your kitchen is fresh and clean for the season.

**2. Move onto the Bathrooms:** A quick inventory of the drawers and cabinets is in order, be sure to throw out all expired products. Pick up some storage bins and separate out the hair products from the medicine cabinet and the nail polish from the face wash. When you're done you'll be surprised how much easier it is to find a band-aid when you need it.

**3. Don't Forget the Closets & Drawers:** Sort through the clothes and jackets and donate any you haven't worn in the past year or that don't fit. Then organize the hanging clothes by section i.e. sweaters, dresses, blouses, skirts, shirts, suits. You can also go short sleeved to long and keep them in color blocks. Drawers can go in groups i.e. underclothing, pj's, t-shirts, jeans. If your shoes are a problem get some shoe racks so you can see all your shoes and keep them neat.

**4. Tame the Office:** There is no better office organizer than a filing cabinet. Pick up a stack of those manila folders and a sharpie and start organizing your life away. Keep important documents like birth and marriage certificates in an easy to access area. Shred what you don't really need and file away the rest. And of course today you can go paperless with an electronic storage system and ditch the papers and file cabinets all together.

It's easy to feel overwhelmed but if you start with one small project and work off lists you can combat the overwhelm. And if you don't have the time yourself you can always hire a professional organizer. Happy cleaning! (Be sure to call me for cleaning your carpets & upholstery I've got some great specials this month.)



**www.OneMileAtATime.com**

This super cool website is run by Ben Schlappig aka "Lucky". He's a well-traveled guy who shares his experiences and expertise through his blog. With a record of traveling approximately 400,000 miles per year, he is definitely an expert in all things travel, and shares his best tips for traveling and using air miles to fund trips.

**www.NomadicMatt.com**

This slick site is run by New York Times bestselling author, Nomadic Matt, who wrote How to Travel the World on \$50 a Day. This well traveled blogger quit his cubicle job in 2006 and has since traveled to over 80 countries and territories. As a full time traveler he shows you the ropes on how you don't have to be rich to travel the world.

## Healthy Talk

### Get Ready For Spring with These Yummy Jam Filled Cookies...

I know this section is called "healthy" talk but that is why these spring cookies are packed full of flavor and are made with healthy ingredients.

Enjoy this cookie with a glass of cold milk or a nice cup of coffee:

- 1/3 cup organic coconut sugar\*
- 1/2 cup softened grass fed butter
- 1 tsp organic vanilla extract
- 1 organic egg, separated

- 1 cup organic spelt flour, or gluten free flour
- 1/2 teaspoon salt
- 3/4 cup finely chopped nuts
- Jam of your choice (Go for organic/ no sugar added)
- Preheat oven to 350 degrees F
- Combine sugar, butter, vanilla and egg yolk. Next add in the flour and salt. Mix well. Roll dough into small balls and dip into the beaten egg white. Then roll into the nuts, place on a parchment paper lined cookie sheet and press down on the cookie to make a thumbprint. Bake about

8 minutes then take out the cookies and fill the thumbprint with jam or your choice. Bake another 2-3 minutes. Enjoy and be careful that jam might be really hot.

\*Coconut sugar is a low glycemic natural sweetener that only contains 4 grams of sugar per serving and tastes wonderful.

Disclaimer: These are just suggestions, I'm not a doctor or health specialist.



## Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients and friends who graciously referred me to their friends and neighbors last month!

**COLLEEN SHAY! EMILY FARBER!**  
**CATHY HILL! JONIE MILLS!**  
**WADE ROWDEN! KIM SCHROCK!**  
**ANDY SMITH! NATE KNAUSE!**  
**ELLEN LAHR! TAMMY O'CONNOR!**

### Thanks for All the Kind Words!

"We had a great experience! Wade was awesome about going through the expectations that we had for the carpet and went above and beyond to make sure they reached perfection. The carpets looked amazing!" - Kristin Sherry

Outstanding Clients Of The Month! **Meet Cathy Hill - one of the best souls & best referrers on the planet!**

It's my way of acknowledging loyal clients and saying a big "Thank you!" to those who support me and my business with referrals and repeat business...

**THANK YOU CATHY HILL!!!**

## Quotes For March...

*"Desire is the key to motivation, but it's determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek."* - Mario Andretti, Italian American former race car driver, one of the most successful in the history of the sport.

*"To succeed in your mission, you must have single-minded devotion to your goal."* - A.P.J. Abdul Kalam, the 11th president of India, from 2002 to 2007.

*"A dream becomes a goal when action is taken toward it's achievement."* - Bo Bennett, contemporary businessman and author.

Find some of these and more quotes at [www.brainyquote.com](http://www.brainyquote.com)



## Get Inspired

*"Setting goals is the first step to turning the invisible into the visible."*

-Tony Robbins, American author, businessman, philanthropist, and subject of the documentary, I am Not Your Guru.





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[www.iowadream.com](http://www.iowadream.com)

“

“Keep your face to the sunshine  
and you cannot see the shadows.”

”

Made me tear up!



1880 ~ 1968  
Helen Keller

<http://www.videosmotivational.com/best-clips/womens-empowerment-videos/great-motivational-quotes-from-great-women/>

## Who Wants To Win Movie Tickets?

### Take my Trivia Challenge and you could win too!

This is one of my favorite parts of the newsletter! Each month, I'll give you a new trivia question. **The first 4 people** who call my office with the correct answer will win **two FREE movie tickets**. Enjoy a night out on me with someone special in your life! Take your best guess, and then call me at [319-350-5530](tel:319-350-5530). Remember, your chances of winning are better than you think!

#### This month's Mega Trivia Question:

Which self-help author is the subject of the documentary, *I am Not Your Guru*?

A) Zig Ziglar B) Laura Catherine Schlessinger

C) Deepak Chopra D) Torry Robbins

HINT: You'll find the answer in the newsletter.



## Practical Tips for Keeping Kids Safe Online

Today's parents have a big responsibility to keep their kids safe in a digital world. It's far too easy for kids to fall victim to illicit material, online predators, and ruthless cyber bullies. Plus, easy access to social media can foster narcissistic values, social isolation, and a lack of privacy.

Now of course, the Internet is a very useful tool, and it gives today's kids opportunities past generations didn't have access to. But, like any tool, it has to be respected and used properly for maximum benefit and minimum risk. In fact, the Internet could be likened to a "nail gun", it's a tool with many benefits, but a tool that can be very dangerous in inexperienced hands.

Check out this sobering statistic: "One out of every five kids gets sexual solicitations online. Strangers, predators, and cyber-bullies all target children, and their work is simplified when

screen names reveal age, gender, or hometown. If posts aren't marked as private, personal information can be displayed to an unrestricted audience of readers." – [www.scholastic.com](http://www.scholastic.com)

Fortunately, many schools today are teaching Internet safety, including how to guard privacy. But what are some simple things that we can do at home to make sure our kids are safe online?

**Be Online Savvy.** Many parents don't realize just how easy it is for their children to stumble upon inappropriate and dangerous material. Or, how easily kids can converse with strangers via online video games, apps, and social media.

**Educate for Prevention.** Thank goodness schools are helping with this, but parents are vital in educating their children on the dangers of using

the Internet, keeping their information private while online, the value of a good reputation, and how one wrong post can wipe it out. Also, educate kids on the finality of posting pictures and their words online, constantly remind kids that once something is posted, it is out of their control, and it's never coming back to them.

**Knowledge is Power.** Know what your kids are up to, check the history, and ask them who they are conversing with. Set your security settings and establish a code of conduct you find acceptable for your kids. For more tips check out [www.SafeKids.com](http://www.SafeKids.com)

Today's kids are blessed to grow up with online access, so when parents and educators keep kids informed, they can avoid all the potential dangers and use the Internet to thrive.

## The Idea Corner

### Easy Ways to Save on Spring Travel!

If you want to head on a vacation this spring use these easy tips to stretch your dollar.

**1. Be flexible.** Adjusting your schedule by even a day or two can make a huge difference in airfares. According to a study done by [www.cheapair.com](http://www.cheapair.com) the "sweet spot" for booking air travel is about 3 weeks to 4 months in advance. Also, they note that Tuesdays and Wednesdays are usually the

least expensive days to fly.

**2. Don't pay full price for hotels.** Actually, there are really affordable ways to get hotels, such as [www.hotwire.com](http://www.hotwire.com), you just don't know what you're getting before you buy. So if that's not your thing, check into websites like [www.airbnb.com](http://www.airbnb.com)

**3. Skip the restaurants.** Booking a place with a small kitchen can save you a bundle on your travels. Plus, it can be a lot healthier, and you can save your money for some special meals out.

### Don't Let Your Carpet Suffer the Fate of Spots & Spills...Easily Remove them BEFORE They Turn Into Stains...

*Hello friend.* Many of my clients have beloved pets, children, or guests that have accidents, and it's very important these areas are cleaned up properly to prevent odors and stains, here are easy ways you can make sure to keep your carpets looking great between professional cleanings...

#### "Oops! He Did It Again..." 3 Common Spills & Spots And How To Properly Remove Them:

**Spot #1 From greasy pizza to cherry cobbler... how to remove food spills.** If you have a fresh spill make sure all of the food is off the carpet, and if it's an older spill, gently scrape all the dried food off of the carpet. Next, put a bit of mild detergent into a spray bottle filled with HOT tap water. (Dish soap will do, just make sure it does NOT contain bleaching agents. And go easy with the detergent; a ratio of 2 drops of detergent to 2 cups of water is all you need.) Then spray the area, without soaking it, and begin to blot, while being very careful not to rub or scrub the carpet. (NOTE: Damage and/or fraying of the carpet fibers can occur if you rub the carpet.) Try to use a clean, white, towel when cleaning the spot; a colored or printed towel could transfer unwanted color to the area. Continue this action of spraying and blotting until your desired results are reached and the carpet feels almost dry to your touch.

#### Spot #2 Coffee, tea, or red wine? "Natural" Drinks:

For natural drink spills that have the ability to dye your carpet follow these steps. (All other drink spills simply follow Spot #1's directions). First, firmly blot and absorb up as much of the spill as you can. Next, get your detergent solution (2 drops detergent to 2 cups HOT water, no bleaching agents!) and mix 1 part of this solution to 2 parts hydrogen peroxide. Spray the spill (without over wetting) then place a piece of plastic wrap over the area so the hydrogen peroxide solution can have a chance to do its job. Let it sit like that for approximately 2 hours. Next, remove the plastic and go through the rinse/blot (outlined above in Spot #1) until the spot is gone.

**Spot #3 Pet Accidents (Urine):** This is probably the #1 problem area for pet owners with carpet. If the spot is fresh, cover the area with baking soda (synthetic fibers only) and let the area dry completely. Then vacuum it up. The baking soda pulls the stain out and works amazingly. If the spot is older and already dry, use the same method described for "Spot #2, removing the drinks."

*Please note:* Treat your carpet gently, like a delicate fabric, when you clean it by hand, always be moderate with your cleaning agents and apply gentle, but firm blotting so you don't break down the fibers. And remember you can always call me to come over and clean it up for you, especially because for 90 days after your next cleaning I will do it for free.



Do you know anyone with a pet that could use my services? Please have them call/text me and I will give them a FREE room of carpet cleaning in your name! Thanks!

P.S. I pay you \$ for your referrals...so thanks in advance!

Join our Impeccably Clean Club  
and get 12.5% to 20% off

Call or Text American Dream at [319-350-5530](tel:319-350-5530) before  
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\* Not valid with other offers.