

# The NEIGHBORHOOD ADVISOR™



*"Precise, local and personable"*

-John and Sarah Wolfe

**Precision Flooring**  
*"Precise, local and personable."*

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Dear Friends and Neighbors,

Whew! We have all been busy dealing with the incredible snow that Mother Nature has directed our way! It has been a challenge installing flooring in this weather but thanks to some understanding clients, our installers have been doing their best to make things work out and keep us on schedule. We are so thankful to have such a talented and flexible crew!

Speaking of weather, our floors here in the mountains take a beating! With snow melt in the winter and dirt in the summer, we ask a lot of our flooring. Included in this month's issue are hardwood maintenance tips and a link (see the QR code below) to carpet maintenance tips online.

You may have noticed a slightly different look (and title) for our newsletter this month – we decided to change things up a bit to freshen the look. We hope you enjoy it!

Your Friends,

*John & Sarah* 😊

## Month at a Glance!

February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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				

**February 2** Groundhog Day  
**February 14** Valentine's Day

**February 13** Lincoln's Birthday  
**February 20** President's Day

**YOU'VE WON!**

**Donald Nyberg!**

You are this month's  
Mystery Winner!

We have a  
**\$10.00 Zuri Coffee Co  
Gift Card**

reserved just for you!

Come by our store to  
claim your prize!



Scan to learn a few carpet  
cleaning and maintenance tips

# More than Love, It's Heart Month

February is the shortest month of the year, and it's the month for hearts. Of course, traditionally we know it as the hearts of Valentine's Day, but it's more!

In North America, February is all about heart health, and we are encouraged to adopt new heart-healthy behaviors to ward off the leading cause of death – heart disease - at a ratio of one in four.

We can make personal choices that can help offset this statistic. Awareness and education go a long way toward understanding these choices, which is the reason behind Heart Month.

When it comes to heart health, implementing physical activity into our day is one key. Another is making a point of not sitting too long because a lack of activity can negatively impact our circulation. Many other keys to improve heart health are found in nutrition.



Here are some suggestions for heart healthy nutrition:

- Learn what is on a nutrition label. An excellent article, *Understanding Food Nutrition Labels*, can be found at [www.heart.org](http://www.heart.org) that will help clarify what is on those labels and what they mean.
- Limit the consumption of saturated and trans fats, sugar, salt, and red meat.
- Use spices for flavor when cooking instead of salt.
- Focus on eating fresh whole foods like fruits, vegetables, whole grains, beans, nuts, seeds, fish, fat-free and low-fat dairy, etc.
- Eat reasonable portions. Losing track of standard portion sizes is easy. Weighing and measuring help when a proper portion size is unclear.
- Try mindful eating techniques like using smaller plates, only eating when you're hungry, and eating without distractions like TV and other activities.

Some of the top heart-healthy food choices include: salmon, nuts, raspberries, strawberries, oatmeal and whole grains, citrus, tomatoes... There are many other excellent options out there to learn and explore!

## MEGA Trivia Contest

### Win Dinner for Two at FiftyFifty Brewing Co!

Take our Trivia Challenge and *you could win!*

This month's Mega Trivia question:

How do you say February in Latin?

- A) Febbraio B) Février
- C) Lutego D) February

To enter, send an email to [precisionflooring1980@gmail.com](mailto:precisionflooring1980@gmail.com) with "Mega Trivia Contest" in the subject line. Take your best guess...your chances of winning are better than you think! The correct answers will be compiled and a drawing will be held on Friday, February 24th. Winner will be notified by email. Prize is a \$75 gift card to FiftyFifty Brewing Company in Truckee. *And don't worry - your email address will not be used for any other purpose (marketing or otherwise), only for contest entry.*



Hardwood flooring is one of the easiest floors to care and maintain. We have compiled the following tips for you courtesy of Homerwood Hardwood:

- Vacuum often
- Dust mop to keep grit and abrasives off floor
- Blot up spills immediately to protect your floor from water damage
- Use felt protectors on chairs and furniture
- Never pour cleaner directly on your hardwood floor
- Rearrange rugs and furniture periodically so floor ages evenly
- Keep pets' nails trimmed to avoid scratches to your floor

For more tips, visit our website at [www.precisionflooringtruckee.com](http://www.precisionflooringtruckee.com)

# Mesmerizing Calm for Stress and Tantrums



Whether child or adult, we all have days when a timeout helps calm our mood and de-stress our mind.

Aside from the practice of focusing on slow, steady, deep breathing, consider making a sensory bottle - otherwise known as a Calm Down Jar. Staring at the contents in motion will distract us until our right mind comes back online.

Sensory bottles are mesmerizing and making one is inexpensive.

Here's what you'll need to make a glitter sensory bottle:

- Bottle - The preferred bottle in online how-to's is a VOSS water bottle because of its wider opening or you may choose to use other recycled bottles or small spice sized bottles for

little hands.

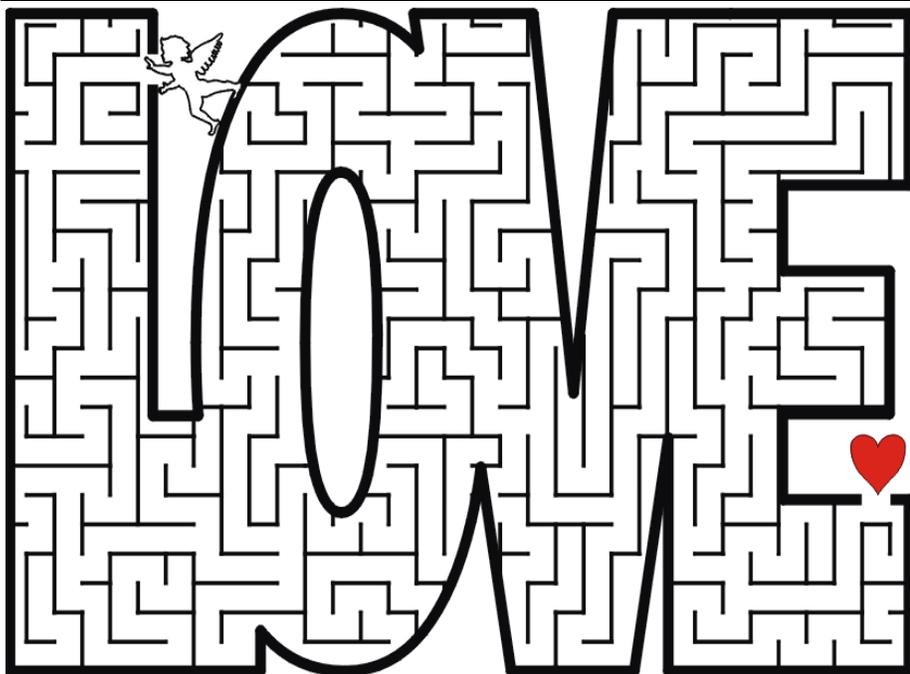
- Food coloring or liquid watercolor to tint the water in the bottle (optional).
- Elmer's Washable Clear Glue, to help keep the glitter afloat.
- Hot Water - This helps prevent the glue from sticking and clumping inside the bottle.
- Fine Glitter in your color choice.
- Lightweight tinsel confetti or other sparkly objects can also be added with the glitter (optional).

First, make sure that your jar is clean and all labels have been removed. The quantity of each ingredient will vary based on the size of the bottle. The ratio is 20% glue to 80% water. To know how much water the container holds, fill it up and then pour the water out into a measuring cup, then remove 20% of the water.

1. Heat the water.
2. Pour the hot water and Elmer's Clear Glue into the clean bottle with a drop or two of food coloring or liquid watercolor, add glitter and confetti (as much of each as desired).
3. Put the lid securely on the water bottle and shake vigorously to mix the ingredients and to ensure the glitter moves the way you like. If the glitter collects at the top, a few drops of dish soap in the bottle may help. If the glitter falls too fast, add a little more Elmer's Glue. Of course, if there's not enough glitter, add more.
4. Once the bottle is the way you like, affix the lid to the bottle with permanent glue.

There are many other types of sensory jars on the Internet. Search for sensory jars on Google or YouTube to find more how-to's.

## Can you get the angel to the heart?



Maze from [http://www.printactivities.com/Mazes/Shape\\_Mazes/Valentine-Maze.html](http://www.printactivities.com/Mazes/Shape_Mazes/Valentine-Maze.html)

## Client of the Month

Congratulations to our  
client of the month,

**Leslie Harris!**

Leslie is a returning client, and she recently purchased new bedroom carpet for her condo. *Thanks, Leslie - We hope you and your family have a lot of fun memories in your vacation home!*

As always, our clients of the month receive a **\$10.00 gift card to Zuri Coffee Co!**

*Watch for your name here in a coming month!*

## Inside This Issue...

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- Client of the Month
- Can you get the angel to the heart?

## Thank You for the Kind Words!



*"I bought new luxury vinyl flooring from Precision Flooring in December and I love love love the beautiful rustic appearing floors they installed! The installers were professional, neat, polite and skilled – they made sure that invisible spots under the kitchen counters were beautifully finished"*  
*K Terrey, Truckee*

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