



"Precise, local and personable"

-John and Sarah Wolfe

Precision Flooring
"Precise, local and personable."

11357 Donner Pass Rd., Ste E
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Natural Foods)
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Precision Flooring

March 2017

The NEIGHBORHOOD ADVISOR™

Dear Friends and Neighbors,

We have a newly-permitted driver in our house. If you have ever experienced teaching a teen driver, you know how we are feeling! We often reminisce about our own learning experiences. Remember when driver's ed was offered through the school and the first driving experience that you had was with three of your classmates in the backseat? Crazy! We can see why the schools wanted to get out of that business.

On the flooring front, this is the time of year that we will start receiving all of our new product updates – carpet, luxury vinyl and hardwood. Come visit our showroom to check them out! Also, did you know that we offer financing through Synchrony Financial? We have three different financing options to select from with different payment terms – one of them is a 6-month interest free option! Plan now for your tax rebate!

Your Friends,

John & Sarah 😊

Month at a Glance!

March 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		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		

March 12 – Daylight Savings

March 17 – St. Patrick's Day

March 20 – First Day of Spring

YOU'VE WON!

Marc Pado!

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 see photos
of our work

Going a Brilliant Shade of Green



Around St. Patrick's Day, we think green - clothes, beer, landmarks around the world illuminated in green, including the Chicago River. Ireland, also known as the Emerald Isle, has green in its flag.

More than that, the Shamrock (clover), which was used as a metaphor by Saint Patrick for the Holy Trinity - Father, Son and Holy Spirit - is also green. With green seen everywhere, it's

no surprise that it became the color associated with St. Patrick's Day.

In Chicago, the tradition of turning the river a brilliant shade of green for St. Patrick's Day - like Ghostbuster's slime green - has been happening since 1962.

This tradition is solely carried out by the Butler and Rowan families. Nobody else is permitted to join the crew going out in boats to shake their top-secret leprechaun dust into the water and stir it up.

Speaking of leprechauns, tradition also states that wearing green prevents one of them from pinching you, because they can't see someone who is wearing green.

By the way, if you want to celebrate with green beer, squirt four to six drops of green food coloring in a glass before adding your favorite light colored beer, then enjoy - and be safe in your celebrations.

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:

Crayola retired the Lemon-Yellow crayon in what year?

- A) 2003; B) 1963
C) 1990; D) 1950

To enter, send an email to 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, March 31st. 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.*

Answer to last month's quiz: D) February



Carpet can help to improve indoor air quality!

Although we may not associate carpet with improved indoor air quality, it does have a very positive effect. Gravity causes common household particles, such as dust, pollen, and pet dander to fall to the floor. Carpet fibers trap the particles, thereby removing them from the breathing zone and reducing their circulation in the air. Proper cleaning effectively removes dust and allergens from the carpet and helps keep them out of the air we breathe.

Source: The Carpet and Rug Institute

Spring Clean Your Inner Performance



As we embark on spring, we are enlightened with visions of what the upcoming seasons bring. Soon the landscape will renew with fresh growth and winterwear will get put away until the fall.

It's an excellent time to think about treating ourselves. One of the best ways to do that is by drinking lots of water.

Things like soda and coffee, though tasty, are not the best option, especially if they contain sugar. One sure-fire way to replenish the fluids our body needs is by drinking what needs replacing - water!

The average adult body consists of 50 to 65 percent water. However, the human brain, which averages three pounds, made up of 70% water. All that fluid helps the body and brain operate smoothly.

When our body is deprived it's difficult to operate at peak performance. Here's what can happen when the body lacks water:

- Fatigue sets in and brain function is affected.
- Blood, which is about 92-percent water at peak hydration, becomes thicker and that blood pressure climbs higher.
- Skin dries out which impairs its ability to remove toxins and increases the risk of discoloration and other skin conditions.
- Airways can narrow, which may segue into difficulty breathing and asthma.
- Cholesterol production goes up in an attempt to prevent more

water loss from the cells, which means high cholesterol.

- Digestive issues and a reduction in the absorption of vital vitamins and minerals occurs.
- Toxin levels climb when that much-needed water used to remove them is missing. This results in bladder and kidney function issues and constipation.
- Joint pain and stiffness can happen because the cartilage used to pad the joints requires a high level of water to maintain good cushioning.
- Weight can climb if your body cannot eliminate toxins, because what the body cannot remove it must store in the cells.

Plus, wrinkles and premature aging happen when the body is unable to operate at peak performance and get rid of the 'junk'. So be sure to get in the recommended eight 8-ounce glasses of water per day.

Interesting Bits of Knowledge

The world is filled with information, some good, some bad and some that leaves us scratching our head wondering. There's a wealth of knowledge 'currency' out there that can help in our everyday life.

Here is some of that knowledge currency:

- A dog's average body temperature is 101 degrees Fahrenheit.
- A group of geese on the ground is a gaggle, a group of geese in the air is a skein.
- The pupils in goats' eyes are rectangular.
- One of the strongest muscles in the human body is the tongue. It can lift up to 80 times its own weight.
- Eleven percent of people in the world are left-handed.
- Tennessee was previously named Franklin after Benjamin Franklin.
- The world's first escalator was built in Coney Island, NY, in 1896.

Client of the Month

Congratulations to our client of the month,

Joe Murray!

Joe is a returning client and recently purchased new carpet for a few more bedrooms. Thank you Joe!

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!

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