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MARCH, 2010

Leap into Spring

Wooray for spring!! It's coming and you know it! Evidenced by the brilliant and frequent glistening sun, the earlier sunrise and later sunset, and let us not forget the warming of your spirit. Are you ready for spring? Not just emotionally (did I hear a resounding YES!) but in the physical sense. Are you prepared for the warm weather and months ahead?

Get busy with these energizing projects as you anticipate and celebrate the stirring of spring and all that is most definitely beginning to unfold.

Wrap up. If you promised you'd paint the living room or finish that bathroom remodel during the cold winter months, there's no time like the present to finish those looming leftovers from the winter months. Don't tarnish spring with unfinished promises. Wrap up those tasks now, while there's still a bit of chill in the air and free yourself from the emotional drain of unfinished work as you prepare your energy for more worthy spring needs.

Get moving. Brisk daily walks around the neighborhood, an invigorating daily run or perhaps a bike ride around the lakes will get your motor churning for the warm and exciting months ahead. And if a few pounds need to disappear, what a great way to leave those behind with a wink and a nod.



Spring cleaning. It is definitely the right time to give your home a last shake-out of dust and a fresh breath of air as spring unleashes everything outdoorsy into our lives. Gather your cleaning supplies and get to work. Clean the blinds, curtains or other windows coverings thoroughly. Clean under the furniture. Give your windows a nice spring sparkle. Clear closets, drawers, cupboards and cabinets, making way for spring space and a big garage sale or big donation to your favorite charity! Nothing feels quite as good as a fresh clean home to send away those cold, dry and closed off months of winter.

Prepare. If your bike needs a tune-up, this is the time to get it in the shop. If you didn't do so in the fall, clean your lawn mower, sharpen or replace the blade and install a new spark plug for the mowing season ahead. Also make sure you have fresh fuel, oil and fuel stabilizer on hand for the growing season that lies just around the corner. Your snow blower may have a project or two left as this season closes, but you can clean the space where it lives or where it will live for the coming warmer months.

Plan. Pre-spring is the ideal time to begin planning your garden and landscaping projects for
(Continued on page 2)

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Leap into Spring

(Continued from page 1)

spring and summer ahead. Perhaps you'd like to add new perennials around the big tree in back, or maybe a pathway of annuals will greet your summer guests. Check online or stop by your favorite gardening store and start putting plans together for spring planting and future visual delights!

Put things in order. The garage took a beating over the winter and a quick spring overhaul is just what the doctor ordered. Sweep away the salt, sand and debris from sloppy winter weather. Pull out your favorite summer toys and start putting away the playthings from winter season. If you don't already have a good system for organizing in your garage, consider adding an area or a wall of narrow shelves for endless storage and convenience, or perhaps a large sheet of pegboard to hang tools, baskets, parts and yard supplies. You might also enjoy the large rack systems that are available at your favorite home improvement stores. Install one storage or organizing unit at a time and soon your garage will be a Mecca of convenience, storage and space!

Outdoor living. Power wash deck and patio areas, removing residual yard debris and dirt. If necessary, replace any worn decking and give the deck a fresh coat of stain and sealer for the summer ahead. Clean lawn and deck furniture and cushions and repair or replace worn or torn parts. Give your grill an overall cleaning inside and out. Make sure you replace worn parts with new ones and ensure your grill is in safe operating order for the months ahead. This is also a great time to fill up the propane tank and have the grill ready to go for grilling season.



Enjoy the last breath of winter completing projects that help you focus your energy and your excitement for the warmer spring months that are just around the corner.

February Trivia ANSWER

Question: In honor of Valentine's Day, what is the Greek word for Cupid, God of Love?

A. Eros; B. Venus; C. Zeus

Answer: A. Eros

Congratulations to Winner's Name for the correct answer. Winner's Name receives a \$25 Gift Certificate from the business of his/her choice.

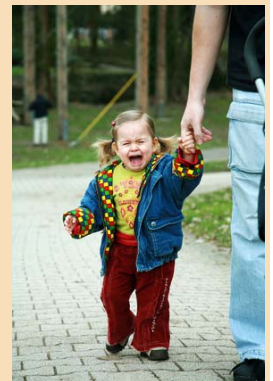
Good Luck with this month's Trivia!



Taming Tantrums

Kids seem to know the exact worst time to drop to the floor and host a melt down, usually when your patience is already wearing thin. What are some tricks to calm those tantrums and ease your child back to a calm state?

1. **Plan ahead.** Some situations can be averted with a bit of pre-planning. Spell out all of the rules and consequences of breaking the rules before the event begins, and follow-through!
2. **Stay calm.** Kids feed on your stress, so don't participate in their drama. Exhibit calm yet firm behavior to diffuse the situation.
3. **Get down to eye level** with your child. Try to stay face to face during the tantrum.
4. **Distract and diffuse.** Find something interesting in the room and redirect your child's attention with excitement.
5. **Keep the upper hand.** Be the parent. Be firm, be certain and be in control. If your child needs to be lifted over your shoulder and carried to the car or a quiet corner then so be it.
6. **Don't bargain.** Whatever you do, don't reward your child's inappropriate behavior by offering prizes or bonuses to stop. A time-out or a short break is far more appropriate for the situation than a reward for misbehaving.



If all else fails, drop to the floor and join in!

Staging Your Home

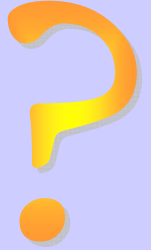
You've decided to put your home on the market and now it's time to set the stage for a successful sale. Here are a few steps to get things started:

- ~ Shampoo all carpeting for a fresh clean appearance.
- ~ A fresh coat of paint gives your home a fresh new look and scent.
- ~ Update window coverings with fresh, light and clean shades, curtains or drapes, designed to frame and show-off the windows.
- ~ Make space—move, rearrange or remove large pieces of furniture and objects that might give the appearance of clutter. (Use an off-site storage facility if necessary)
- ~ Clean and organize from the inside out—straighten closets, shelves, cabinets and cupboards to increase space.
- ~ Repair or replace broken or damaged features of your home such as appliances, doors, windows, and trim.
- ~ Depersonalize your space. For your home to appeal to the masses, remove personal items such as family photos and personal collections to help shoppers imagine the space as their own.
- ~ Place fresh cut flowers or healthy green plants around your home to add color and warmth. Add a few soft fragrant candles such as vanilla or cinnamon.
- ~ When it's time for the open house, bake a batch of homemade cookies and provide that homey feeling for prospective buyers.



MARCH TRIVIA

What is the only bird that can swim, but not fly?



Please call or e-mail your answer.

Winner will be selected by random drawing and receive a \$25 gift certificate to the business of his/her choice.

Tel: 555.1234567

E-mail: your-e-mail@isp.com

If you can have just a little fun today,
it's a sign that maybe the future will
hold even more fun for you.
Fun isn't just fun - it's hope.
—Linda Richman

Did you know?

- ~ It takes between 40 to 50 gallons of maple sap to make one gallon of maple syrup.
- ~ 160 cars can drive side by side on the Monumental Axis in Brazil, the world's widest road.
- ~ 1,525,000,000 miles of telephone wire are strung across the U.S.
- ~ You blink over 20,000,000 times a year.
- ~ In Los Angeles, there are fewer people than there are automobiles.
- ~ Lincoln Logs were invented by Frank Lloyd Wright's son.
- ~ The Main Library at Indiana University sinks over an inch every year because when it was built, engineers failed to take into account the weight of all the books that would occupy the building.



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