With warmer weather and school vacation upon us, it’s time for some relaxation and fun with the family! If you want some fun, fresh, ideas on trips that break the mold on the typical Disney or tropic vacations, then check out these 3 vacation ideas for summer…

#1. Tree house fantasy come true. Doesn’t everyone have a kid inside them that wants to sleep…maybe even live…in a tree house? This unique vacation destination in Oregon speaks to the kid inside you. This self proclaimed “treesort” is fun and so very, very cool. Out ‘N About Treesort is located outside of Grants Pass, Oregon which gives you easy access to explore Jacksonville and Ashland, two Oregon towns with plenty of charm. Check it out at www.treehouses.com

#2. Viva La Elvis. If you are looking to head south this summer, be sure to stop in Memphis and immerse yourself into an era of American pop culture from days gone by. You can spend your days exploring Graceland, and the many museums paying tribute to the original King of rock and roll. Then you can spend your evenings staying at Elvis’ Heartbreak Hotel. If you want even more entertainment, courtesy of a different American legend, you’re only half a day’s drive from Dollywood where you’ll find a world of fun courtesy of Dolly Parton. Check it out www.Elvis.com and www.Dollywood.com

#3. Be a part of the Hunger Games. If you have teens you might be especially interested in the itinerary prepared for you at www.VistiNC.com based on where the popular trilogy was filmed. Just search “Hunger Games” on this beautifully designed website and you’ll pull up a 4 day trip itinerary titled “Go Behind the Scenes of the Hunger Games”. This trip will take you on gorgeous hikes, steer you to the best breweries, recommend gourmet eateries, historical sites, hotels, and even lead you to the NASCAR hall of fame. It’s a fun packed adventure for all ages. If you aren’t a HG fan check out the website anyway, it’s really well done and has tons of great trip ideas.

Have fun this summer and be safe!

Get Free Cleaning Tips and Specials at our Website www.JensensCarpetCare.com!
5 Tips On Eating Healthy While You Travel

Do you find that you are able to stick to a healthy eating plan when you are at home and in your routine (at least most of the time), but when you hit the road for a family vacation it all goes out the window? Have you ever found yourself coming home from vacation with souvenirs you don’t need and 5 extra pounds you don’t want?

If you do, then you are not alone. Everyone struggles with the fast food on road trips, the extra snacks we seem to need when we are out of our routine, and the high calorie meals that come with eating out everyday on a vacation. But here are 5 easy ways to eat healthy on your trip.

1. **Eat mindfully.** Let yourself have a treat if you really want it, but eat mindfully. If you stop enjoying that cookie 3-5 bites in, toss the rest. **No one said you have to eat the whole cookie.**

2. **Listen to your inner cues.** It’s simple, eat when you are hungry, stop when you are not. A basic intuitive cue that many of us stop listening to as we get older, but it can mean the difference between being lean, or not. **Try sharing all your meals with your travel buddy, then you both save money and calories.**

3. **Play a game of checks and balances.** If you had a doughnut for breakfast, why not have a fresh salad with oil and vinegar and a delicious cup of soup for lunch? If you had a greasy lunch, opt for a fresh, whole foods dinner. **It’s a balance that when you strike, will keep your weight in check.**

4. **Plan ahead.** With the Internet at your fingertips you can use Yelp! or Google, even Apps, to help you find healthy options at your destinations.

5. **Eat live and whole foods.** Try to make 70-80% of your choices live, whole, and unprocessed. You will feel so much better and have more energy. **You can start by swapping out trips through a drive-through with trips through a Whole Foods Salad bar.**

But of course, vacations are about cutting loose and having a good time, so relax a bit on your eating habits, strive to eat healthy at least 70-80% of the time on your trip and have fun!

**Disclaimer:** These are just suggestions; we aren’t doctors. Always talk to your doctor before starting any diet or exercise plan.

**Quotes To Inspire Thoughts Of Travel…**

“We shall not cease from exploration, and the end of all our exploring will be to arrive where we started and know the place for the first time.” – T.S. Elliot

“The World is a book, and those who do not travel read only a page.” – Saint Augustine

“Never go on trips with anyone you do not love.” – Ernest Hemingway
5 Promises To Make To Yourself This Summer...

Life is busy. It’s hectic and stressful and sometimes downright hard, but it’s also beautiful and fun and an adventure waiting to be had. So, this year when the sun burns hot and the days grow long, do yourself a favor, and take some time out to “play”. Promise yourself you will do at least a couple of these things...

1 Go to a baseball game. Whether or not you are a fan, there is nothing like hearing the crack of the bat against a ball and the roar of a cheering crowd. Can’t you smell the popcorn right now? Go to a baseball game, whether it’s pro, minor, or little league, find a game and just go.

2 Go camping. Maybe you already have your summer planned out with weekends of camping, but sometimes life gets away from you and before you know it, it’s labor day weekend and all the good spots are gone. If you don’t like camping, then rent an RV and go “glamping.” Spend at least one weekend in front of a fire, counting the stars.

3 Take a road trip. Nothing says “freedom” like an open road. Grab a map, pack a bag, and hit the road. Go crazy and don’t have a destination...just see where the road takes you.

4 Build a lemonade stand. Now it might seem creepy if a grown man or woman is sitting along the road selling lemonade, so this is one you will want to do with your kids, or whatever kids are in your life. Pick a lazy, hot Saturday and build an “old school” lemonade stand, the kind the Little Rascals would have built! Next, make some fresh, cool lemonade and watch as your kids have the best time getting a taste of being entrepreneurs.

5 Go to the beach. If you are lucky enough to live near the beach then go often. But if you are not close to a beach, find one. Whether it’s along a lake in the mountains or a trip to the coast, find a beach, take the cooler and the towels and treat yourself to a healthy dose of vitamin D. You deserve a day at the beach!

The Idea Corner

How To Keep Kids Busy On Road Trips...

Today we have iPads and DVD players to keep kids busy on long road trips, but remember when we were kids? Entertainment often came in the form of inventing a crazy game with your sister or brother.

How about getting the kids to “unplug” for at least part of the road trip? Turn travel time into “family time” with classics like “spot the alphabet in the road signs” or “guess this song” while the family takes turns humming or the classic, “I’m thinking of a person, place, or thing.”

Or, tell the kids they have to come up with a game on their own and pack some little treats as prizes. Also, there are myriads of travel games to pick up, and Pinterest has tons of travel game and crafts to fill your car. And when you get bored again, there is always the iPad and the DVD’s…

Thank You For The Referrals!

A special thanks to all these fine folks who referred me......

Jenny Charles, Joan Miller, Barb Machon W/ Olejniczak, Jean Minten, Carpet City, Nicole Schubring, Lorraine Schroeder, Paul Johnson, Diane and Nicholas Rabideau, Jeremy Noll @ Mold Remediation Services, Jenny @ Home Interiors, Jake Piontek, Matthew Boutott, Tina Engelmann, Chris Toliver, & Molly Herkert

Thank you for even more positive comments from...


Thanks for All the Kind Words!

Maureen @ Brook Park Apts. let us know that “This unit looked amazing! You guys always do such a nice job and this one just looked especially great.” Bonnie Smith made a special call to say “Everything with the cleaning went absolutely awesome. I can't tell you how happy we are! We're very impressed-You're #1 in our book!” Marie Johnson called and explained how pleased she was with our technician. "So professional & nice – he made my day!" She was happy with the carpet cleaning & the couch sample cleaning & she called to make another appointment.

©2014 Piranha Marketing, Inc.
The first 6 people who call our office with the correct answer will win a $15.00 Gift Certificate for The Grapevine Cafe.

Take your best guess, and call us at 920-393-4062! (Be courteous & allow 6 mos. between wins)

This Month’s Mega Trivia Question:
Where is Elvis’ Graceland located?
A) Nashville  B) Memphis  C) Charlotte  D) Little Rock

Hint: You’ll find the answer in the newsletter.
Could You Use Some Free Money?  
Then Just Remember These 4 Little Words...

Hello friend!  Don’t you just love getting a little extra cash?  
Especially when you weren’t expecting it. It’s fun! Do you know what else is fun? Helping your friends and family, and making them feel happy!  
Here is how you can do both of these “fun” things at the same time...

Everybody Loves It When You Do This...

When was the last time you told a friend, family member or co-worker about a really great restaurant, book or movie? And, when they took your recommendation and were so happy that you pointed them in the right direction... didn’t that feel great?

People love it when you do the “footwork” and find something great for them. You save your friends/family time, money and possible disappointment when you show them the way to a good experience. You do this when you recommend good books, movies, doctors, hairstylists, restaurants or... even your carpet cleaner.

It’s not easy to find great companies. And carpet cleaners are no exception. Do you know how many “professional carpet cleaners” don’t have much more experience than pushing a vacuum? Do you realize how many carpets are left over-wet or with residue? Or how many “pros” don’t understand how to properly and permanently remove spots? These errors lead to rapid re-soiling and perpetuate the myths that carpet cleaning “doesn’t work.”

It’s hard to find a cleaner with a thorough knowledge in the chemistry of cleaning, with 100% money-back guarantee on all their work, five star service, and someone who handles your home with “kid gloves!” But you managed to find us!

4 Little Words To Remember...

You see where we’re going with this don’t you? Now you have the chance to help your friends and family find a great professional cleaner. Plus, we will send a $10 referral card for each and every referral sent our way that becomes a client. That equals a chance for you to help people, while you look really cool and make some free money! All because you simply remember to say these 4 little words, “Try my carpet cleaner.” Jensen’s Carpet Care & Restoration... of course!

A Deal For You...

Call Jensen’s Carpet Care at 920-393-4062 or E-mail info@jensenscarpetcare.com before June 30th, 2014 and
• SAVE $25 Off Your Carpet Cleaning
• Existing Clients: Get $50 Worth of Carpet Protection for just $30!

Don’t forget to visit our website www.jensenscarpetcare.com And check out our Facebook page www.Facebook.com/Jensens-carpet-care-and-restoration
For carpet care & cleaning tips!

*Some Restrictions apply. Not valid with other offers. Minimum charge applies.