

AMERESTORE
 1639 N. 600 W.
 Greenfield, IN 46140
 (317) 894-8055
 OWNER: Mike Adams

**Secrets to Living a Healthy,
 Wealthy, & Happy Life...**

THE Cleaner

3 Fun And Unique Vacation Ideas For Summer

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.

Cool Blogs, Sites & Online Resources to Check Out



LonelyPlanet.com is a travel/lifestyle website that will help you to explore...or at least dream about exploring...this great big lonely planet of ours!

This is a beautifully designed site that will suck in anyone suffering from even a twinge of wanderlust. You can choose to explore the site by "destination," and you may just find yourself clicking on an article about "10 Of The Best Hidden Foodie Highlights" or "The Best Beaches and Small Islands for Travel in 2014".

Or you can explore the site by "Themes" and be led on adventures from Road Trips, to Tech Travel, to Foodie Travel.

There is a forum where you can exchange travel ideas and tips, and even an online store with a library of travel e-books at your fingertips.

Be prepared to dream big when you spend time on www.LonelyPlanet.com



(800)672-1992
24-Hour Emergency Service!

From the Mouth of Babes

After hearing his mom say something was “funny”...

“Is that ‘weird funny’ or ‘haha funny’?”

~ Phoenix,
age 4



Thank You!

Every month I choose a very special Client Of The Month.

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...

You could be my next Client Of The Month!

A special thanks to these fine folks who referred me last month...

Mike and Mary Dahle



Healthy Talk

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, I'm not a doctor. Always talk to your doctor before starting any diet or exercise plan.



Quotes To Inspire...

“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

“Never go on trips with anyone you do not love.”

~ Ernest Hemingway

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

~ Saint Augustine

(800)672-1992
24-Hour Emergency Service!

5 Promises to Make 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, 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...



Thanks for All the Kind Words!

They came out to do work on my finished basement that had been flooded. The work was excellent!

Barbara B.

I asked them if they were on Angie's List and they said yeah, which was great. They knew what they were doing and had the knowledge because they sized things up quickly. I wouldn't hesitate to call them again if we ever had a problem and I wouldn't hesitate to recommend them to anyone.

Michael S.

I had inherited this house and it sat vacant all spring and summer. The mold was starting to get out of hand due to the fact that the air conditioner had not run all summer. They were very thorough and professional in their work.

Michael H.

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. Call in with the correct answer and we will put your name in the drawing for a \$25 movie gift card. But hurry, you only have 7 days after the newsletter is mailed to enter. Enjoy a night out on me with someone special in your life! Take your best guess.

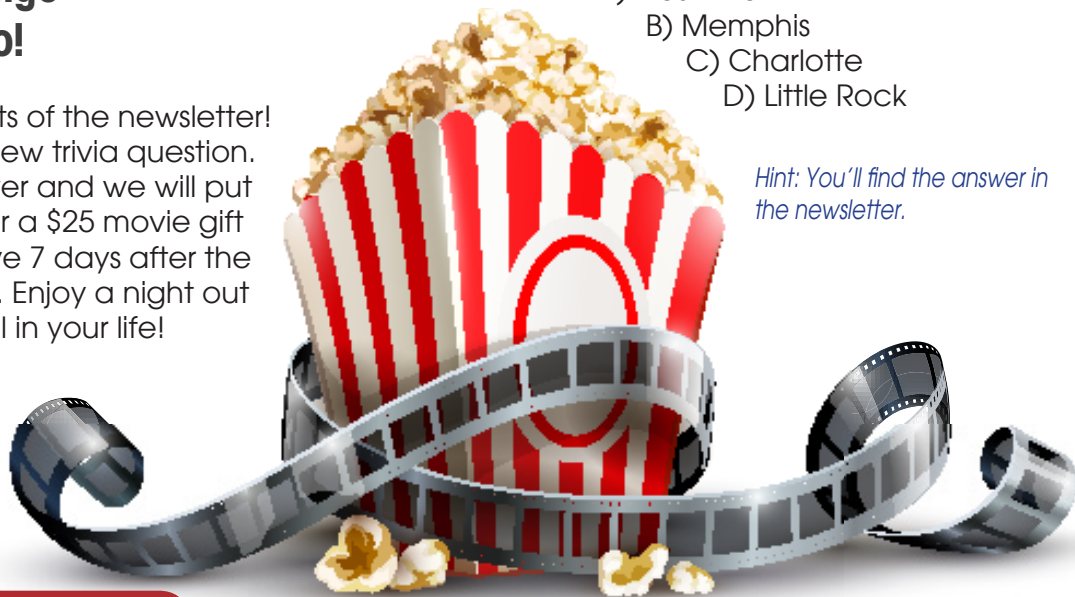
Remember, your chances of winning are better than you think!

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.



**Get Free Cleaning Tips and
Specials at our Website
www.Amerestore.com**



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 and money and possible disappointment when you show them the way to a good experience. You do this when you recommend good books, movies, doctors, hair-stylists, 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 me.

4 Little Words To Remember...

You see where I'm going with this don't you? Now you have the chance to help your friends and family find a great professional cleaner. Plus, I will pay \$10 cash for each and every referral sent my 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." Bonus: One free room of carpet cleaning as a gift from you to anyone you refer! That's a \$60 value! (Limit 200 square feet; some restrictions may apply.)



A Real Value In Carpet Cleaning:

Call AMERESTORE at 317-894-8055 or e-mail sherry@amerestore.com

Call me before June 30, 2014 and Save \$25 OFF your Carpet Cleaning*

PLUS get \$50 worth of Carpet Protection for just \$30!

My website is www.Amerestore.com please "Like" me on Facebook at www.Facebook.com/amerestore

*Not valid with other offers

Do you have any friends or co-workers planning a trip this Summer? That's a great time to clean, I will give them a FREE room of carpet cleaning in your name if they try me out! Thanks!

P.S. I pay you \$ for referrals!



Mike Adams
Owner