Suicide Prevention Week

Most suicidal people give warning signs or signals of their intentions. The best way to prevent suicide is to recognize these warning signs and know how to respond if you spot them.

Suicide Warning Signs

- **Talking about suicide**: Any talk about suicide or about self-harm.
- **Seeking Out Lethal Means**: Seeking access to guns, pills, knives, etc.
- **Preoccupation with Death**: Unusual focus on death, dying or violence, including writing poems or stories about death.
- **Hopelessness**: Helplessness, hopelessness and feelings of "being trapped". Feelings that things will never get better.
- **Self-Loathing**: Feelings of worthlessness, guilt, shame and self-hatred. Feeling like a burden to others.
- **Getting Affairs in Order**: Making out a will, giving away prized possessions, making arrangements for family member.
- **Saying Goodbye**: Unusual or unexpected visits or calls to family and friends. Saying goodbye to people as though they won't be seen again.
- **Withdrawal**: Increasing social isolation, desire to be left alone.
- **Self-Destructive Behavior**: Increased alcohol or drug use, reckless driving, unsafe sex.
- **Sudden Sense of Calm**: A sudden sense of calm and happiness after being extremely depressed may mean that the person has made the decision to commit suicide.

If you believe a friend or family member is suicidal, you can play a role in suicide prevention by pointing out the alternatives, showing that you care, and by getting a doctor or psychologist involved.

For more information:
www.helpguide.org/mental/suicide_prevention.htm

Schedule 24/7 at www.atlascarpetcleaninginc.com
Outstanding Client Of the Month!
Meet Richard Mildenhall. A client since 2011, Richard recently booked his carpet cleaning online. Thanks Richard!

Every month I choose a very special Client of the Month. It's my way of acknowledging good friends and saying “thanks” to those who support me and my business with referrals, word of mouth and repeat business… YOU might be my next Client of the Month! Watch for your name here in an upcoming issue!

Quotes by Irving Berlin

I got lost but look what I found.

Talent is only the starting point.

The toughest thing about success is that you've got to keep on being a success.

After you get what you want you don't want it.

There's no business like show business.

You're not sick... you're just in love.

Life is 10 percent what you make it and 90 percent how you take it.

Everybody ought to have a lower East Side in their life.

Apples and Mushrooms and Honey, O My!

- It takes 36 apples to create one gallon of apple cider.
- An apple tree will start bearing fruit 8-10 years after it is planted.
- Two pounds of apples will make one nine-inch pie.
- 7,500 varieties of apples are grown around the world.
- A medium-sized apple has about 80 calories.
- The science of apple growing is called pomology.
- 25% of an apple's volume is air, which is why they float.
- In 1730, the first apple nursery was opened in Flushing, New York.
- A bushel of apples weighs 42 pounds, and will yield 20-24 quarts of applesauce.
- Apples ripen or soften ten times faster at room temperature than if they are refrigerated.

Some fun facts about fungus...

- There are an estimated 1.5 to 2 million species of fungi on earth, of which only about 80,000 have been properly identified.
- There are 2,000 different species of mushrooms eaten throughout the world, but the most common variety cultivated is the white button.
  - In some ways, mushrooms are more closely related to animals than plants. Mushrooms take in oxygen for their digestion and metabolism and "exhale" carbon dioxide as a waste product.
  - Mushrooms grow from spores, not seeds. A single mushroom will drop up to 16 billion spores.
- The ancient Egyptians believed the mushroom to be "the plant of immortality." The mushroom's distinct flavor so intrigued them that they decreed mushrooms to be food for royalty only, prohibiting commoners from even handling them.
- Mushrooms have been used in traditional Chinese medicine for thousands of years to treat many different types of health conditions.

September is National Honey Month

- Honey is written about in Egyptian hieroglyphics. Ancient Egyptians would use honey as a form of payment.
- Greeks and Romans referred to honey as a food fit for the gods. Greek custom was to offer honey to the gods and deceased spirits as a tribute, to be protected, and kept in the good graces of the gods.
- Honey wine is the planet's oldest-known fermented beverage. If you're a reader of fantasy or romance novels, you may know honey wine by its more familiar name: mead.
- Have allergies? Take a teaspoon a day of a honey made from the region where you reside. It will aid in developing resistance to the regional pollen, thereby reducing your allergic reaction.
- Have you burned your skin? Received a cut or abrasion? Mix honey with cod liver oil and place on the affected area (then covering it with a bandage). It will assist in the healing process.
What You Should Know if You Use Atlas Carpet Cleaning

We are committed to providing exceptional service to you and hope you are always pleased with our service and the quality of work performed.

If you ever have any questions or if for some reason, you are not happy with our work, in any way, please call us immediately. We’ll take care of it right away.

We are finding that online reviews are becoming an important part of our business. If you are able to take a minute and review our company, it would be greatly appreciated. (If you scheduled online, please review us thru the request Genbook sends). The links are below:

http://go2468.com/atlasreviewmc
http://go2468.com/atlasreviewes  (if you choose this one, just input "St. George, Utah" and we'll pull up)

Also, we would like to introduce you to our Referral Program. Not only is it the highest compliment we can hope to receive, but by referring us to a qualified prospect (homeowner that is interested in a high quality cleaning service, or a business decision maker), we can help save you money too. This program is designed to introduce our fine services to your friends, neighbors, and places of business. There will be no high-pressure sales pitch!

Your Friend Gets......

A Free Carpet Assessment & One Room of Carpet Cleaning (up to 150 sq.ft.) for Free

You Get.......  

A $10 Fiberbuck (good towards any of our services) for each referral


“Don’t Let Your Friends Or Neighbors Be Victimized By Uninformed, Uneducated, Or Sometimes Unscrupulous Carpet Cleaners!”

P.S. We offer online booking on our website 24/7.

P.S.S. If you would like a complimentary carpet (tile, furniture or air duct) cleaning reminder just let us know!

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Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients and friends who graciously referred me to their friends and neighbors last month!

My business runs on the positive comments and referrals from people just like you! I couldn’t do it without you!

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

Sally Spears, Marsha McCandless, Connie Tripplett, Lacey Saxton, Larry Sharp & Platte Bayles.

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Thanks for All the Kind Words!

I have never been disappointed. I’ve tried a couple different people over the years and come back to Atlas each time. The carpets just seem to stay cleaner after Atlas cleans them! The cleaners are all very nice and respectful of my home and the price can’t be beat.

-Melanie Elison
Try booking online this month. You can schedule anytime of the day or night & be entered to win free lunch for you & a friend.

Book Online & Win Free Lunch

It’s super easy & very convenient.

Go online to:
www.atlascarpetcleaninginc.com

Click on the Book Online Icon
&
You could win a $15 Subway gift card.

Review us & we’ll enter you 3 times!!

Congrats to last month’s winner,
Darren Parker.

September 11th is Patriot Day

In the United States, Patriot Day occurs annually on September 11th, designated in memory of the 2,977 people killed in the 9/11/01 terrorist attacks. Initially, the day was called by the rather unwieldy title of The Day of Prayer and Remembrance for the Victims of the Terrorist Attacks on September 11, 2001.

Approved by a vote of 407-0 on October 25, 2001, the Joint Resolution called for the President to designate the day each year as Patriot Day. President Bush signed the resolution into law on December 18 as a discretionary day of remembrance.

On this day, the President requests that the American flag be flown at half-staff at individual American homes, at the White House and on all U.S. government buildings and establishments, at home and abroad. A moment of silence is also suggested, at 8:46 am.