

VIP
HOMEKEEPING
WE PUT THE
'WELL'
BACK IN
WELCOME
HOME

Welcome Home

VOLUME 3 ISSUE 3

MARCH 2014

I'm Alive, I'm Awake and I Feel Great!



THIS ISSUE

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The leprechauns have come and gone and I have not taken pen in hand to write my section of the newsletter. A job that I promised would be completed and ready for the printer by mid-March. I find myself way behind on simple round-the-house tasks and those all-important seasonal honey-dos. I am hoping it is the weather and the time change that has me in such an odd kind of mind haze. Instead of fighting it I've decided for the next two or three days to just do what is before me and not fuss or fret about what I haven't gotten done and how 'behind' I am. I am going to COUNT everything as a win!

I have a friend who is training for the London to Paris MS Society Challenge. She will be cycling 300 miles over a 4 day period. Needless to say, getting her mind and body ready for such an undertaking demands rising early each morning and taking a no-excuse attitude to get 'going'. Her morning mantra is "I'm alive, I'm awake and I feel great!" Sounds so much

more empowering than a litany of yesterday's "unfinished" tasks, don't you think?

I am going to give it a shot. If you find yourself in a similar state of wallowing, why don't you say it with me for a week or so and see what happens. All together now "I'm alive, I'm awake and I feel great!"

Let me know how that works for you ☺

Spring is just around the corner—the daffodils are proclaiming it and this long dreary winter will soon be a faded memory. I suggest you get out that gardening or travel magazine or whatever it is that will remind you that there is life after winter and this year it will be all the more fabulous and appreciated because we looked forward to it so intensely.

Steve



Need Help with Spring Clean-Out?

Isn't it time to do some Spring Cleaning?

Have stuff you're not using, but need/want to keep?

Why not contact **AAA Storage** and find out how easy it is to rent one of their safe and affordable storage units? They are located at **3801 Wabash Blvd**, near the Food Lion on Reynolda and have boat/RV parking as well!

Give them a call and get **1 month free** when you mention Roxie-**336-747-3377**

VIP HomeKeeping—We put the “Well” back in Welcome Home!

336-998-7894



Don't Miss the 16th Annual

RIVER RUN April 4-13, 2014

Roxie suggests:

Fido Frolic & Film Sat, 04/05/2014 - 8:15pm

Bring your canine companion down to Fourth Street for the evening to watch a movie under the stars--the 2009 Pixar gem Up. This event, sponsored by Flow Subaru, will include pre-film fun including Forsyth Humane Society's mobile van and our signature Fido Photo Booth to make a memory of the event! (Humans and dogs only, please!)

Event location:
One Park Vista Lawn Corner of Trade & Fourth Street
Winston-Salem, NC 27101



Roxie & Friends

Okay so you know that all the folks on my page are people who can help you, right?

Well they are all great folks and I want you to know I would not mention anyone here I had not vetted.

They all provide either terrific products or services or both, but I gotta say this month my featured

‘friend’ is someone I would not want to do without—ever! Meet Jamie Kiser, of **Davie Farm Services**.

Davie Farm Services is part of Southern States, a farm cooperative formed in 1923 in Virginia. 150 farmers joined together to buy higher quality seeds and as they say ‘the rest is history’.

Although seeds are similar to bugs in size and crunchiness, they do not really appeal to me, much. **Davie Farm Service** does have some great dog food though and it not only is yummy it is really good for me. It keeps me healthy and happy and isn't that all anyone can ask for from their dog food?

The folks at **Davie Farm Services** are a helpful lot—so if you have any questions about your garden, your lawn, or most importantly your pets, go see them.

You will find them on the corner of Wilksboro and Avon in lovely downtown Mocksville.

(336) 751-5021