

LITTLEJOHN LAW, LLC

"BUILD IT, PROTECT IT, AND PRESERVE IT"

A MONTHLY NEWSLETTER FOR AWESOME CLIENTS LIKE YOU!

April 2017 Volume 2 Issue 11



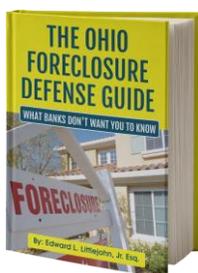
IN THIS ISSUE...

- Page 2 Topic of the Month – Spring Cleaning Tips Part 1
- Page 3 Recipe of the Month – Grilled Carrots
- Page 4 Special Announcement

Our Goal is to Help Everyone Make Great Decisions about their Legal Issues.

Visit www.elittlejohnlaw.com for our Free E-books and Free Resources addressing your Real Estate, Business, and Estate Planning concerns.

The Ohio Foreclosure Defense Guide - What the Banks don't want you to know.



Get your Guide Today!

APRIL SHOWERS BRINGS MAY FLOWERS

Happy Easter. Remember the reason for the Season. Our savior gave his life for us. What are you trading your life for.

According to the Cambridge English dictionary, “spring is the season of the year between winter and summer, lasting from March to June north of the equator, and from September to December south of the equator, when the weather becomes warmer, leaves and plants start to grow again and flowers appear.” However the word “spring” means “to rise, leap, move, or act suddenly and swiftly, as by a sudden dart or thrust forward or outward, or being suddenly released from a coiled or constrained position.”

No matter which definition you look at “spring” means to take action. Spring is the time that the plants grow, the plants know that it’s time to take action. **Where is your Opportunity to Spring into Action.** You can do it if you believe you can.

It’s a self-fulfilling prophecy when something occurs because we believe it will. The mind is constructed so that it constantly seeks to bring into physical reality the things it thinks about most. Most of people never realize the tremendous potential that we as human beings possess – because many people are unwilling to believe that we can accomplish things that others believe are impossible.

“Impossible” jobs require more effort and greater concentration, but when they are completed, the rewards are commensurate with the effort required. You may not be able to achieve everything you’d like, but you wont accomplish anything unless you believe you can.

Now Spring into Action!!!

“Life’s battles don’t always go to the stronger or faster man. But sooner or later, the man who wins is the man who thinks he can.” – Vince Lombardi Jr.

TOP SPRING CLEANING TIPS OF 2017 – TIP OF THE MONTH

You owe it to yourself to enjoy a clean that’s more than dirt-deep. I’m talking allergen-deep and dust mite-deep.

1. **Make a Schedule** – Scope out your home. What areas need the most work? Where do you often leave off during routine cleaning? Regardless of where you start, having a plan for when you’re tackling each room will keep you focused on the task at hand.
2. **De-Clutter** – Studies have shown that a disorganized home adds to your stress level. The scientific implications of inhaling dust gathered on piles of old stuff combined with the psychological stress of coming home to a pile of unsorted laundry after a hard day at work can take a sudden unexpected toll. Spend some time organizing your closets, spring cleaning your office, and finally looking into that junk drawer to eliminate unnecessary stress from your life.
3. **Always work from Top to Bottom.** When you think about how to spring clean your home, it’s important to start from the ceiling down. This will force dirt downward and keep you from having to re-dust or re-clean your space. If you have a vacuum with a long extension hose, use it to get cobwebs and dust from your ceilings and fans. Then dust your furniture and other items before vacuuming all the dust from your floors.
4. **Use a HEPA Vacuum.** It’s one of the best spring cleaning supplies you can arm yourself with. Using a vacuum with HEPA filtration will remove dirt and dust, but it will also remove allergens and impurities from your air.
5. **Walls and Windows Need some lovin’ too** – People almost always think to clean their floors during a good spring time clean, but they almost always forget about walls and windows. Most dust settles on the floor and other surfaces, but not all of it. Painted walls are pretty simple to take care of, a simple sponge or damp towel to wipe down walls (top to bottom). You can use a towel to wipe down blinds. From the outside, remove and wipe down the screens. When it comes to the actual window, using a steam cleaner with a squeegee is a great way to clean windows.
6. **Think Green When You Spring Clean** – You want to start spring off on a clean note, so don’t expose yourself to chemicals and toxins. A steam cleaner is one of the best green products for spring cleaning. It can be used to clean your microwave, tile, hard floors, kitchen appliances, bathrooms, and even outdoor areas. Since steam cleaners only use hot water vapor, they are a 100% natural and chemical-free cleaning solution. But be careful – not everything can be steam cleaned. If you don’t have a steam cleaner, one of the best natural combinations for cleaning is white distilled vinegar, baking soda, and water. These ingredients are affordable, non-toxic, and have worked for ages when it comes to cleaning. Goodhousekeeping.com has an extensive list of other green spring cleaning products.
7. **Don’t Be Scared of the Kitchen and Bathroom** -- The dreaded areas for most people...but don’t fear, you’ll get through it. Be sure to check out our full list of spring cleaning tips in these trouble areas. But here are a few spots you may forget about:

Kitchens

- Wipe down your cabinets
- Go through your pantry and refrigerator, wipe down the shelves, and throw away any old items
- If you have stainless steel appliances, be sure to use gentle cleaners or a steam cleaner to avoid scratching or other issues

Bathrooms. Consider installing a new bathroom fan. Replacing an existing fan or adding a new one can help to ensure your bathroom remains in top notch condition. Not just great for ventilating moisture during showers, these fans are great for odor and vapor removal too. Depending on the unit you select, it may even come with built-in lighting, automatic operation, and other user-friendly features. Take a look at our newest bathroom fan options. Other tips for the bathroom include:

- Change your shower curtain
 - Go through your cosmetics drawer and throw away any expired items
8. **Don't Forget About Your Air --**Replacing furnace and HVAC filters is one of the most important things to do when spring hits. In fact, replacing a standard filter with a more robust one with a high MERV rating does wonders for improving your indoor air quality. This is because many air ducts haven't been cleaned, so these filters catch those unwanted particles. It's an inexpensive way to make sure you're breathing clean, healthy air. If allergens, indoor chemicals, or odors are a larger concern for you, you can also consider getting an air purifier.
 9. **Spring Cleaning Safety --** Cleaning will more than likely unsettle all the winter dust on furniture and fixtures. If you suffer from allergies or are using heavy-duty cleaners, be sure to read the labels. For safe spring cleaning, wear rubber gloves, masks, scarves and even hairnets. Protective clothing will help guard against skin irritations and allergic reactions.
 10. **Let Spring Cleaning Set a New Tone --** If your space feels dark and heavy, you can make small changes to help make it light and fresh for spring. Adding new colorful pillows or art are great ways to change up your space. Replacing items like bedding, towels, table linens, and even window treatments are other ways to transform your rooms for spring and warm weather ahead.
 11. **Don't Let your Wife Do it All by herself!** 😊

RECIPE OF THE MONTH - GRILLED CARROTS

- 4 large carrots, peeled
- ½ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ¼ cup butter, melted
- olive oil

Parboil the carrots in a pot of boiling water for 5 minutes. Remove, drain, and cool under cold water. Add the cinnamon and nutmeg to the melted butter. Brush the carrots with olive oil and grill them over direct medium-high heat for 4 to 6 minutes, turning once. Brush the carrots with the butter mixture and serve. **Enjoy.**

WHAT'S NEW WITH ME AND MY OWN

Well I can't keep my mouth shut any longer Kellee's pregnant and we're expecting round the beginning of July. We're looking forward to becoming a parents and shaping the live of our child. We're really excited and can't wait.

“A baby fills a place in your heart that you never knew was empty.” -- Anonymous

David is out and active in the Community, check him out at the Summit Lake Neighborhood Association Meeting.

David's working really hard to make a difference in his community.



Jeff is excited about the whole marriage process, planning, and the whole nine yards. I recently got the opportunity to meet Jeff's wife and she is a really nice person. Jeff and Ally are a perfect match!

Happy Bday Kellee!



This month I also wanted to take some time to wish my wife a Happy Birthday. (She's on the right.) When Kellee's not working, she's spending time at her brother, Lukas's football or basketball games. Go Lukas!

CONTACT INFO & ADMINISTRATIVE ANNOUNCEMENTS

#1 If you would like to learn more about a specific topic of interest feel free submit your request to office@elittlejohnlaw.com or send your request in by mail to 352 Main Street, Wintersville, Ohio 43953.

#2 Our promise to you is that while we are working on your case, we don't take inbound phone calls or emails. **Edward takes no inbound unscheduled phone calls, unless it's an emergency.** It makes him much more productive and helps get your case resolved faster. You can always call the office at 740.346.2899 and schedule an in-person or phone appointment, usually within 24-48 hours. This is a lot better than the endless game of "phone tag" played by most businesses today. Remember, too, that email is "quick," but is checked no more than twice a day. Replies are then scheduled into the calendar. So if it's really important, don't email – call the office instead.

#3 Referrals are much appreciated and welcomed. If you know anyone who might benefit from our services, please pass along their name and we'll get our Free Resources out to them immediately. We would be grateful for the opportunity to work with some of your friends, co-workers, colleagues, and associates. And we promise to give them the special care and attention they deserve.

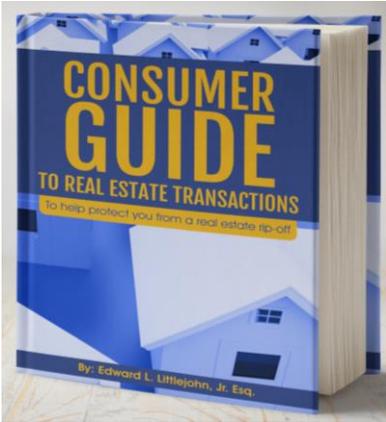
#4 This newsletter is for informational purposes only and no legal advice is intended. Be sure to consult with this law firm if you have a specific question about your situation.

I sincerely hope that you enjoy reading this as much as I enjoyed writing it.

Yours Truly,

Edward L. Littlejohn, Jr.

Edward L. Littlejohn, Jr.



Inside this Issue ...

- *Spring Cleaning Tips*
- *A Special Announcement*
- *And more ...*

Check us out at www.elittlejohnlaw.com. If you know anyone who may be in need of legal advice feel free to give them our telephone number or visit our website to get their legal questions answered.

Happy Birthday to all the March Birthdays!

Enjoy your special day!

740.346.2899

Littlejohn Law, LLC

LITTLEJOHN LAW, LLC

352 Main Street
Wintersville, OH 43953