



Earl, Lane, Levi & Jodi Broker Family Owned

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Healthy Home News

“SIMPLY SUPERIORS SERVICE.....”



SEE INSERT THIS ISSUE... Just Like You Need Protection From The Sun ...Your Carpet Needs Protection Too! (See Insert)

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. The first 4 people who call my office during business hours with the correct answer will win two FREE movie tickets. Enjoy a night out on me with someone special in your life! Take your best guess, and then call me at 338-9017. Remember, your chances of winning are better than you think!

This month's Mega Trivia Question:

Which mid 20th century writer and speaker was called "the dean of personal development"?

A) Ralph Ellison B) F. Scott Fitzgerald C) Earl Nightingale D) Jack London

HINT: The answer is somewhere in this newsletter

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients who graciously refer me to their friends, family, and neighbors! My business runs on the positive comments and referrals from people just like you. I couldn't do this without you! A special thanks to all these fine folks who referred me last month...

Names go here

Thanks for All the Kind Words!

"Testimonial goes here"



Inside This Issue You Will Discover...

- Back to School! 5 Ways to Make the Transition Easy Breezy.
 - Healthy Talk...Great Ideas For Getting The Kiddos To Eat Healthier Lunches...
 - PLUS MORE Great Tips For Making Going Back To School Fun...
 - Thank You's, Fun Websites, Famous Quotes...AND... Discounts, Specials And Much, Much MORE!
- Keep Reading Inside...



Earl, Lane, Levi & Jodi Broker Family Owned

Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

5 Easy Ways To Make Going Back to School Easy Breezy On Everyone!

It's time to head back to school, which means the carefree days of summer are just about over. It can be hard to go from the summer non-routine to the routine of a school schedule but here are some tips to make it easier on everyone.

#1 Get Some Sleep: If you've spent the past couple months with no bedtime routine, then it's a good idea to start re-establishing the bedtime routine at least a week before school starts. Start to ease back in by having kids go to bed 15 minutes earlier, then 30 minutes, etc., until you reach your target school bedtime. (Experts say elementary kids need 10 to 11 hours of sleep whereas high school age can get away with 8 or 9 hours.)

#2 Get School Supplies: Most schools provide you with a hefty list of supplies to send with your child on the first day of school, and if you like to cross off your to-do list early you likely got all your school supplies in July. But, August and September, especially after Labor Day, are when you will find the best sales on school supplies. And, you will often find the most expensive school supplies, such as computers, are on sale in August, and that's perfect timing for a college bound kid.

#3 Get Clothes: This one is important, especially if you have middle schoolers and high schoolers to whom fashion is a high priority. Take inventory of what they have, donate or go to clothing swaps to save money and live green, and shop all the August "back to school sales." However, if you can get your kids to get by with purchasing the minimum until October, that's when you'll find the best fall clothing sales.

#4 Get Safe: Elementary aged kids need reminding about stranger danger, safe touch, online safety, and always being kind. Middle schoolers and high schoolers need the guidance of being safe and responsible in both their online and offline lives. Ideas to deal with cyber bullying and other online safety tips can be found at www.StaySafeOnline.org

#5 Get Organized: There are tons of ideas and apps available to keep everyone's school schedules straight. From organizing after school sports, to PTA meetings, and kids social events. Check out some popular family calendars such as www.Cozi.com or if you prefer good old-fashioned paper and pen you might like the products offered at www.MomAgenda.com

Whatever age your child is, sending kids back to school is an exciting and busy time. With a little planning it can also be a lot of fun.



www.JustSayYes.org

This is a fantastic resource for anyone with middle school or high school aged kids in their lives. Their mission is to empower kids "to say yes to their goals and no to destructive choices". With resources on everything from bullying prevention, to teen pregnancy prevention; they cover a wide variety of relevant topics. It's a great website and worth taking a look at.

www.FunBrain.com

This is a website you can feel good about for kids K-8. Designed with teaching in mind, the games help young kids to hone in math and reading skills while having lots of fun playing a computer game. The site is bright and cool, and the games are free.

www.FactMonster.com

This is another great website for the younger set. Designed to be a resource of facts and references, there are features such as "Daily Almanac" where kids can learn tons of facts that happened this day in history with one click. Plus, quizzes, homework help, and more!



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Get Inspired

“Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway.”

– Earl Nightingale, American radio personality, writer, speaker, and author of the mid 20th century, dubbed “the dean of personal development.”



Healthy Talk

A Healthy Lunch That The Kiddos Will Love...

A Healthy Lunch That The Kiddos Will Love...

No matter what diet philosophy you follow, everyone has to agree that “healthy” food would be food that is closest to it’s natural form, low in sugar, and free of chemicals. But, it’s not always easy to convince kids of that when they are bombarded with sugar-laden, colorful, artificial foods. Here are some easy tips to make the transition into healthier lunch fare easy for kids.

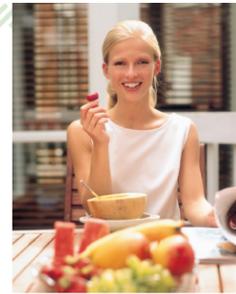
#1: Delicious lunchmeats that are hormone and nitrate free. Certain studies have shown nitrates can increase the risk of cancer. (www.cancer.org) And added hormones can possibly mess with the balance of our delicate endocrine system. Even if organic meats are too spendy, there are still affordable, minimally processed options that are free of nitrates and hormones.

#2: Choose natural snacks that are free of dyes and low in sugar. There are plenty of unhealthy kids snacks on the market

masquerading as something healthy. But with so many natural and delicious options you don’t have to resort to buying junky snack foods. You can find low sugar varieties of yogurts, fruit snacks, cereals, and cookies that are free from artificial colors and preservatives. Also, look for organic and/or non-GMO when you can, to keep natural foods a priority for a kid’s growing body.

#3: Include a veggie and/or a piece of fruit. There are tons of gorgeous veggies that are great for snacking. Baby carrots are sweet and snappy, and celery makes a crunchy vehicle for lots of yummy things such as peanut butter, almond butter, or creamed cheese. And when you include a piece of organic fruit you know your kids are getting a pesticide-free dose of fiber, vitamins, and enzymes.

Disclaimer: These are just suggestions, I’m not a doctor or health specialist.



When The Kids Are Back In School It’s The Perfect Time To Get The House Organized...

With the kids back in school, the house is quiet once again (at least during school hours). This is the perfect time to get a jump-start on some home organization projects before the rush of the holiday season is upon you.

Kitchen– Between camping trips and cookouts it’s easy to let your pantry and cabinets get, shall we say, less than organized? This is a great time to clear out the clutter, toss the expired goods, get rid of cereal boxes with less than ½ cup of cereal in them, toss the bags of stale marshmallows, give the cabinets a wiping down, clean out the fridge, and organize your spice rack.

Closets – Sports season is starting up and it’s time to make room in the closet for all that gear. This is the perfect time of the year to go through the closets and dressers and donate what you don’t want/ need, box up school projects from the previous year, recycle old torn linens and towels into rags, take stock of holiday supplies, and get ready to swap out the summer wardrobe for the fall.

Bathrooms – It really doesn’t take long for the once neatly organized cabinets of the bathroom to become a catch-all of hair products and Q-tips. Take a few minutes to organize the bathroom supplies, toss old toiletries and expired medications, stock up on necessary first aid items, and give the cabinets a good wiping down.

Office – Who can keep up with paperwork when the sun is shining and the lake is calling your name every weekend? This is the perfect time to start whittling down that pile of papers that grew on your desk over the summer. Shred, file, or store the important stuff. Restock the pencils, pens and paper, and make sure the printer has plenty of ink for all those homework projects. Get your desk all tidy and neat so you have plenty of room to start your new stack of papers you don’t feel like filing.

Garage – Garages can turn into the biggest junk heaps in the course of a busy summer, packed with bikes, gardening tools and other toys it’s a big project to keep up with. This is a great time to get all those summer toys cleaned up and put away, to organize tools, repair broken bikes, and restock necessary items. It’s also a chance to sweep out the summer dust just be sure to wear a proper ventilation mask so you don’t risk breathing in dangerous dust from animal droppings.



The Idea Corner

3 Things to Do To Make Going Back To School And Easy Transition From Summer...

Instead of getting the back to school blues, make going back to school a fun event.

1. Invite your best mom friends out to breakfast. Drop the kids at school then grab your besties and treat yourself to a brunch out, sans kiddos. It’s a great way to kick off the school year and get a chance to associate with other grown-ups.

2. Host a back to school bbq. Summer isn’t quite over yet, so there is still time to sneak in some great cookouts. And what a better way to get to know some of the families in your kids’ new classes then to have some friends over for good grilling and roasting marshmallows around a backyard fire pit.

3. Have a back to school themed movie night. If you aren’t the bbq type invite your kid’s oldest and newest friends over for some school themed movie nights. Depending on the age groups, there are great options like *Monster’s University*, *Diary of a Wimpy Kid*, or *Ferris Bueller’s Day Off*.

Back To School Quotes

“Intelligence plus character – that is the goal of true education.” – Martin Luther King Jr.

“Teachers open the door, but you must enter by yourself.” – Chinese Proverb

“Education is the most powerful weapon which you can use to change the world.” – Nelson Mandela

“You’re off to great places. Today is your day! Your mountain is waiting, so get on your way.” – Dr. Seuss

Find some of these and more quotes at www.brainyquote.com



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Healthy Home News

"Secrets For Living A Healthy, Wealthy & Happy Life..."

SPECIAL INSERT

Are All Carpet Cleaners Alike? Can You Compare Us Like Apples to Apples?



Hello friend and client! It's *Earl & Jodi*, your carpet cleaner here. I'm going to ask you a surprising and pointed question, "With all the carpet cleaners in this town, are you sure you have chosen the right one?"

Especially today in a topsy-turvy economy, you may be tempted by "the other guy" and his rock bottom, cheap prices. You may wonder if you chose the right company for you. Over the past year, I've had more than a couple clients call me and confess they decided to save a buck and called the other (cheap) guys. So why do they call me to confess? Because now they need me to come to their home and clean up (literally) after the "cheap" cleaning. Suddenly that cheap cleaning wasn't so cheap.

Did They Get a Bad Apple?

Probably not. But, the reality is, to offer a cheap service one must do cheap work. A professional carpet cleaner cannot offer a high quality of work and service

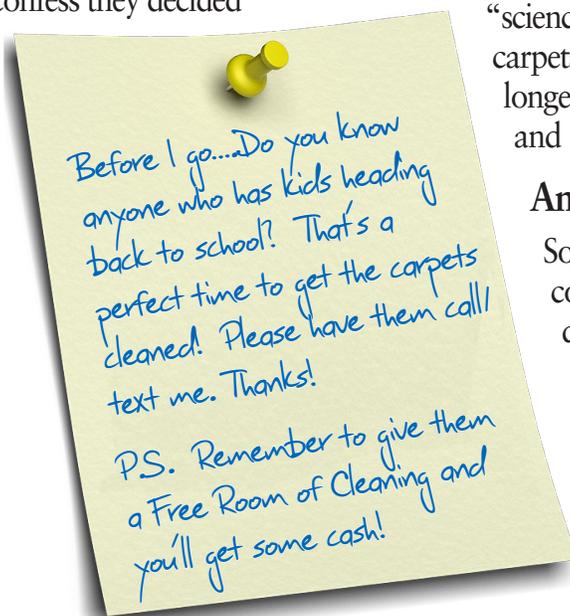
charging super low prices. (Like the ads you've seen offering \$4 per room or \$99 for a whole house.) And, choosing the wrong carpet cleaner can leave you with carpets that are gummy, over soaked, dirt magnets. I've always preferred to set my prices at a fair, but quality price point, and then deliver work and customer service that will make you...

Thrilled to Be a Client for Life!

Rest assured, you've made the right choice. Because I've invested in the proper training and learned the "science" behind proper cleaning, so your carpets will sparkle, and stay cleaner longer. Plus, you get my 5 Star Service and 100% Money Back Guarantee!

An Apple Vs. A Coconut?

So you see, not all carpet cleaning companies are alike. We can be as different as an apple and a coconut. I hope you feel you've made the right choice because otherwise I'm not doing my job right! To make your choice even easier this month please check out my September Specials...



How Do You Like These Apples?

Savings #1: Get your whole house cleaned and you Save \$30!

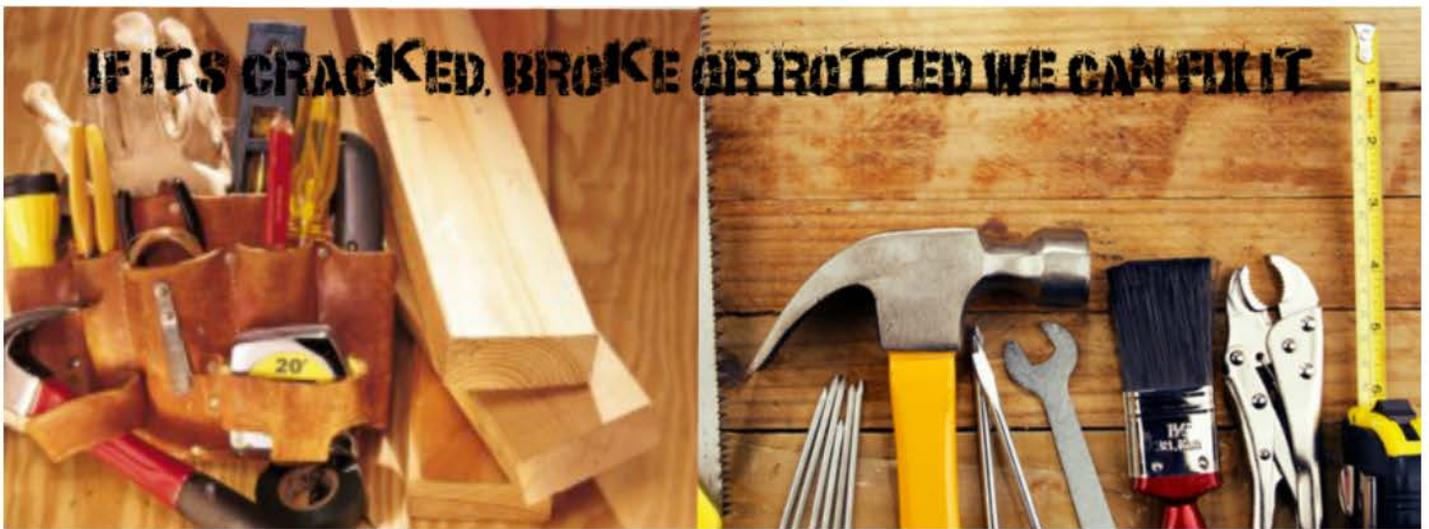
Savings #2: Get your main living spaces cleaned and you Save \$20!

Savings #3: Get \$50 Worth Of Carpet Protection For ONLY \$30!

Call Before August 31, 2016 to SAVE!

Call **338-9017**/Text **310-5901** **PCCS** or drop me an e-mail at info@pccssf.com. For even more specials please "Like" me at www.facebook.com/pccssiouxfalls

*Some Restrictions apply. Not valid with other offers.



www.handyonesllc.com

We have expanded our business and are now offering home repair and remodeling. If you are thinking of remodeling your kitchen, bathroom basement or even a deck we can help! Give Earl a call Today! at 332-8130 for a free no obligation estimate.

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Are you looking for a company to manage your rentals or maybe unsatisfied with your current management company. We will help you find the right solution. Are you a traveler or a snowbird? We even watch your home while you are away having fun and leaving all your worries to us. Progressive Property Management LLC was purchased by Earl and Jodi Broker. Jodi is now a Licensed Property Manager with the state and is eager to talk with you about any questions that you may have. Give us a call at 323-0666 Today!

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