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Owner

Healthy Home News

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“
**SIMPLY
SUPERIOR
SERVICE...**
”



**SEE INSERT
THIS ISSUE...**

**Don't Miss!! 4 Great Reasons To
Clean With Me In February!**
(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 2 people** who call my office 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:

Who was the longest running 1st lady of the U.S.?

A) Jackie Kennedy B) Eleanor Roosevelt

C) Martha Washington D) Michelle Obama

HINT: You'll find the answer in the 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...

Rhonda H.

Thanks for All the Kind Words!

*"Thank you for the movie
ticket Really well done and
very fun, Earl did a great job
on carpet stretch"*



*Inside This Issue You
Will Discover...*

- Don't Miss These 5
Awesome Vacation Spots...
Tempting getaways to
beat the winter blues
- Healthy Talk...How To Get
And STAY Motivated...You can
keep this resolution in 2017.
- PLUS MORE ...Clean Green...
It's cheap and easy here
is how to start today!
- 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 Vacation Spots You Can't Miss in 2017...

*It's February and many people are planning spring break
getaways or long weekends away. Here are four great US
destinations that should be on everyone's must see list.*

- #1. The Grand Canyon:** Ranked by many as the #1 vacation destination in the US, the Grand Canyon does not disappoint. From the gorgeous views to the many fulfilling outdoor activities, including helicopter rides, horseback riding, hiking, river rafting, biking, and even nearby shopping and eating, it's a trip everyone must take once in their lifetime.
- #2. Yellowstone National Park:** Yellowstone isn't just a national park; it's a national treasure. The vistas, wildlife, and the naturally occurring water features, such as Old Faithful, are enough to fulfill the nature lover in anyone. The park offers much recreation, plus gorgeous retreats in nearby lodges and hotels.
- #3. San Francisco, CA:** This famous city offers an exciting vacation for singles, couples, and families. From sight seeing at the famous Golden Gate Bridge, to Alcatraz, to the crooked Lombard Street, to experiencing driving the steep hills of this diverse city. Plus, there are museums, entertaining shows, and restaurants that are world renown. And an extra bonus is the nearby gorgeous beaches and wine country.
- #4. Charleston, SC:** This gem of a city is rich in history and architecture that is like eye candy to anyone with an affinity for beautiful buildings and houses. Plus, you have access to nearby beaches and a rich food scene that will please any foodie.
- #5. Chicago, IL:** This cosmopolitan city is often underrated, but is an awesome vacation destination. The eclectic neighborhoods, diverse architecture, and amazing food culture is enough to keep you busy. In addition, there are tours of it's unique buildings and museums, shopping, and even the shoreline of Lake Michigan to enjoy.

However you spend your travels, may they be safe and full of adventure.



www.TheBlondeSalad.com

This uber cool lifestyle website is designed to inspire it's readers through all things fashion, beauty, and lifestyle design. This beautifully crafted site is like a fashion and travel magazine rolled into one amazing digital experience. If you want to see what is hot, cool, trendy, and cutting edge then be sure to get the scoop at The Blonde Salad.

www.GalMeetsGlam.com

Another gorgeously appointed website, this one is ran by beauty, Julia Engel. The site is slick and cool and covers all things beauty, fashion, home, and travel. The pictures are inspiring and the posts are entertaining. Plus, you can even shop some of the amazing fashions and styles featured on the site. It's kind of a one-stop shop for current fashion and beautiful home lovers.



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Get Inspired

“With the new day comes new strength and new thoughts.”

— Eleanor Roosevelt, American Politician and diplomat, also notably the longest serving 1st lady in the White House



CONGRATS TO SHARON HOOVER

AND

STACEY HELSETH

THANK YOU FOR PLAYING TIVIA IN JANUARY!

Healthy Talk

With the New Year many people have resolved to shed some of the holiday bloat, maybe even a few extra pounds that have crept up.

However, most people feel their biggest obstacles to reaching their goals are being short on time and resources. So what is the secret to getting healthy and in shape when you work and can't afford a home chef or personal trainer? It all gets down to simple science. Eat less, move more.

Just waking up 25-30 minutes earlier each day, or just carving out 25-30 minutes on your lunch break, after work or before you go to bed to break a sweat can make all the difference in the world to someone's physical condition. It really doesn't have to be a big production, just turn on your music and dance like no one is watching, or get some cheap weights and build a little muscle, or throw on a quick DVD. Plus, there are so many awesome resources for work out ideas online like www.beachbody.com www.dailyburn.com and free workouts galore on YouTube from the well known

Fitness Blender or Blogilates.

But, everyone hates to be on a diet, so don't be. Just keep it simple and listen to your body. Most experts will agree that by simply choosing to eat real food, that means, try to limit anything from a box or can, you could reach a healthy weight. Plus, by eliminating empty calories, and making it a goal to eat more veggies and fruits, and consume less sugar, you'll naturally shed pounds. Especially if you listen to your body and stop eating before you feel full. Plus, these days healthy food ideas and recipes are abundant for free online.

Disclaimer: I'm not a doctor or a health expert so please consult your doctor before starting any exercise program or diet.



Quotes For February...

“There is only one happiness in life, to love and be loved.”
— George Sand, 19th Century French Novelist

“Love yourself. It is important to stay positive because beauty comes from the inside out.” — Jenn Proske, Canadian Actress.

“I have found that if you love life, life will love you back.”
— Arthur Rubinstein, 20th Century American Musician

“Let us always meet each other with smile, for the smile is the beginning of love.”
— Mother Teresa, 20th Century Saint

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

Clean Green...It's Healthy, Simple And Cheap!

Many people want to clean green, but don't realize just how easy it is to make the switch to green products. Making your own cleaning supplies is your easiest and most cost effective way to start cleaning green, plus it's easier than you think to do.

Recipe for All Purpose Cleaner:

- 4 Tablespoons Vinegar
- 2 tsp. Borax
- 32 oz. hot water
- Mix and store in a spray bottle.

Recipe for Window Cleaner:

- 1 Cup Vinegar
- 3 Cups Water
- Mix and store in a spray bottle. Use a cotton rag or newspapers.

Recipe for Cleaning Wood Floors:

- ¼ Cup White Vinegar
- 1 Quart Warm Water

Mix in spray bottle. Use sparingly and be careful not to over wet the wood. Use a cotton mop.

A Couple of Notes: Always test a surface before you clean it with any product. For a pleasant scent, add a few drops of an essential oil to your homemade cleaning products. Try lavender, lemon, or tea tree oil.

Also, part of “green” cleaning is reusing your cleaning supplies. Opt for reusable, washable rags over sponges and paper towels. Now clean to your heart's content – all of the recipes above are non-toxic and are safe for you and the planet.

Just think about how your grandmothers and your great grandmothers were cleaning green and didn't even know it! They didn't have all these fancy, chemical laden cleaners to choose from. They had simple, non-toxic recipes that they used. Their homes were clean and non-toxic – “green” before it was the trend. And when you think about how long their generations lived – could there be a connection to their longevity and their lack of exposure to harmful chemicals in cleaning supplies and food? It's certainly food for thought.

Disclaimer: These are just suggestions, always test surfaces before you try a new product. Keep out of the reach of children.



The Idea Corner

What To Do This Winter Besides Watch TV...

Those short winter days can get kind of depressing if the kids are just playing video games or watching too much TV. Everyone can have fun and make awesome memories with these activities...

Go Sledding

This is a fun way to reconnect as a family and feel like a kid no matter what your age. Even if you don't live where there is snow, you can often find some snow scaped sledding hills nearby. Of course sledding has its risks so be safe and wear head protection if necessary*.

Get Toasty

I'm talking a good old fashion day of playing old school board games. Turn on a fire, heat up some hot cocoa, bake some fresh cookies and turn off the devices. Then get the family engaged in a fun game like Settlers of Catan, Monopoly, Yahtzee, or Clue. You will have a blast just like generations did before we had streaming television and video game access 24/7.

*Please sled at your own risk and take safety measures.



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Healthy Home News

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

SPECIAL INSERT

Check Out These 4 Great Reasons To Call Me In The Month Of February...



Hello friend. It's your favorite carpet cleaner, from Professional Carpet & Cleaning Service. After years running my business, it's been my experience that a lot of my clients are resistant to cleaning in February. Now, don't get me wrong, I have clients who just love to clean in February because they know it's actually a great time of year to clean, but it's just not quite enough to keep me busy. So, please just take just a few minutes and check out these 4 reasons why you really should clean this month!

4 Reasons To Call Me

Right Now...

Reason #1: *You Get Stress-Free Appointment Times.* Imagine this – my business drops to an all time slow pace in February – you can call me and have your pick of the schedule. BONUS: I might even be able to get you in that day or the next.

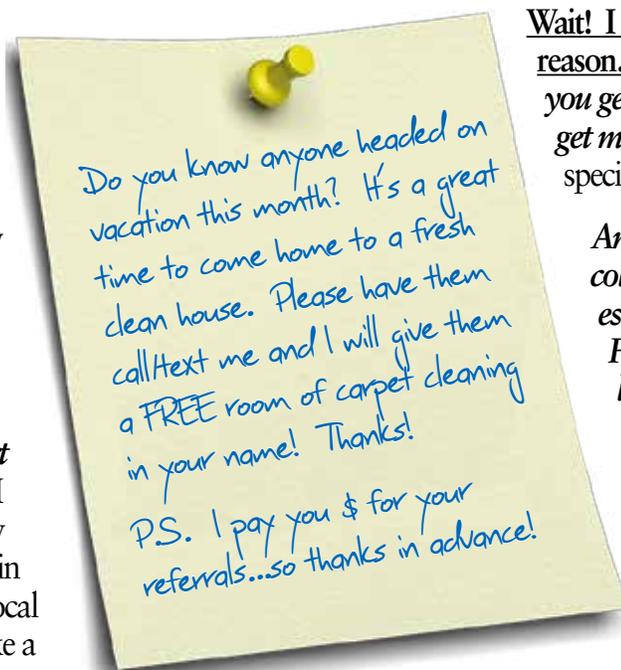
Reason #2: *Your Chance To Support Local Business And Community.* If I can get support from just some of my clients who clean in February, then I, in turn, can have the funds to support local businesses in February. It's kind of like a "circle of local business life."

Reason #3: *Your Carpets Tend To Stay Cleaner Longer.* Why? Because people are more apt to take their shoes off this time of year.

Reason #4: *Your carpets transform from dull to dazzling.* Okay, okay I admit I can do that any time of the year, but it's always a great reason to call. Besides aren't some of those holiday spots and spills starting to bug you?

Wait! I will give you one more reason... *If you clean in February you get a special opportunity to get my "off season" prices.* See the specials below...

And if you are worried about cold air getting in/hot air escaping during your cleaning. Forget about it. I go to great lengths to minimize your home's heat loss during winter cleanings.



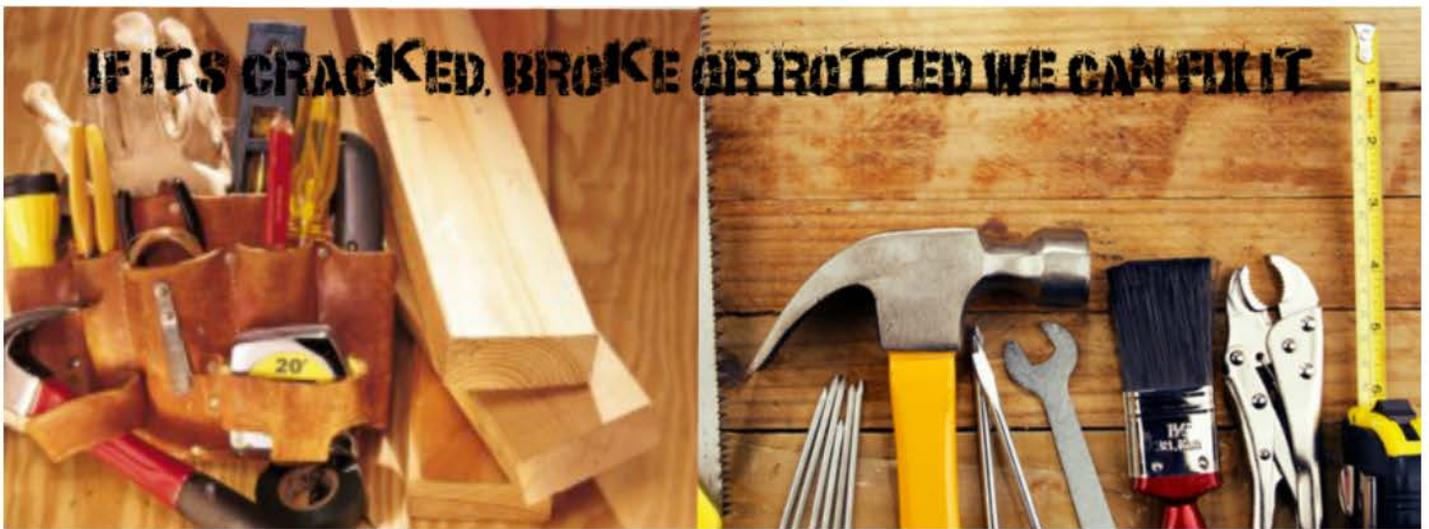
Check Out This Special Opportunity!

- "Off Season" Pricing. I'm Obligated To Tell You: These are some of my deepest discounts of the year.
- You'll Get Every 3rd Room In Your Home Cleaned For FREE!*
- PLUS You'll Get The Largest Room In Your Home Protected For FREE!*

Offers Expire February 28, 2017

Please Pick Up the Phone And Call 338-9017/Text 310-4044 now! Or email me 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.

Please visit us at: <https://www.facebook.com/Handy-Ones-LLC-1704581299786471/>



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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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