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Healthy Home News

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“SIMPLY SUPERIOR 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 2 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:

In what year was the Nobel Prize in physics awarded to Albert Einstein?

- A) 1910 B) 1918 C) 1921 D) 1945

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...

Robyn R.

Thanks for All the Kind Words!

“Looks Nice, We are very happy with it”



Inside This Issue You Will Discover...

- Get Your Grill On! 5 Tips For Putting Out Great BBQ.
 - Healthy Talk...Serve Up This Quick and Easy Side Dish at Your Next BBQ...Recipe Inside...
 - PLUS MORE Great Tips For Making This Summer Fun & Safe...
 - Thank You's, Fun Websites, Famous Quotes...AND... Discounts, Specials And Much, Much MORE!
- Keep Reading Inside...



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Healthy Home News

“Secrets For Living A Healthy, Wealthy & Happy Life...”

Get Your Grill On! 5 Tips For Putting Out Some Great BBQ...

July conjures up thoughts of backyard bbq's and late summer nights. Every great bbq chef has their secrets and there is truly an art to mastering the grill. From marinades, to secret spice rubs, to the best combination of condiments...there are many tricks up the sleeves of a great bbq chef. Volumes have been written on the subject of creating the perfect bbq but, today I'm going to keep it really simple and just touch on some of the basic bbq techniques for cranking out some yummy grub. So here are some easy tips to consider before your next grill session...

Tip #1: When grilling chicken, go for the thighs. They are juicier than the white meat of the chicken breast and everyone loves that perfectly cooked chicken skin. Grill until almost done over the indirect heat and then move the chicken to direct heat for the last 5 minutes to get a nice crispy finish.

Tip #2: If steak is your go to grill meat, give flank steak a try. It's leaner, about 30% less saturated fat than a sirloin. And when done right it's just as tasty and juicy. Be sure to let it rest a few minutes, and then cut it thinly, against the grain to prevent it from getting tough.

Tip #3: If fish is your pleasure, salmon is a great choice. Not only because it's delicious, but it holds up well when grilled. Many other varieties will flake and crumble on the grill. Salmon holds up best when placed on a well-greased grill, or onto greased foil, or even done on a cedar plank for a smoky flavor.

Tip #4: If you have a hankering for grilled pork, then pork chops make a great option. Experts recommend you sear the chops first over the high heat (about 3 min. per side) then move them over to the low, indirect heat until they are done. This is when a meat thermometer comes in handy, as it's recommended the internal temp of pork reach 145 degrees F. (About 63 degrees C).

Tip #5: No summer BBQ is complete without some delicious burgers fresh off the grill. They say the trick to a juicy burger is not to press it down, and only flip it once. Usually 3-4 minutes per side over direct heat depending on the level of doneness you desire. With a couple of minutes finishing over the indirect heat, especially if there is cheese melting involved. Also, make sure your grill is well oiled, or brush the burger directly with oil to prevent sticking.

Whatever your prefer at the grill, I hope you have a delicious and fun time mastering your specialty.



www.BobbyFlay.com

Who can think about grilling without the Iron Chef and master of burgers, Bobby Flay coming to mind? Whether or not you're a fan of this uber talented chef, you'll find his well appointed website helpful as it's packed full of beautiful recipes and tips, including plenty for the BBQ. And who knows? Maybe someday you'll get so good you could even hold your own in a throw down with the great Bobby Flay.

www.Cooking-Outdoors.com

This is a really fun website featuring the talents and know-how of outdoor cooking enthusiast, Gary House. As he says in his About page "Here....you will learn everything you need to know, and then some, about grilling, true BBQ, camp-style cooking, and Dutch oven cooking." This website is easy to navigate, nice to look at, and packed full of Gary's tips, techniques, and secrets for creating some of the best food around. I don't know about you, but he had me at "camp style cooking."



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Get Inspired

“Look deep into nature, and then you will understand everything better.”

– Albert Einstein, German-born theoretical physicist, he developed the general theory of relativity and was awarded the Nobel Prize in physics in 1921.



CONGRATS TO STACY HELSETH & CAROL SABERS FOR WINNING TRIVIA MOVIE TICKETS. YAHOO!

Healthy Talk

Enjoy Your Favorite Burger With A Helping Of This Delicious And Healthy Summer Side Dish...

Your grill is good for cooking so much more than just meat. Grilled fruits and veggies done right are so yummy and add a nice healthy note to a summer dinner.

Grilled Veggie Salad With Tahini Dressing

- 8-9 asparagus spears
- 4-5 zucchini
- 2 red bell pepper
- 1 head cauliflower
- 1 Purple onion
- Balsamic vinegar
- Olive oil
- Tahini
- Cumin, cayenne, and parsley
- Salt & Pepper
- Lemon juice from 2 lemons
- Fresh garlic

Wash and cut your veggies into large chunks. Place them onto a sheet of well greased tin foil and baste with a marinade of balsamic vinegar, olive oil, garlic, lemon juice, salt and pepper to taste. Place on the grill over medium heat for 8-12 minutes until reaching desired doneness. In a separate bowl, whip together a few tablespoons of Tahini with a splash of the vinegar and oil, lemon juice, fresh garlic, a pinch of cumin and cayenne, and salt and pepper to taste. Place the veggies into a bowl and drizzle and toss with the dressing. Garnish with a little fresh parsley.

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



July Quotes

“We all need to make time for a burger once in a while.”
– Erica Durance, Canadian actress

“I still eat a burger at a counter with ketchup dripping down my face.” – Scarlett Johansson, American actress

“I always want to find the best burger in town.”
– Denis Quaid, American Actor

“I always say ‘Eat clean to stay fit; have a burger to stay sane.’”
– Gigi Hadid, American model

Find these and more quotes at www.brainyquote.com

4 Tips To Help Make This Summer A Safe One!

Did you know most hospital emergency room's claim they are much busier in the summer months when people are out and about playing? Here are some great reminders to have a fun and stay safe while you play this summer...

#1: Keep safe in the sun. – Heat related injuries can creep up on you or a loved one before you realize it. Heat exhaustion can make you ill, but heat stroke can be dangerous, even fatal. According to www.WebMd.com “Heat stroke results from prolonged exposure to high temperatures -- usually in combination with dehydration -- which leads to failure of the body's temperature control system.” Be in the know when it comes to spotting the warning signs of heat injury. Prevention is the best medicine so make sure you're air conditioner is in working order, avoid physical exertion in the heat, and keep yourself cool and well hydrated on sweltering summer days.

#2: Keep safe while playing. – Cycling, skateboarding, dirt biking, mountain biking, riding ATV's and motorcycles, are all fun summer activities, but require helmets to be safe. Studies have shown time and again that many head injuries are preventable with the use of a proper fitting helmet.

#3 Keep safe while traveling. – Road trips are part of summer fun. Remind everyone you love to drive sober and put their phones away while driving. Be sure to carry extra food and water with you on a long road trip, you never know when you could run into car trouble in the middle of a hot deserted area with no cell service.

#4: Keep safe while swimming. – Who doesn't love the water? But according to www.Cdc.gov “Drowning is the second leading cause of unintentional injury death for children ages 1 to 14 years, and the fifth leading cause for people of all ages.” Learning how to reduce these risks is vital. Some great tips are: learn to swim, avoid rip currants, use life jackets, avoid alcohol around the water, heed warning flags, and use the buddy system or a lifeguard.

I hope you have a fun and safe summer!



The Idea Corner

3 Things to Tell Kids When They Complain About Being Bored This Summer...

When we were kids there were no electronic tablets, or cell phones, and really only the rich kids had cable TV. So, kids today can take a few notes out of the playbook of a generation of kids who truly knew what it was like to be bored on a summer afternoon.

1. Time for a dance off. Ross and Monica style, your kids can crank up the iTunes and turn your living room into a virtual dance studio. You might need to give them a lesson or two on how to do the running man and the sprinkler and then let them create some memorable dance routines of their own.

2. Time to get soaked. Grab a couple of Super Soakers from the local store and let the kids have an epic water battle in the back yard.

3. Time to play ball. Whether it's a round of kickball with the neighborhood kids, 2 square in the driveway, or a friendly game of Whiffle ball. The kids will never be bored when they have a ball and a game.

What's your favorite way to fight summer boredom?



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Healthy Home News

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

SPECIAL INSERT

You Wouldn't Go Into The Summer Sun Without Wearing Protection Would You?



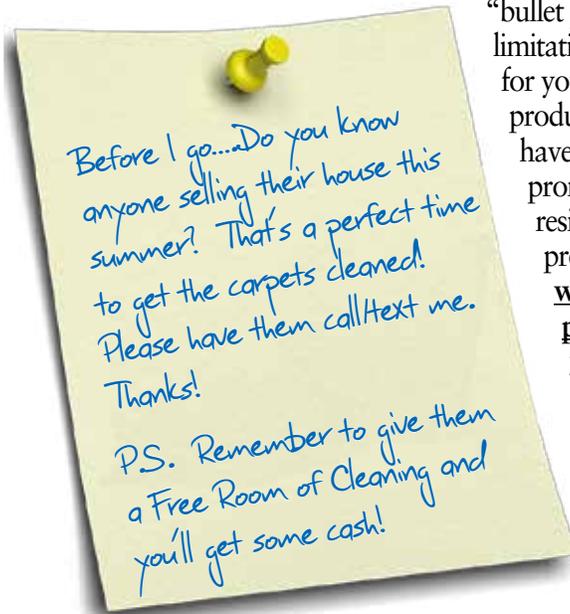
Hello friend, We all know the importance of protecting our skin from the summer sun, don't we? Guess what? Just like you protect your skin from the sun's harmful rays, you need to protect one of your home's most expensive investments from the harmful effects of daily wear and tear.

After all, the delicate fibers of your carpet become very vulnerable to stains, break down from soils, and permanent traffic lanes with the passing of time. That's because the "factory applied" protection gets reduced and your fibers become as vulnerable as a baby's skin on a hot summer day at the beach.

"What is 'carpet protection' anyway?"

When your carpet was new from the factory, each fiber was protected and resistant to stains, soil, and oil. Just as your sun protection extends the life and beauty of your skin, this resistance helps extend the life and beauty of your carpet.

You can't find this carpet protection at the corner drugstore, but you can get it from your favorite professional carpet cleaner. After your cleaning, I can re-apply a factory-approved product that will keep your carpet looking and performing as good as new.



And don't worry, we can work with you to keep your carpet protected without breaking the budget. For example, after assessing your family's needs you may find that only certain areas of the home need the protection re-applied or that you only need to reapply protection after every few cleanings. When I come out to clean we can talk about it and I'll write you the "prescription" that's perfect for your needs and wants.

"How will I know if the 'carpet protection' is working?"

You want your carpet to perform as it did when it was new from the factory. But remember nothing makes your carpet "bullet proof." Just like your sunscreen has limitations, so do the protective products for your carpet. But, if a good quality product is applied properly you will have carpet that resists stains (that are promptly attended to) and carpet that resists wear and tear (as long as it's properly maintained.) Besides that's why I guarantee everything – even the performance of my carpet protection - with a 100% money back guarantee.

Summer Special!

Call **PCCS** before

July 31, 2016 and receive one room up to

100 square feet protected for free*!

Don't Wait! Offer Only Good Until...July 31, 2016

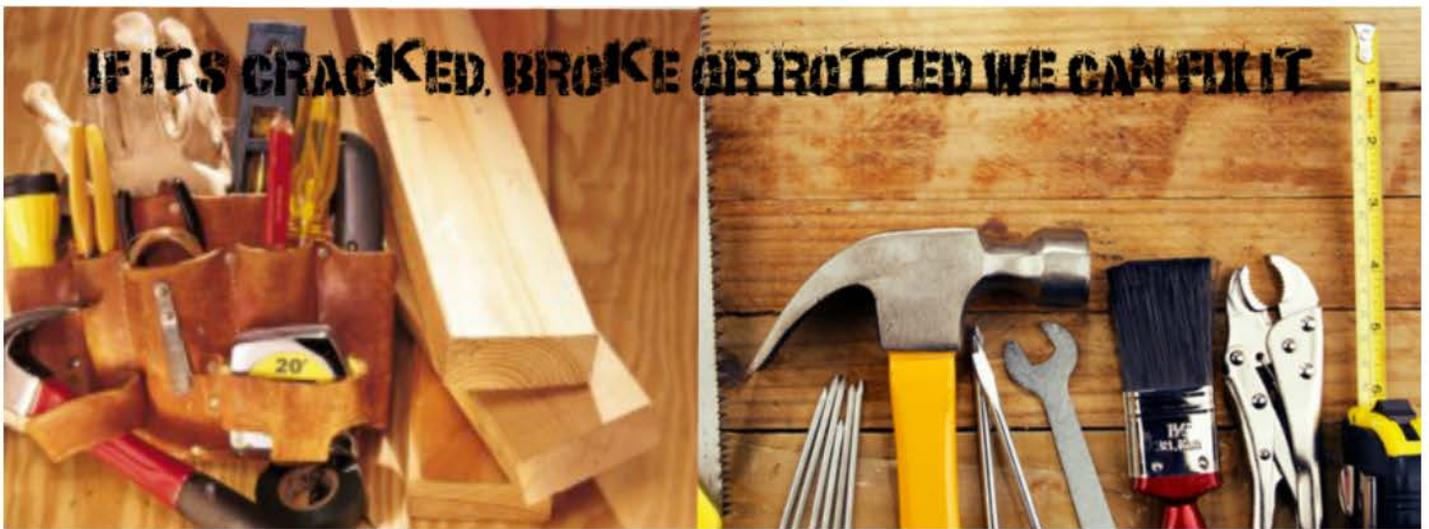
Call **338-9017**/Text **310-4044 PCCS**

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*Some Restrictions apply. Not valid with other offers.



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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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