



Earl, Lane, Levi & Jodi Broker Family Owned

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Healthy Home News

“SIMPLY SUPERIOR SERVICE...”



SEE INSERT THIS ISSUE...

Get my deepest discounts of the year! (See Insert Inside)

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:

Which is NOT a suggestion for better sleep?

- A) Good pillows
- B) A relaxing bath
- C) Watching TV from bed
- D) Stick to a schedule

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...

Bridget K.

Thanks for All the Kind Words!

"We hired them to stretch carpet. I contacted them through email after hours not expecting to hear back until the next business but they replied to me very quickly that same evening. They have wonderful customer service! They were very kind both on the phone and during repair! Our carpet looks great and their price was great too!! I definitely will recommend them to others."



Inside This Issue You Will Discover...

- **May is National Sleep Month...** Simple ways to ensure you get a better night's sleep
 - **Healthy Talk...How to raise healthy children...** Great ideas to implement right away to make sure your children stay happy and healthy.
 - **PLUS MORE ...BBQ season is almost here.** Fire up that grill and fix your favorite sauce
 - **Thank You's, Fun Websites, Famous Quotes...AND...**
 - **Discounts, Specials And Much, Much MORE!**
- Keep Reading Inside...



Earl, Lane, Levi & Jodi Family Owned

Healthy Home News

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

May is National Sleep Month

Feeling crabby lately? Feeling simply worn out? Perhaps your solution is better sleep. Think about all the factors that can interfere with a good night's sleep-from pressure at work, family responsibilities, to unexpected challenges. It is no wonder that sleep for some can be elusive. Although you may not be able to control all the factors that interfere with your sleep, you can adopt habits that encourage better sleep.

1. **Stick to a sleep schedule.** Go to bed and get up at the same time every day, even on your weekends and holidays. Being consistent reinforces your body's sleep-wake cycle and helps promote better sleep at night.
2. **Pay attention to what you eat and drink.** Don't go to bed either hungry or stuffed. Both could keep you awake. Things like nicotine, caffeine, and alcohol can disrupt your sleep. Protein before bedtime helps you fall asleep and reach a deeper, better quality sleep.
3. **Create a bedtime ritual.** Do the same thing each night to tell your body it is time to wind down. Some ideas are a warm bath, a relaxing shower, listen to soothing music and dim the lights. Relaxing activities ease the transition to falling asleep.
4. **Get comfortable.** Create a room that is ideal for sleeping. Cool, dark, and quiet are usually your best bet! Consider room darkening shades and a fan. Comfortable pillows and a great mattress are key to getting a good night sleep. Try to limit children and pets sleeping with you.
5. **Limit daytime naps.** Naps can interfere with nighttime sleep especially if you struggle with insomnia or poor sleep quality. If you have to nap, limit yourself to 10 minutes midafternoon.
6. **Work Out.** There is a correlation between exercise and good sleep. Exercise early in the day so you can fall asleep faster and enjoy a deeper sleep.
7. **Manage Stress.** When your mind is racing because you have too much to do or think about, your sleep will suffer. Find healthy ways to manage your stress and restore peace in your day. Get organized, set priorities, delegate tasks, and keep a list. Enjoy time with friends and family to relax.

Of course, it is common for people to have an occasional sleepless night, but if the problem persists, contact your physician. There may be an underlying reason you are not able to find better quality sleep.



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Experience the harrowing trek to the summit of the Earth's highest mountain right from your kitchen table. Brought to you by the Discovery Channel, this site will take you through the same section of deadly crevices and unstable boulders of ice that became famous for the Khumbu Icefall in 2014 that claimed the lives of 16 Sherpa. From there you can continue your climb to the summit and the majestic views.

www.projectalexandria.net

Project Alexandria is the Pandora of Books. If you still don't understand the reference, this website is basically a recommendation tool for book lovers. Enter the Book Title or your favorite author name to get up to five recommendations based on books like it.

www.eatthismuch.com

Treat this website as your virtual Dietitian. Enter your dietary plans to get recommendations from this website along with a grocery list that you would need to follow the diet for the entire week.



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Get Inspired

“Nothing is impossible, the word itself says “I’m possible!”

– Audrey Hepburn, US Actress born on May 4, 1929



Congrats to
Stacey
Herseth
and
Kathy Otten
for Winning
March
Trivia!

Healthy Talk

Raising Healthy Kids

Growing up is hard work, and a child has a special set of requirements to get the job done. Here are a few ways in which kids are different from you—and how you can give them what it takes to get big and strong.

Kids Dehydrate More Easily- Water makes up a greater proportion of a child’s body, and children have faster metabolisms, which means their systems need more water to run smoothly. If plain water doesn’t go over so well, try adding frozen fruit slices (such as lemon, lime, or strawberry). If your kids are doing a lot of sweating, watch for signs of dehydration, which can include light-headedness, nausea, and weakness. And when they are sick and losing fluid through diarrhea or vomiting, consult your pediatrician, who may recommend a replenishing electrolyte product.

They Need More Physical Activity- The Centers for Disease Control and Prevention recommend that kids get at least 60 minutes of age-appropriate physical activity each day. According to several studies, exercise can strengthen kids’ growing bones. Most effective are weight-bearing exercises, like running around, dancing, and strength training—and hanging from monkey bars counts.

Kids Need More Fat and Calcium- Kids require plenty of fruits and vegetables, whole grains, and lean proteins. But very young children need a little more fat because they burn more body fat than adults do. Fat is essential for brain and nerve development. Kids also need more calcium,

because childhood is a time of turbo bone growth. In fact, children’s bones grow so rapidly that breaks can heal in weeks, versus months for an adult.

Kids are More Sensitive to Environmental Toxins- Continued exposure to household chemicals and pollutants (paint fumes, cleaners, insecticides) isn’t good for anyone, but kids are especially vulnerable. A child’s lungs are still developing, so irritation caused by toxins can result in an obstruction in her airway, leading to issues like allergies and asthma. You may not be able to keep all chemicals out of your house, but when possible, opt for nontoxic cleaners without harsh ingredients, like ammonia and bleach.

They Need More Sleep- Adequate sleep is important for kids and adults. But for kids, who take in a great deal of new information daily, it’s crucial. Think of kids’ brains as batteries that need to be recharged each day. Studies have shown that the brain consolidates networks for memory and learning during sleep, and that kids who don’t get enough are more likely to act impulsively and score lower on cognitive tests. Adequate sleep also promotes growth-hormone activity.



Quotes For May . . .

“Prejudice is a burden that confuses the past, threatens the future, and renders the present inaccessible”

– Maya Angelou

“Your big opportunity may be right where you are now.”

– Napoleon Hill

“You may never know what results come of your actions, but if you do nothing, there will be no results.”

– Mahatma Gandhi

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

May is National Barbecue Month

There’s no other style of food quite like barbecue. When a piece of meat spends hours upon hours inside a smoker, something magical happens, and the resulting product has inspired more fierce and passionate devotion than just about any other type of food on earth. But whether you’re a connoisseur or just an occasional rib-eater, we bet that there are some things you didn’t know about this wonderful style of cuisine.

Barbecue has many different definitions around the world; in Britain, for example, to barbecue is to cook directly over high heat (what Americans call grilling), and even in America, barbecuing and grilling are occasionally (and incorrectly) used as synonymous. But for today’s purposes, we’re talking about real barbecue: the process of hot-smoking meat low and slow.

There are different regional barbecue styles across the country, and for a barbecue lover, one of the great joys of traveling across the country is sampling as many as possible. While there are plenty of nuances and micro-regional styles, there are four styles that anyone who claims to be a barbecue lover should know about. In North Carolina, barbecue revolves around the pig: the “whole hog” in the east and the shoulder in the west. The pork is chopped up and usually mixed with a vinegar-based sauce that’s heavy on the spices and contains only a small amount of tomato sauce, if any. In Memphis, it’s all about the ribs. Wet ribs are slathered with barbecue sauce before and after cooking, and dry ribs are seasoned with a dry rub. You’ll also find lots of barbecue sandwiches in Memphis: chopped pork on a bun topped with barbecue sauce, pickles, and coleslaw. Kansas City barbecue uses a wide variety of meat (but especially beef) and here it’s all about the sauce, which is thick and sweet — think KC Masterpiece. Kansas City is a barbecue melting pot, so expect to find plenty of ribs, brisket, chicken, and pulled pork there, all served with plenty of sauce and a side of fries. Brisket burnt ends are also a specialty here. And there are a few different styles native to Texas (it’s a big state, after all), but the most famous variety is the Central Texas Hill Country “meat market” style: heavy on the beef brisket, which has been given a black pepper-heavy rub. Sauce and side dishes usually play second fiddle, because in Texas it’s all about the meat, be it ginormous beef ribs, pork ribs, chicken, brisket, or sausage.

So loosen your belt, get your favorite bottle of barbecue sauce ready, and prepare yourself to be in the mood for some smoked meat, because you’ll most likely be craving some by the time you’re done reading our newsletter!



May Fun Facts

- The birthstone for May is the Emerald which represents Success or Love
- The flower for May is the Lily of the Valley
- The Empire State Building opened on May 1, 1931
- The Kentucky Derby is always held on the first Saturday in May
- On May 5, 1961, Alan Shepard became the first American in space by piloting the Freedom 7
- Lewis and Clark began their trip on May 14th
- May 15th is recognized as National Hug your Cat Day
- Emilia Earhart made her famous flight on May 20, 1932
- The Golden Gate Bridge opened on May 27, 1937 with crowds of over 200,000 people strolling across in celebration
- May has a unique feature that is always begins and ends on the same day of the week.



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Healthy Home News

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

SPECIAL INSERT

"You Can Pocket More Money Over the Next Five Years By Cleaning Your Carpets..." (Most People Miss Out On This Great Opportunity!)



Hello, it's Earl & Jodi, from PCCS. In today's economy most of us are looking for ways to put more money back into the family budget. How can you tap into that trend with carpet cleaning? *Let's take a minute and ...*

"Crack The Code"

It's really quite simple. First let's ask...how much would replacing the carpets in your home cost? And how long will your current carpets last?

On average, most people would be looking at around \$3,000.00-\$5,500.00 for a whole house, depending on the quality of carpet installed. So how about extending the life of your current carpet? How about taking advantage of your home's...

Hidden Assets...

Honestly in the thousands of homes I've cleaned, I've seen 5 year-old carpets that needed to be put in the trash, and I've seen 20-year old carpets that still looked brand new.

The only difference was in the care.

And not so long ago a lot of my clients were happy to replace their carpets every five years – just a dip into their equity rich second mortgages and they

had brand new carpet with no dents in the family budget. But it's a different story today. Many homes don't have much equity these days, and remember the...

...Credit Crunch?

Most people today can't afford the luxuries of a "throw away" society. And who wants to live that way anyway? It's not good for the planet.

But your carpet can look brand new for years to come with the proper home care and maintenance...

Here Is The Simple Formula:

Remove your shoes +

Vacuum weekly +

Have proper steam cleaning done every 6-12 months =

Long Lasting Carpet = More Money In Your Family Budget

If you follow that formula you will extend the life and beauty of your carpet. That means more money back into your family budget. *What will you do with that extra \$3,000-\$5,000 you save?*

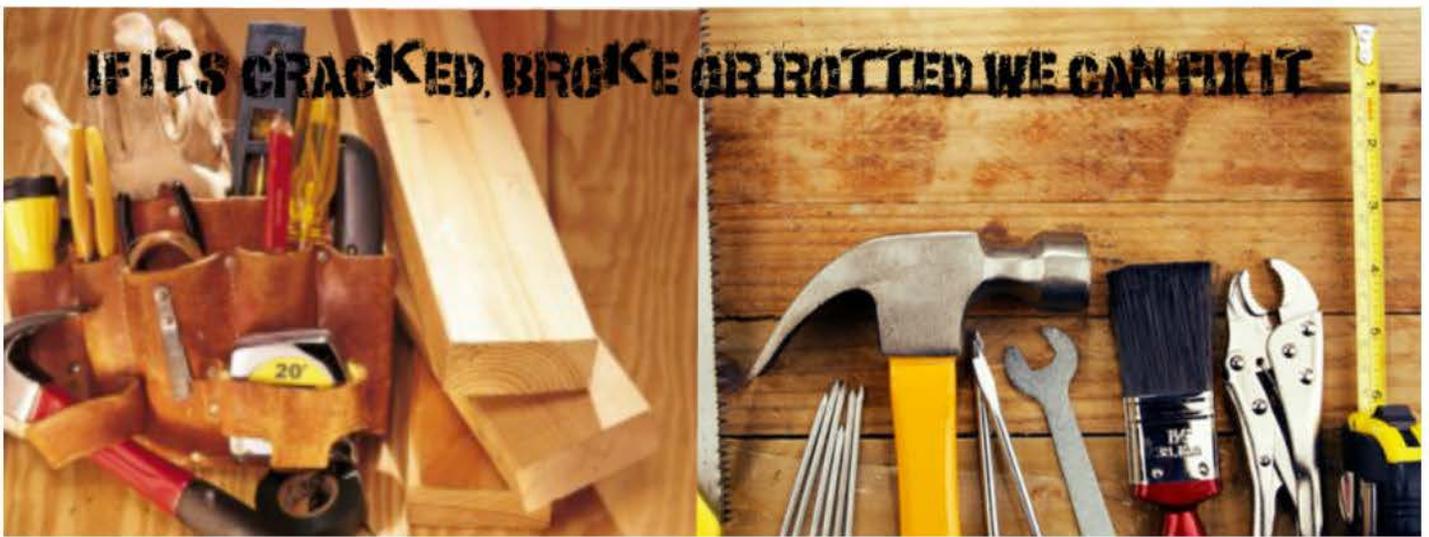
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