



Earl, Lane, Levi  
Jodi Broker -  
Family Owned

PCCS  
338-9017  
info@pccsf.com  
www.pccsf.com

# Healthy Home News

PRSTD STD US  
Postage Paid  
Sioux Falls, SD  
Permit No. 7937



Earl, Lane, Levi & Jodi  
Broker - Family Owned

# Healthy Home News

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

“  
SIMPLY  
SUPERIOR  
SERVICE...  
”



**SEE INSERT  
THIS ISSUE...** Is September too Early to Clean for  
the Holidays? 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:**

What kind of apple is considered by many to be the only apple to use when making an  
authentic strudel?

- A) Granny Smith      B) Jonogold      C) Bell de Boskoop      D) Pink Lady

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...

**ARANA P.**



Inside This Issue You  
Will Discover...

- Fall into Fall! 5 Ways to Make the Most of this Gorgeous Season.
- Healthy Talk...How Many Ways Can You Eat An Apple?...
- PLUS MORE Great Tips For Enjoying the Best that Fall Has to Offer...
- Thank You's, Fun Websites, Famous Quotes...AND...
- Discounts, Specials And Much, Much MORE!

Keep Reading Inside...

## Thanks for All the Kind Words!

“Looks Great! Very Happy With  
The Stretch!”

## Get Inspired For Fall 2016!

It's that time of year where the air starts getting crisp and the leaves start turning gorgeous hues of gold and red. Soon the holidays will be upon us, but until then let's embrace the season and get inspired with all the bounty fall has to offer.

**Enjoy the Apples:** Fall means apples, lots and lots of Apples...and there are thousands of varieties. Go beyond Red Delicious and Granny Smith and sample some of the heirloom crops. For example, the Bell de Boskoop is originally from the Netherlands and considered the only apple suitable for making a truly authentic strudel. Find apple picking farms and festivals near you and enjoy the fruits of fall.

**Swap out Summer décor for Fall/Winter:** Summertime is airy and bright, but it's time to get cozy and ready for the cooler months of fall and winter. This could mean a warmer throw on the back of the living room chair, couch pillows that are rich in winter tones, natural pumpkin spiced candles, and a welcoming wreath of fall hues on the front door.

**Frolic in the Fall Colors:** This season is often a short one, and there is only a limited time to enjoy the gold and red colors of nature. This is a fantastic opportunity to get a photo session with the family with some of nature's best backdrops of the year. Or just find a giant pile of fallen leaves in which you can toss around with the kids in your life.

**Get Fall Crafty:** Fall is a great time to start a new craft like a nature journal or an art journal. Pick up a sketchbook at your local art or bookstore and then enjoy sketching some of the beauty of this season. Then use your favorite mediums to bring them to life. You can look on Pinterest.com for wonderful inspirations for art journals and nature journals.

**Find the Nearest Outdoor Festival:** Fall is a great time to enjoy the last of the year's outdoor festivals. Whether it's a fair, a music festival, an art festival, or a beer/wine festival, you're sure to find some sort of local festivities happening to celebrate the arrival of a new season.

However you choose to ring in the changing of seasons, I hope you enjoy every minute of it.



[www.Craftsy.com](http://www.Craftsy.com)

This is an awesome resource for people looking to further their creative education online. This site offers hundreds of classes teaching everything from cake decorating, to sewing, to quilting, to drawing, to photography, to cooking, and much more. Craftsy brings the classroom experience to your home, even offering interaction with your classmates and instructors. The teachers are top-notch, as are the lessons. Most of the classes require a small investment but they do offer several free courses too.

### The Gawker Collection

Check out this fascinating little group of web sites, they encompass [www.StyleGawker.com](http://www.StyleGawker.com), [www.FoodGawker.com](http://www.FoodGawker.com), [www.CraftGawker.com](http://www.CraftGawker.com), [www.WeddingGawker.com](http://www.WeddingGawker.com), [www.DwellingGawker.com](http://www.DwellingGawker.com)

They are of high quality and have a Pinterest-like feel to their layout. But what makes these sites unique is all the submissions are pre-screened photos of said subjects that lead to DIY (do it yourself) instructions on how to create whatever it is you're looking at. This is the perfect group of sites for anyone who likes to be creative and try DIY projects.



Get Exclusive Specials When You "Like" us  
at <https://www.facebook.com/PCCSSiouxFalls/>

## Get Inspired

“Success is nothing more than a few simple disciplines, practiced every day.”

– Jim Rohn, 20th century American business man, author, and motivational speaker.



## Healthy Talk

### We are getting into Fall so Let's See How Many Ways You Can Eat An Apple?

Apples are a quintessential fall food, available in so many varieties and readily affordable for any budget. So, how about getting a little bit creative with the classic apple and seeing just how many ways you can eat this robust fruit?

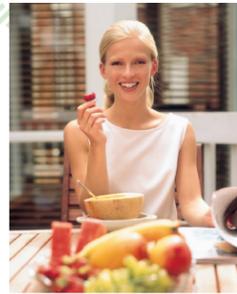
- Apple, brie & ham sandwiches
- Baked apples with cinnamon and sugar
- Apple pie
- Apples & peanut butter
- Chicken salad with diced apples
- White cheddar and apple baked mac

'n cheese

- Apple cheesecake
- Pumpkin and apple puree soup
- Apple stuffed roasted pork loin
- Homemade applesauce
- Pork and apple kabobs
- Apple and oat snack bars
- Apple and sharp cheddar “pizza” with sliced almonds

Apples are beautiful, flavorful and versatile. They pair well with many savory flavors and with Pinterest.com you can find just about any recipe and flavor combination you desire. Enjoy the bounty of apples this fall!

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



## Back To School Quotes

“No man can taste the fruits of autumn while he is delighting his scent with the flowers of spring.”

– Samuel Johnson, 18th century English author

“Now Autumn's fire burns slowly along the woods and day by day the dead leaves fall and melt.”

– William Allingham, 19th century Irish poet

“Designers want me to dress like Spring, in billowing things. I don't feel like Spring. I feel like a warm red Autumn.”

– Marilyn Monroe, 20th century American actress

“Summer ends, and Autumn comes, and he who would have it otherwise would have high tide always and a full moon every night.”

– Hal Borland, 20th century American author

Find some of these and more quotes at [www.brainyquote.com](http://www.brainyquote.com)

## A Fan Favorite Returns For September. 30 Days...30 Ways To Make It Special!

1. Read or listen to a book as a family. Instead of watching TV, read to each other from a favorite book or listen to an audiobook together.
2. Get family photos taken, with fall colors as the backdrop.
3. Bake a pie from scratch.
4. Go apple picking.
5. Start an art journal. YouTube and Pinterest are full of inspiration!
6. Throw a football party.
7. Go to a High School football game. Even if you don't have kids, it's a fun way to support the community.
8. Buy a coffee for the person behind you at Starbucks.
9. Write a hand written letter to an old friend.
10. Surprise a loved one with flowers.
11. Make a simmer pot and fill your house with the smell of cinnamon and cloves.
12. Buy a piece of jewelry from a local artist.
13. Support someone in need on Gofundme. (GoFundMe.com)
14. Enjoy a cup of coffee with someone you haven't seen in a while.
15. Treat yourself to a croissant from the best bakery in your area.
16. Take a picture of the trees as they turn colors.
17. Try “Meat Free Monday” out for a spin.
18. Do a Saturday afternoon craft with your kids. (You know, one of the dozens you've pinned on Pintererst!)
19. Walk your kids to and from school. It's a great time to hear about each other's day and to get some fresh air.
20. Go to a Farmer's Market, before they leave for the winter grab some rich fall bounty.
21. Bring doughnuts to work. Not the cheap kind from the grocery store, but the ones from the best little doughnut shop in town.
22. Get a pedicure with your best friend.
23. Spend one morning laying in bed for too long drinking coffee and looking at Instagram.
24. Put all those pictures from summer into a digital scrapbook. Try one of the online scrapbooks like [www.Smilebox.com](http://www.Smilebox.com) or [www.Shutterfly.com](http://www.Shutterfly.com)
25. Make real hot cocoa from scratch and drink it with your kids.
26. Make a fall themed wreath for your front door.
27. Pick a different locally owned restaurant every weekend and give it a try. Yelp is a great resource for finding hidden gems.
28. Grab the family and go for a walk after dinner, when the light is golden and the leaves are changing.
29. Start a tradition of “Classic movie Sunday” and start with “How To Marry a Millionaire”.
30. Get your carpets and upholstery cleaned...You know I couldn't leave that one out. Get a jump start before the holidays!



## 3 Ways to Stay Present With Your Kids This Fall

In today's fast paced world (that is full of plenty of distractions) we sometimes need to remind ourselves to stay present with the people we love. Here are 3 simple ideas for staying present with the young ones in your life. Plus, this pulls them off their devices, so they stay present with you.

#1: Bake brownies from scratch. Brownies are one of those ooey, gooey treats that happen to be super simple to bake from scratch. Scratch baking is becoming a lost art, so this is a great way to jump into baking from scratch because brownies will pretty much turn out every time.

#2: Play a board or card game. Sometimes it's hard to break out the old board games or a deck of cards when there is an Xbox nearby, but board/card games are fun and encourage real engagement between the players.

#3: Go for a walk. Such a simple idea, but how often do families just put down the electronics and go for a walk together? You get to enjoy the beauty of fall and get some exercise while you stay present with your family. It's a win, win for everyone.



Get Exclusive Specials When You “Like” us at <https://www.facebook.com/PCCSSiouxFalls/>

# Healthy Home News

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

**SPECIAL INSERT**

## "Isn't September too Early to Clean for the Holidays?"



*Hello friend and client! It's time to get on board with a really special offer. With the kids headed back to school there is only a small window of opportunity for you to clean before the holiday rush.*

*The last thing anyone wants is to have the house sparkling clean, ready for company and to look down and say "Uh oh! What are those dark dingy 'traffic lanes' forming? What are those spots all over the living room carpet? When did the couch get so dirty?"*

*So now is the perfect time to call me for a thorough cleaning that will resurrect dingy carpets and upholstery without leaving any dirt attracting residue or reappearing spots.*

**Don't Miss Out... This Offer Is Gone September 30, 2016!**

I know you may think it's a little early to clean for the holidays but hear me out on this one. If you clean now instead of later you'll have these four benefits.

**#1: You will beat the holiday "rush".** Every year I get calls from desperate homeowners who put off their carpet cleaning and need an appointment - now. But, that's the time of year when we are sometimes booked a couple of weeks

in advance. As much as I try to accommodate – often there are only cancellation lists available at that point.

**#2: You will get my best pre-holiday savings.** When I'm trying to fill my schedule (like now) it benefits both of us for me to offer some of my best savings of the year. (Check out the offer below for carpet and upholstery cleaning specials!)

**#3: You get one free spot & spill clean up before the holidays.** That's right! I'll come out and clean up any spots or spills that might happen between now and when your company comes. So your carpets look perfect for your holiday guests!

**#4: You get free carpet protection to make sure your carpets stay clean longer!** Yes, if you clean in September I'm going to apply carpet protection to the room in your house that gets the most traffic for free. (Up to a \$35 value!)

So don't miss out on this incredible offer. Like I said, this offer expires **September 30, 2016**. So call me today at **338-9017**. Don't wait until it's too late and the holiday rush is upon us. Call today and take advantage of this great offer that saves you money and includes \$145.00 in Savings & Freebies.

Before I go... Do you know anyone who has kids that left for college? That's a perfect time to get the carpets cleaned! Please have them call/text me. Thanks!

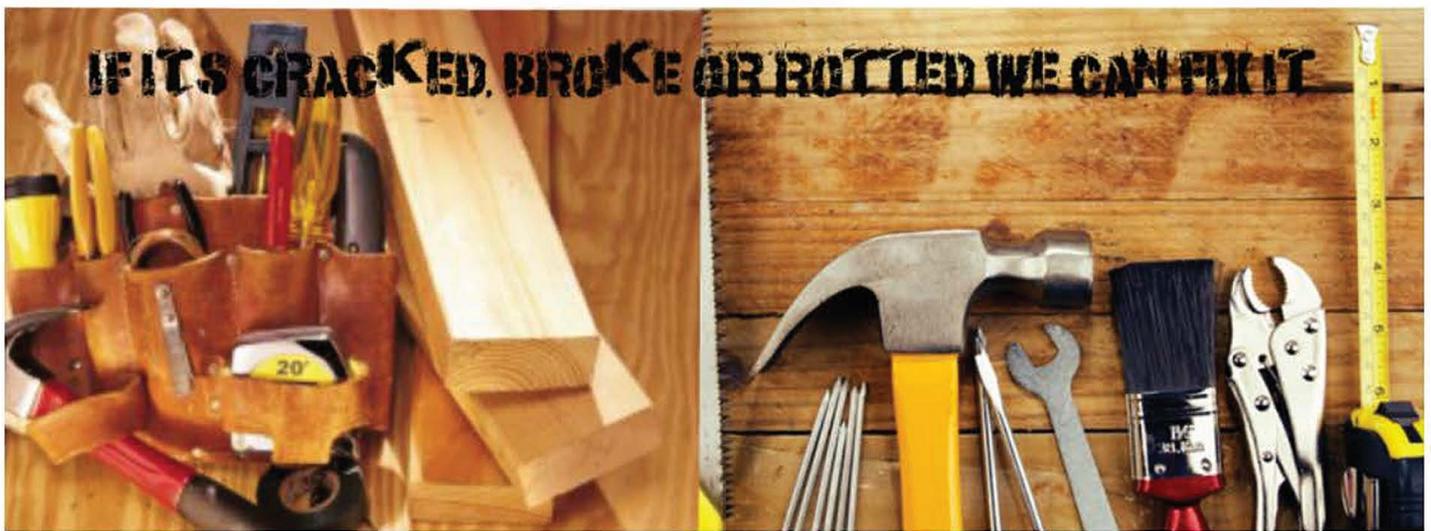
P.S. Remember to give them a Free Room of Cleaning and you'll get some cash!

**Clean Now & You Get \$190 in Savings & Freebies**

- SAVE \$35.00\* Cash off your carpet cleaning!
- PLUS - you get \$35 OFF your upholstery cleaning!
- PLUS - FREE spots and spills cleaned up before your holiday guests arrive! (\$85 value!)

PLUS you get one room of Free Carpet Protection Worth \$35.00!

Call 338-9017/Text 809-1321 **PCCS** or drop me an e-mail at [info@pccssf.com](mailto:info@pccssf.com). For even more specials please "Like" me at <https://www.facebook.com/PCCSiouxFalls/>. \*Some Restrictions apply. Not valid with other offers. \$85 min. applies



[www.handyonesllc.com](http://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/>



704 S. Cleveland Ave., Sioux Falls, SD 57103

Office: 605-323-0666  
Fax: 866-616-5830  
Email: [info@ppmsd.net](mailto:info@ppmsd.net)  
Web: [www.ppmsd.net](http://www.ppmsd.net)

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!

Please visit our web page at:

[www.info@ppmsd.net](http://www.info@ppmsd.net) and <https://www.facebook.com/ProgressivePM/>