



Healthy Home News

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

Professional Carpet And Cleaning Services – 812 N. Helen Ave., SF, SD 57104 – 338-9017 - Earl & Jodi

Mother's Day: The Second Sunday in May



Some form of Mother's Day celebration is observed in just about every country and culture around the globe, at different times throughout the year.

The United States celebrates Mother's Day on the second Sunday in May. In the 1880's and 1890s, there were several attempts to establish a nationally observed Mother's Day, but they didn't succeed beyond the local level. The holiday was ultimately created by Anna Jarvis of Grafton, West Virginia, in 1908 as a day to honor mothers. Jarvis wanted to accomplish her mother's dream of making a celebration for all mothers, although the idea didn't really take off until she enlisted the services of wealthy Philadelphia merchant John Wanamaker. She kept promoting the holiday until President Woodrow Wilson made it an official national holiday in 1914.

The holiday eventually became so highly commercialized that many, including its founder Anna Jarvis, considered its original purpose superseded. Jarvis ended up opposing the holiday she had helped to create. She died in 1948, regretting what had become of her holiday.

In the US, Mother's Day remains one of the biggest days for sales of flowers, greeting cards and the like; it is also the biggest holiday for long-distance telephone calls.

Holocaust Remembrance Day is May 1st

Holocaust and Heroism Remembrance Day (known in Israel as *Yom HaShoah*) is observed as Israel's day of commemoration for the six million Jews who perished in the Holocaust as a result of the actions carried out by Nazi Germany, and for the Jewish resistance in that period. In Israel, it is a national memorial day and public holiday.

Yom HaShoah was inaugurated in 1953 by then Prime Minister of Israel David Ben-Gurion and the President of Israel Yitzhak Ben-Zvi.

The original proposal was to hold *Yom HaShoah* on the 14th of Nisan, which is the anniversary of the Warsaw ghetto uprising (April 19, 1943), but this was problematic because that day is the day before Passover. The date was moved to the 27th of Nisan, which is eight days before Israeli Independence Day.

Most Jewish communities hold a solemn ceremony on this day, but there is no institutionalized ritual accepted by all Jews. Lighting memorial candles and reciting the *Kaddish* (the prayer of the departed) are common.

May

*Before I was myself you made me, me
With love and patience, discipline and tears
Then bit by bit stepped back to set me free*

Dimitri Shostakovich

Vegetable Grilling Tips

Grilling season is upon us! If you find it difficult to obtain good results when grilling vegetables, consider the following tips.

- The grilling surface should be nice and clean, and prior to heating, coated with oil to avoid problems with sticking.
- For best results, grill your veggies over medium heat directly over the coals.
- To make sure the veggies all finish cooking together, be sure to cut them approximately the same size before cooking.
- You can brush oil on your veggies for additional flavor, and to insure against sticking.
- Veggies can be grilled on skewers, or wrapped in bunches in heavy duty foil.
- Remove veggies before they get soft, since they will continue to cook after they are removed from the grill.

Most veggies should be grilled a few minutes only, and turned once. Don't leave them unattended!

Get Free Cleaning Tips and Specials at our Website www.pccsf.com and at facebook join us at Professional Carpet And Cleaning Services!!

**FLOOD SEASON!
WE ARE HERE TO
HELP PLEASE
CALL US WE ARE
SPECIALIST IN
WATER DAMAGE
CALL US AT
338-9017**

On Parenting

*A mother who is really a mother
is never free.*

Honore de Balzac

*Each day of our lives
we make deposits in the memory
banks of our children.*

Charles Swindoll

*Education, like neurosis,
begins at home.*

Milton Sapirstien

*I had no idea that mothering my
own child would be so healing to
my own sadness from my
childhood.*

Susie Bright

*Mothers all want their sons to
grow up to be president, but they
don't want them to become
politicians in the process.*

John F. Kennedy

See Insert This Issue:



**Save Money
By Cleaning
Your
Carpets!**

May is Better Sleep Month

Here are some tips to consider, if you find yourself having a hard time sleeping well.

- Start a relaxing bedtime routine.
- Go to bed and get up at about the same time every day, even on the weekends.
- Choose a comfortable mattress and pillow.
- Avoid nicotine, alcohol and caffeine in the evening.
- Exercise regularly, and at a time right for you.
- Keep your bedroom quiet, dark and comfortable. Keep work materials, computers and televisions out of the bedroom.
- Avoid discussing emotional issues in bed.
- Avoid napping.
- Keep pets off the bed.
- Don't eat or drink large amounts before bedtime. Eat right, sleep tight.
- Use sleeping pills only as a last resort.

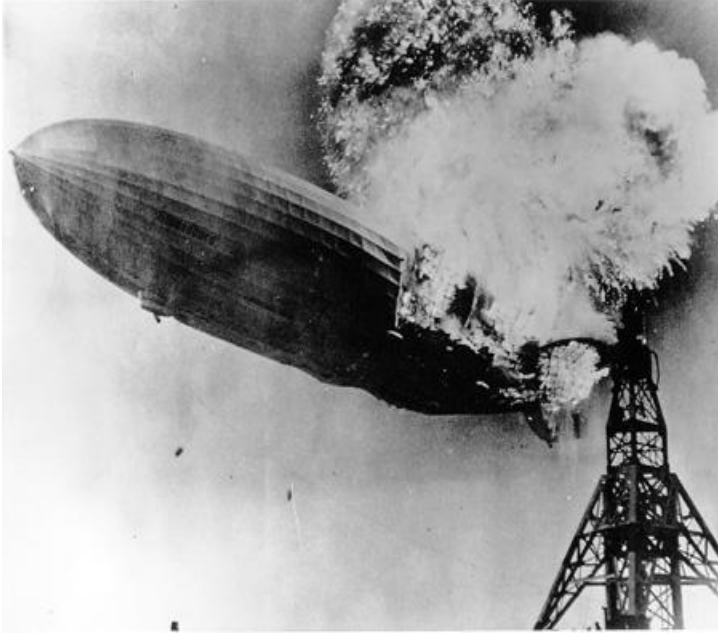


Kentucky Derby Fun Facts



- The Kentucky Derby trophy is made of 56 ounces of gold (14/18 carat), and is 24 inches tall.
- Churchill Downs opened on May 17, 1875 and the very first race was won by a horse named *Bonaventure*. The featured race's winner was a 3-year-old chestnut colt named *Aristides*.
- The horseshoe atop the Kentucky Derby was originally pointing down, and was turned around to point upward in 1924.
- The phrase "Run for the Roses" was coined by NY sports columnist Bill Corum, who would later become president of Churchill Downs.
- Racing silks were adopted in order to help distinguish jockeys and horses from one another.
- "My Old Kentucky Home," the song played when the horses are led onto the field, has been played by the University of Louisville Marching Band since 1936.
- The Derby was nationally telecast for the first time on May 3, 1952.
- *Donerail* became the longest shot to win the Kentucky Derby in 1913, with 91.45-1 odds.
- 12 Derby winners have sired other Kentucky Derby winners, with *Bold Venture* siring two.
- There has never been a winner to come out of post position #15.
- The fastest Derby run was by *Secretariat* in 1973, at 1:59.40. The slowest run was by *Stone Street* in 1908, at 2:15.20.

Hindenburg Explosion, May 6, 1937



The Hindenburg disaster is well-remembered, due in large part to the significant amount of newsreel footage and photographs, as well as Herbert Morrison's famous live, on-the-scene coverage, which was made from the Lakehurst, NJ landing field for Chicago station WLS. Heavy publicity about the first transatlantic passenger flight of the year by Zeppelin to the US attracted a large number of journalists to the landing. (The airship had already made one round-trip from Germany to Brazil that year.)

Parts of Morrison's live audio report were later dubbed onto the video newsreel footage, giving the impression to many modern viewers that the words and film were recorded together intentionally. Morrison's broadcast remains one of the most famous in history. His plaintive words, "O, the humanity!" resonate with the impact of the disaster, and have been widely used in culture.

Transcript of Herbert Morrison's account of the Hindenburg explosion:

It's practically standing still now. They've dropped ropes out of the nose of the ship; and (uh) they've been taken ahold of down on the field by a number of men. It's starting to rain again. It's... the rain had (uh) slacked up a little bit. The back motors of the ship are just holding it (uh) just enough to keep it from... It's burst into flames! Get this, Charlie; get this, Charlie! It's fire... and it's crashing! It's crashing terrible! Oh, my! Get out of the way, please! It's burning and bursting into flames and the... and it's falling on the mooring mast. And all the folks agree that this is terrible; this is one of the worst catastrophes in the world. [indecipherable] its flames... Crashing, oh! Four or Five-hundred feet into the sky and it... it's a terrific crash, ladies and gentlemen. It's smoke, and it's in flames now; and the frame is crashing to the ground, not quite to the mooring mast. Oh, the humanity! And all the passengers screaming around here. I told you; it -- I can't even talk to people, their friends are out there! Ah! It's... it's... it's a... ah! I... I can't talk, ladies and gentlemen. Honest; it's just laying there, mass of smoking wreckage. Ah! And everybody can hardly breathe and talk and the screaming. Lady, I... I... I'm sorry. Honest; I... I can hardly breathe. I... I'm gonna have to stop for a minute because [indecipherable] I've lost my voice. This is the worst thing I've ever witnessed.

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients and friends who graciously referred me to their friends and neighbors last month!

My business runs on the positive comments and referrals from people just like you! I couldn't do it without you!

A special thanks to all these fine folks who referred me...

Lisa Jervik

Thanks for All the Kind Words!

Thank you again for donating to the Junior League of SF Silent Auction. This years fundraising event brought in over \$26,000 to support our mission. Thanks for your generosity and caring about your community. I greatly appreciate the services you offer & look forward to an appointment this spring!

Your New Issue Has Arrived!

*Look Inside For Some
Amazing Money-Saving
Tips and More!*

World Laughter Day is May 1st

World Laughter Day is celebrated each year on the first Sunday of May in many countries, such as India, USA, Australia, France, Germany, the UK and Hungary. To honor this occasion, here are some groaners to amuse you.

- A sandwich walks into a bar. The bartender says, "Sorry, we don't serve food here."
- An E-flat, a G-flat and a B-flat walk into a bar. The bartender says, "I'm sorry, we don't serve minors."
- A toothless termite walked into a tavern and said, "Is the bar tender here?"
- A jumper cable walks into a bar. The bartender says, "I'll serve you, but don't start anything."
- Two antennas met on a rooftop, fell in love and got married. The ceremony wasn't much, but the reception was excellent.

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 5 people who call me or email me at info@pccssf.com with the correct answer will win **two FREE movie tickets**. Enjoy a night out on us with someone special in your life! Take your best guess, and then call or email me at **338-9017 M-F 9-5 only!** Remember, your chances of winning are better than you think!

This month's *Mega Trivia Question*:
**Which US President made Mother's Day an
official national holiday in 1914?**

- A) Theodore Roosevelt B) Warren Harding
C) Woodrow Wilson D) Calvin Coolidge

HINT: The answer is somewhere in this newsletter

You must have done business with PCCS in order to win movie tickets.
**One Winner per residential household & Must not have won within the last
60 days.**



Instantly 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 Professional Carpet And Cleaning Services. In today's economy everyone I talk to is 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-\$5,000.00 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 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. Most homes don't have 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?***

Protect Your Home's Valuable Asset With Carpet Cleaning:

Please Call PCCS at 605-338-9017 or e-mail me at info@pccssf.com

Call before May 31, 2011 And Save \$25 off your Carpet Cleaning*

www.pccssf.com

*Some restrictions apply. Min. order of \$85 applies. Not valid with other offers.

STEAM AWAY OIL, GREASE, DIRT, GRIME AND ALEGAE OFF OF YOUR TILE & GROUT, GARAGE FLOORS, DRIVEWAYS, SHOWERS, RESTAURANT FLOORS, GUM OFF OF SIDEWALKS



Hi-Tech Steam Restoration is a fully licensed and insured company serving the Sioux Empire and surrounding area. Our mission is to provide our customers with astonishing service and the best investment in cleaning and restoring hard surfaces.

We strive to ensure 100% satisfaction by providing professional, affordable high quality service. As an Owner/ Operated business we are committed to continuing education, and utilize the most advanced equipment in the industry.

With Hi-Tech Steam Restoration there are no surprises and no hidden charges. We'll clean your floor or hard surface like it has never been cleaned before! You will really be amazed and agree that your Tile, Carpet, Driveway, retaining wall, steps, Bathroom or Upholstery has been restored back to its original!!!

We utilize the most advanced technology to clean and restore your tile, grout, stone and cement floors back to its natural beauty.



Pre-treatment: First we apply a deep solution that loosens up the dirt, grimes, oil and bacteria on some surface. Most surface we use hot water.

Pressure: 1000 psi high pressure water to penetrate the toughest areas without causing damage.

Heat: We use 200 + degrees of heat.

Vacuum: Our process removes the soil and dirty water off of your floors.

Benefits:

- Our Process removes the dirt, grime, oil & bacteria.
- Restores your floors & walls to a like new appearance.
- We use EPA & Environmentally friendly Solutions.
- Licensed & Insured.
- Monthly Maintenance program available.



Tile, Grout Restoration



Step One: First we use a simple non-toxic, eco-friendly cleaning solution to agitate the dirt that's ingrained into the floor (that's why mopping never removes it, allowing it to build up over time).

Step Two: We then use our patented floor tool that applies heated water at just the right pre-selected cleaning pressure in the Containing Dome—pre-selected at a level that precludes any damage. At the time the water is being applied, it's also vacuum-extracted at 5 gallons per minute, leaving the surface almost completely dry.

Why waste more time and effort "trying" to clean your hard surfaces the old fashion way? Hi-Tech Restoration offers fast, effective, and affordable solutions that work on any hard surface: natural stone; travertine; brick; concrete; and stucco. We can do it all—vertical or horizontal.

HI-TECH STEAM RESTORATION

Tile, Grout, Stone & Cement Specialist

812 N. Helen Ave.,
Sioux Falls, SD 57104
605-338-9017

Email: info@hitechsteam.com
www.hitechsteam.com

Call today and mention this ad and save **\$25** Off any of our Hi-Tech Steam Services.

SAVING'S FROM PCCS TO YOU!

The Selective Homeowners' Ultimate Service Rolodex!SM



“FREE Consumer Hotline Warning! Learn The 6 Costly Mistakes Smart People Make When Choosing A Carpet Cleaner & How To Avoid Them.”

SIOUX FALLS – A free consumer’s hotline warning has just been released that shares inside information on 6 costly mistakes smart people make when choosing a carpet cleaner and how to avoid them. If you care about your home, you need to Call 1-866-616-5830 for a FREE RECORDED MESSAGE. If you would like a copy of the FREE report just leave your name and address. A copy of the report will be sent to you in the mail. Call now and find out about insider tips and techniques that can literally save you hundreds, even thousands of dollars when you hire any carpet cleaning service!

Finally, the amazing secrets revealed of...

“How To Choose The Best Service Companies Without The Headaches Of Trial And Error”

SIOUX FALLS – When it comes to cleaning, maintaining, repairing or remodeling your home, who you hire can literally mean the difference of thousands of dollars more or *less* that

Whether you’re hiring a professional carpet cleaner to clean your carpets, or selecting a reliable plumber, electrician, carpenter, painter, landscaper or other contractor to give you the best service and value, it really helps to have the *right knowledge*.

Inside these pages, you’ll find the names and telephone numbers of reliable service providers who have individually promised to provide quality service to homeowners, at fair prices. More than that, they’ve promised to provide extra caring and attention to make sure that you are not just satisfied with their work – that you’re genuinely happy about it!

It’s all part of the pledge that we require each business to make before we allow them to advertise their services in this time-and-money-saving Homeowners’ Ultimate Service Rolodex guide. *We personally interviewed and selected each business advertised in these pages for a special reason.*

Extraordinary service and caring is often a lost art in business today, unlike many companies who only look at the work they do or service they provide as a job. The small businesses and craftspeople advertised in these pages take great *pride* in the work they do – and they have promised to do everything they possibly can to please you with their work and service so they can earn your respect, future business and referrals!

Wait... there’s a money-saving bonus too!

Each month, the businesses who advertise have also promised to have Homeowners’ Ultimate Service Rolodex specials and discounts for *you* that they don’t offer to the general public. Discounts and specials that will save you time and money, and help you keep your home looking beautiful, so it maintains its highest value! you’ll pay out of your pocket. Not to mention the quality of service and care that is given to you as well!

Homeowners' Ultimate Service Rolodex Pledge!



FLOORING AMERICA
 Phone: (605) 498-8000 • Fax: (605) 498-8002
 Home: 712-472-4895
 Cell: 605-929-7399
 27107 Independence Ave
 Sioux Falls, SD 57108
 geneserck@flooringamericasf.com

Hours: Mon. & Fri. 8am-8pm
 Tues. Wed. Thur. 8am-6pm
 Sat. 10am-4pm
 After hours appointments available



Chris Gustafson
 Agent
 Writing #UF225
 An Independent Associate Representing Aflac

5032 S Bur Oak Place
 Suite 111
 Sioux Falls, South Dakota 57108
 605.331.5223 office
 605.331.5224 fax
 605.521.9961 cell
 chris_gustafson@us.aflac.com
 aflac.com

Steam it Away!
HI-TECH STEAM RESTORATION
 Tile, Grout, Stone & Cement Specialist

338-9017
 Businesses Call Us Today
 For A FREE No Obligation
 Demonstration
 Earl & Jodi Broker - Sioux Falls
 info@hitechsteam.com

RESIDENTIAL
 Kitchen Floors
 Countertops
 Shower Enclosures
 Garage Floors
 Driveways
 Pool Decks
 Patios
 Mold Removal
 Entryways, Hallways
 And Much More!

COMMERCIAL
 Brick
 Tile, Stone
 Concrete walks
 Lobbies
 Entry Areas
 Rest Rooms
 Kitchen Areas
 Hallways
 Glass Removal
 And Much

24 Hr. Emergency Service

Hitechsteam.com

THE MOST THOROUGH CLEAN YOU'VE EVER SEEN OR IT'S FREE - GUARANTEED!

*Water Restoration-*Carpet & Upholstery-*Tile Grout & Stone Cleaning *Spot Dying-*Patch Repair-*Re-stretching-*Stain Removal-*Insurance Claims *RV, Boat, Camper carpet and Upholstery* *Free Carpet Audit

PCS PROFESSIONAL CARPET AND CLEANING SERVICES
338-9017

24 Hr. Emergency Services

Email - Jodi@pccssf.com
 Web: www.pccssf.com Check out our Testimonials
 Become a fan on FaceBook @ Professional Carpet And Cleaning Services
 Follow us on Twitter@ pccssiouxfalls

Earl/Jodi Broker
 Owner/Certified & Insured

Proud Member of
 Ethical Services® www.ethicalservices.co

Advertise Here!

Pick up the phone and give me a call
 338-9017!
 It really works!

Advertise Here!

Pick up the phone and give me a call
 338-9017!
 It really works!

The above companies are owned and operated independently from Professional Carpet And Cleaning Services. Their names and services are offered so that you can inquire about their services and take advantage of the specials and discounts that they have pledged to offer to HOMEOWNERS' ULTIMATE SERVICE ROLODEX members.