

**JPC Carpet Care &
Air Duct Cleaning**
315-252-2953
800-675-5467
607-697-0088

Healthy Home News

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

Save On Fuel Costs This Winter

Seasons are about to change. With fuel prices the way they are, it is only prudent to maintain your home and/or business heating system for maximum efficiency. Last month we focused on keeping the cold out. This month, we want to take a look at the most efficient, cost effective way to keep the heat in.

Call For Furnace Service: Have your furnace cleaned and inspected before heating season starts.

Replace Your Furnace Filter: Improving the air quality in your home can be as simple as replacing a dirty filter.

Turn Off The Power To Your Air Conditioner: This quick job saves money and energy and lengthens the life of your central air conditioner

Also, now is the time to clean the humidifier if you use one. And of course, to prevent dust and accumulated debris from being blown into your home, JPC recommends a mechanical cleaning of your ductwork, followed by a thorough sanitization to kill mold and bacteria in the system. We especially recommend this cleaning if you experience symptoms of asthma or allergies in your home during the winter.

Source: http://www.managemyhome.com/mmh/maintenance_plan/September

"Insane people are always sure that they are fine. It is only the sane people who are willing to admit that they are crazy."

-Nora Ephron

JPC Gift Certificates Available Starting From \$125.00

You can give the gift of a clean sofa, recliner, car interior, carpet.

 <p>JPC, LTD. 62 COLUMBUS ST. AUBURN, N.Y. 13021 TOLL FREE- 1-800- 675-5467</p>	<p><i>JPC, LTD GIFT CERTIFICATE FOR YOUR SPECIAL OCCASION</i></p>
	<p>To: <i>Jpc Preferred Client</i></p>
	<p>Certificate expires in 6 months, may be combined with any of our other discounts or offers. May not be redeemed for cash</p> <p><i>Thank You Very Much !</i></p>



The Leaves

**The leaves had a wonderful frolic.
They danced to the wind's loud song.
They whirled, and they floated, and scampered.
They circled and flew along.**

**The moon saw the little leaves dancing.
Each looked like a small brown bird.
The man in the moon smiled and listened,
And this is the song he heard.**

**The North Wind is calling, is calling,
And we must whirl round and round,
And then, when our dancing is ended,
We'll make a warm quilt for the ground.
By: Anonymous**

There are only two things a child will share willingly; communicable diseases and its mother's age.

Dr. Benjamin Spock

Don't talk unless you can improve the silence.

Jorge Luis Borges

HELEN'S CORNER

Cleaning Ceiling Fans

First, you need a small stepladder; or a sturdy kitchen chair. You do not have to see the tops of the blades to clean them, but you should be high enough to reach the tops of the blades comfortably.

Take your paper towels or rag and your cleaning spray, climb up on the ladder to a height where you are comfortable reaching the top of the fan, making sure the ladder is steady and level. Spray the paper towel or cloth with the cleaning spray, or spray the fluid directly on the top of the nearest fan blade if you are up high enough. Start at the end of the blade nearest the motor, pull the towel toward the end of the blade, and wipe off the dirt as you do so.

If you haven't cleaned your fan in quite a while, large amounts of dust and lint may fall on the floor as you clean. You may want to put down a drop cloth before you begin, or just vacuum after you finish, depending on what type of flooring is beneath the fan. If you are cleaning a fan over a bed, you may want to protect the bed before you begin to clean the fan.

source: Source: <http://www.essortment.com>

*P.S. To maintain your carpets after a thorough cleaning, don't forget to use the **Spot Out** our carpet technician gives you. If you need to replace your bottle because you have a lot of spots and spills, just come by the office and the office staff will be happy to give you another one free of cost.*

Helen

Thoughts are like arrows: once released, they strike their mark. Guard them well or one day you maybe your own victim.

-American Indian Proverb, Navajo

IN YOUR WORDS Client Testimonials 2008

"Very nice people to deal with both on the phone and as technicians. Would recommend company to others. Technicians available for more after hours and/or weekends to allow for extra drying time before traffic starts up again. (You always managed to work with us, though.) We had water come into our building and saturate a good portion of our carpeting. You guys came on a holiday and took care of it for us."

Anonymous, 8-19-08, Water Damage, Auburn

"The carpets in both apartments look great! Thanks a lot. When I call, it is always a pleasant experience on the phone. Very accommodating, very friendly. Thank for that!"

Chere Ware, 7-29-08, Carpet Care, Port Byron

"Couldn't have asked for more. Marc went out of his way for us. Can't thank him enough."

Anonymous, 8-16-08, Water Damage, Auburn

"Attention to detail, perfect job."

Willis Davis, 6-11-08, Automobile Interiors, Auburn

"Marc is great – needs no room for improvement! Company exceeds excellent."

Kathy Waby, 7-13-08, Carpet Care, Auburn

"I'm satisfied. See you next time." ---- Anynomous Client

Valued Clients –

The Crew and I anticipate being able to resume Residential Duct Cleaning starting September 15th. We've been on the road working for the state cleaning elementary, middle, and high school ductwork in Albany, Norwich, Plattsburgh, and Hudson, just to mention a few places.

When you schedule your duct cleaning you will be asked to complete a short questionnaire with the secretary. This information helps our technicians assess location and accessibility of your ductwork. Before we begin work, a JPC technician will walk you through the entire process, from accessing your ductwork from your furnace, to cleaning your registers with a diluted solution of the sanitizer. You will be given a total cost. Prices vary based on the number of hot and cold registers in your home.

The Crew and I look forward to working Residential again. We would like to thank you for your continued patronage.

Best Regards, Jim Smith

DISASTER PREPAREDNESS

One of my favorite getting-ready-for-winter tasks is bringing out the oil lamps and making sure they are ready just-in-case. We keep one oil lamp per person in the house. Another rule of thumb may be one oil lamp per room.

Now is the time to make sure the globe is clean and hasn't been cracked or chipped. The burner should be cleaned and in good condition, too. Wick should be adequate for a couple of nights worth of burn, at the very least. Make sure the base is filled with lamp oil and have a bottle or two in reserve.

Oil lamps are reasonably priced, so is the oil, and they are a wonderful way to prepare for an otherwise very uncomfortable turn of events.

Brave the Bus, Save on Gas

Centro A CNYRTA Company

The Auburn bus route provides service within the city of Auburn connecting residential locations with major employers, retail centers, and educational facilities. This includes service to Fingerlakes Mall, Cayuga Community College, Auburn Plaza, and Grant Ave. Plaza. The service is set up as a clover system with each bus serving all four major routes in succession. This system reduces the need to transfer between buses, however transfers can be made in downtown Auburn.

Cost: .60 cents

Source: <http://www.centro.org/pdf/auburn-city.aspx>

Computer For Beginners

More and more technology is becoming part of our everyday life at home. If you've thought about getting a computer, but you really don't know anything about them, breathe easy. Your best information will come from someone in their teens or twenties. My mom uses my brother for information. My kids taught me. It is a unique phenomenon in society today that for the first time in history children teach their parents.

When you order your computer they will ask what purpose you intend using it for and it should arrive with all the programs installed.

All you have to do is have the internet connected and turn it on.

Once it's on,

all the information you need to maintain your computer (house, car, budget, etc.) is on the internet.

One of the joys of having a computer is being able to access your bank account online. Your bank will have you fill out a form with your username and password and will set it up so that when you

Words of Wisdom
"It Only Makes Sense"

Which is worse: Ignorance or Apathy? Who knows? Who cares?

Why do psychics always have to ask for your name?

Why is it that night falls but day breaks?

Why is it that when you're driving and looking for an address, you turn down the volume on the radio?

If winners never quit, and quitters never win... then why do we say quit while you're ahead?

Source: <http://www.geocities.com/fire-hazzard/>



This male cat in China's Shanxi province has two wings on his back. The wings started as bumps and then grew into two 10-centimeter-long wings.
Source: CNIImaging/newscom.com

THANKS TO ALL THE FINE FOLKS WHO REFERRED ME!

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 in January and February and March!

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



HILLS HEATING, EFCO

CARPET HOUSE



JPC Carpet & Air Duct
62 Columbus St.
P.O. Box 428
Auburn, NY 13021

Your New Issue Has Arrived!

Red Cross Readiness Flu Season

Fact: Flu viruses spread from person to person when people who are infected cough or sneeze.

Fact: Adults may be able to infect others 1 day before getting symptoms and as long as 5 days after getting sick.

What To Do When Someone Gets Sick

- Designate one person as the caregiver.
- Keep everyone's personal items separate. All household members should avoid sharing pens, papers, clothes, towels, sheets, blankets, food or eating utensils unless cleaned between uses.
- Wash everyone's dishes in the dishwasher or by hand using very hot water and soap.
- Wash everyone's clothes in a standard washing machine as you normally would. Use detergent and very hot water and wash your hands after handling dirty laundry.

Red Cross Readiness Flu Season, continued

- Wear disposable gloves when in contact with or cleaning body fluids.

Good Health Habits to Maintain Your Body's Resistance

- Eat a balanced diet and drink plenty of fluids.
- Exercise daily and manage your stress.
- Get enough rest and sleep.

For more information you can go to:
www.redcross.org

Words of Wisdom

To see a World in a Grain of Sand
And a Heaven in a Wild Flower,
Hold Infinity in the palm of your
hand
And Eternity in an hour.

William Blake, 1757-1827

If you have a problem with water damage this season, give us a call. We've had lots of experience, are certified in water damage and mold remediation, and our prices are reasonable.