

JPC Carpet Care &
Air Duct Cleaning
315-252-2953
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607-697-0088

Healthy Home News

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

WHEN YOU WANT IT DONE RIGHT

JPC has been in the business of Restoration for 20 years, and has trained, certified technicians who work very hard to offer you a full range of services.

Call JPC when you need to regain control as quickly as possible after an emergency.

We will work with your Insurance Company to restore your home quickly and keep your cost to a minimum.

IN CASE OF:
WATER, WIND, SNOW, FIRE AND SMOKE DAMAGE

CALL OUR 24 HOUR EMERGENCY LINE

315-252-2953 During Business Hours
315-246-2041 After Business Hours

JPC is certified through The Institute of Inspection, Cleaning and Restoration, The Environmental Technical Group, The National Air Duct Cleaners Association and, most recently, The American Bio-Recovery Association.

AMERICAN PROVERB

It doesn't work to leap a twenty-foot chasm in two ten-foot jumps.

What Was Playing the Year You Were Born????

[Cinderella \(1950\)](#), 76 minutes, D: Disney Studio
[Alice in Wonderland \(1951\)](#), 75 minutes, D: Disney Studio
[Singin' in the Rain \(1952\)](#), 103 minutes, D: Gene Kelly and Stanley Donen
[War of the Worlds \(1953\)](#), 85 minutes, D: Byron Haskin
[Seven Brides for Seven Brothers \(1954\)](#), 103 minutes, D: Stanley Donen
[East of Eden \(1955\)](#), 115 minutes, D: Elia Kazan
[The King and I \(1956\)](#), 133 minutes, D: Walter Lang
[The Bridge on the River Kwai \(1957\)](#), 161 minutes, D: David Lean
[Vertigo \(1958\)](#), 128 minutes, D: Alfred Hitchcock
[The Diary of Anne Frank \(1959\)](#), 170 minutes, D: George Stevens
[The Apartment \(1960\)](#), 125 minutes, D: Billy Wilder
[West Side Story \(1961\)](#), 153 minutes, D: Robert Wise and Jerome Robbins
[To Kill a Mockingbird \(1962\)](#), 131 minutes, D: Robert Mulligan
[The Birds \(1963\)](#), 119 minutes, D: Alfred Hitchcock



"The snow is lying very deep.
My house is sheltered from the blast.
I hear each muffled step outside,
I hear each voice go past.
But I'll not venture in the drift
Out of this bright security,
Till enough footsteps come and go
To make a path for me."

- Agnes Lee

Whosoever wishes to know about the world must learn about it in its particular details. Knowledge is not intelligence.

In searching for the truth be ready for the unexpected. Change alone is unchanging.

The same road goes both up and down.

The beginning of a circle is also its end.

Not I, but the world says it: all is one.

And yet everything comes in season.

- HERAKLIETOS OF EPHESES

Helen's Corner

Before you Entertain

Everyone likes the house to be clean when they are entertaining. Here's how you start: Walk through your front door and put yourself in your guests place. What do you see? Any cobwebs or dirt catch your eye in the front entrance? Could you do with a nice plant or some other decorative item to greet visitors?

Tackle your big cleaning jobs in small increments. If you want to give the dining room an overhaul that includes cleaning the walls set your time for 15 minutes and do a little each day. Complete one cleaning task before beginning another. If you don't you may find yourself surrounded by a sea of undone cleaning chores.

Put together a cleaning kit for each area of your home. One for bathrooms. one for the kitchen and another for the living room, bedrooms. Keep these near or in the room to be cleaned. Cleaning goes much faster when tools are handy.

Have some paper towels and a bottle of sparkling water nearby the night of your party for any unforeseen stains or spills.

Once your home is clean and organized for the holidays don't just leave it at that. A clean and organized home will free up time for you and your family. Make it a priority and do your best to keep it that way.

*Happy Housekeeping,
Helen*

SOURCE: www.ideamarketers.com

IN YOUR WORDS Client Testimonials

“Good Service and Professional.”

Anonymous, 11/03/08, Carpets, Auburn

“ Always arrive when you say you will, and always professional.
Keep up the excellent customer service!”

Ginny, Women's Health Center, 1/5/09, Carpets, Auburn

“As far as I am concerned there is nothing you could do better.
Marc is very prompt.”

Barb Withers, 1/06/09, Carpets, Auburn

“Professional and courteous, they pointed out that some of our flexpipe wasn't connected to a duct in one of the rooms. My wife, who has asthma and allergies noticed and improvement in air quality within a day.”

E. VanDerVeer, 3/18/09 Duct Cleaning, Auburn

“Just nice, courteous people.”

Anonymous, 11/17/08, Duct Cleaning, Fayetteville

The most acclaimed movie ever made: Citizen Kane. Made in the US in 1941, directed by Orsen Wells, Citizen Kane takes first place on the list compiled by the American Film Institute. It is listed on the National Film Registry, and was voted best for sight and sound, in 62, 72, 82, and 92, as the poll is only done every 10 years. The film has won no Academy Awards, was awarded best picture in 1952 by New York Film Critics Circle

<p>It is impossible for a man to learn what he thinks he already knows. EPICTETUS</p>	<p>Genuine tragedies in the world are not conflicts between right and wrong. They are conflicts between two rights. - Georg Hegel</p>	<p>Before enlightenment - chop wood, carry water. After enlightenment - chop wood, carry water. ~Zen Buddhist Proverb</p>
<p>Using disposable alkaline batteries instead of rechargeables? Then you'll be stoked by this news: Panasonic's new EVOLTA lineup claims to perform "almost 1.3 - 2 times" longer than other existing alkalines. In fact, they claim it's the "longest lasting AA battery cell in the world." Panasonic will charge an approximate 15% increase in price when they hit the market on April 26th, 2009.</p>		<p>Blessed are they who can laugh at themselves for they shall never cease to be amused.</p>

MOST FREQUENTLY NEEDED VEHICLE MAINTENANCE

According to the Vehicle Maintenance Council, 4 out of 5 cars need maintenance, such as the items listed below. Is yours one of them?

- **Worn brake parts:** Postponing needed brake service, in addition to being a safety hazard, can escalate the cost of a braking system overhaul.
- **Tired windshield wiper blades:** Don't wait for a rainy day to replace worn blades.
- **Burned out lights:** Can you see and be seen? Check all your lights regularly to be sure.
- **Clogged filters:** Scheduled replacement of air, oil, gas, fuel, transmission and other filters extend car life and improve performance.
- **Worn spark plugs:** Worn plugs waste gas and increase exhaust emissions. They also cause the engine to run poorly.
- **Corroded battery cables:** Corroded cables and a weak battery cause starting trouble. Have battery and charging system checked if the engine turns over slowly.
- **Glazed belts, rotten hoses:** A slipping belt can affect engine cooling, alternator, power steering, and air conditioner. Replace worn belts before they let you down. Brittle/rotten cooling system hoses can lead to overheating. Others, such as vacuum and power steering hoses, hinder performance and safety.
- **Neglected cooling system:** Periodic servicing of the cooling system helps prevent deterioration of radiator or heater core.
- **Leaking shock absorbers:** Worn shocks or struts affect ride control and shorten tire life.
- **Damaged CV joint boots:** These rubber boots protect the critical CV joints that deliver power to your wheels. They should be inspected regularly and replaced as needed.

Hot Tomatoes

A recent study by Rui Hai Liu, M.D., Ph.D., at Cornell University showed that cooking tomatoes significantly boosts their levels of lycopene, an important antioxidant that may help prevent prostate and other forms of cancer, heart disease, and other serious illnesses. When tomatoes were cooked for 15 minutes, their lycopene increased by 171 percent. Including a little fat, such as olive oil, improved the body's absorption of lycopene. The downside: cooking cut levels of vitamin C. But Liu calls that a minor drawback, since people can get vitamin C from many other foods.

"The most successful people are those who are good at plan B."

- James Yorke

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 October!

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



Your New Issue Has Arrived!

JPC Carpet & Air Duct

JPC Carpet & Air Duct
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Interesting Facts

The word "Arctic" comes from the ancient Greek Arktikos, or "country of the great bear." Though the Greeks had no knowledge of the polar bear, they named the region after the constellation Ursus Major, the Great Bear, found in the Northern Sky.

Each Wonder (as in 7 wonders) has its own intrigue. Historians agree that the Pyramids stood the test of time, the Lighthouse is the only Wonder that has a practical secular use, and the Temple of Artemis was the most beautiful of all Wonders.

Earth is tipped at 23 and 1/2 degrees in orbit. That axis is what causes our seasons.

Only 11 percent of the earth's surface is used to grow food.

The Skylab astronauts grew 1.5 - 2.25 inches (3.8 - 5.7 centimeters) due to spinal lengthening and straightening as a result of zero gravity.

The Lighthouse of Alexandria



Artist's Rendering of the Temple of Artemis

