

**JPC CARPET CARE &  
AIR DUCT CLEANING**  
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# Healthy Home News

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

## Martin Luther King, Jr. Day, Jan. 18, 2010

*From Wikipedia*



The **Birth**day of Martin Luther King, Jr., often called **Martin Luther King Day**, is a United States holiday honoring the Reverend Dr. Martin Luther King, Jr., observed on the third Monday of January each year, around the time of King's birthday, January 15.

The holiday was the result of a large-scale campaign headed by a number of activists. One of the most notable of these was musician **Stevie Wonder**, who

On January 18, 1993, for the first time, Martin Luther King Day was officially observed in all 50 U.S. states. The day is marked by demonstrations for peace, social justice and racial and class equality, as well as a national day of volunteer community service.

Although the day is a federal holiday and a state holiday in all states, it is usually not observed by small private companies. Many large corporations close their operations, but small shops, restaurants, and grocery stores tend to remain open. Additionally, some schools and places of higher education are closed for classes; others remain open but

### Easy Energy Saving Tip!

If you have Venetian or other horizontal blinds in your home, did you know that the direction of the blinds can directly affect the heat and energy loss?

There is a right way and a wrong way to slant the blinds during the colder months. During cold months, the horizontal blind's slats should be slanted from the indoors to the outdoors (up). Make sure your horizontal blinds are fully lowered so they touch the windowsill. Slanting the blinds this way will trap the cool air between the window and the blinds and your room will stay warmer.

Do just the opposite for warm months. Slant the blinds from the outdoors to the indoors (down).

### The Ancient New Year

The celebration of the New Year is the oldest of all holidays. It was first observed in ancient Babylon about 4000 years ago. In the years around 2000 BC, the Babylonian New Year began with the first New Moon (actually the first visible crescent) after the Vernal Equinox (first day of spring).

The Babylonian new year celebration lasted for eleven days. Each day had its own particular mode of celebration, but it is safe to say that modern New Year's Eve festivities pale in comparison.

The Romans continued to observe the New Year in late March, but their calendar was continually tampered with by various emperors, such that the calendar soon became out of synchronization with the sun.

In order to set the calendar right, the Roman senate, in 153 BC, declared January 1 to be the beginning of the New Year. But tampering continued until Julius Caesar, in 46 BC, established what has come to be known as the Julian Calendar. It again established January 1 as the New Year. But in order to synchronize the calendar with the sun, Caesar had to let the previous year drag on for 445 days.

Traditions of the season include the making of New Year's resolutions. That tradition also dates back to the early Babylonians. Popular modern resolutions might include the promise to lose weight or quit smoking. The early Babylonian's most popular resolution was to return borrowed farm equipment.

## IN YOUR WORDS Client Testimonials

The incredible Wizard of Oz  
Retired from his business becoz  
due to up-to-date science,  
To most of his clients,  
He wasn't the Wizard he woz.

### RESUME WRITING TIPS

- **Determine your objective.** Clearly state what sort of a job you want, and know what kinds of skills are needed to do well in that job
- **Strive to be clear and concise.** Put yourself in the resume reader's shoes - look at the job qualifications and what you would be looking for in a candidate.
- **Use bullet points** with short sentences rather than lengthy paragraphs. Resumes are read quickly (usually 10-30 seconds).
- **Use action words** - words like prepared, managed, developed, monitored, and presented will cause your resume to stand out.
- **Get an outside opinion.** Don't settle for - "it's good". Encourage feedback, take their comments into consideration, and revise your resume to include these items.

**Note:** Apply for jobs above your qualifications, jobs that match, and jobs which may be beneath you. Why? Perhaps the position beneath will turn out to be more than it appeared once you interview for them. Or perhaps once you have your foot in the door you can learn of other opportunities.

Source: [www.how-to-write-a-resume.org](http://www.how-to-write-a-resume.org)

**There are three kinds of people: Those who can count and those who can't.**

*Well, folks, it's a little early in the year still, so here are a few classics:*

"We recently had the pleasure of doing business with JPC in our Elbridge, NY factories. They did a great job on our carpets, tiled floor and office furniture. I personally oversaw their work for us and found them very professional, courteous, and efficient. I highly recommend them to anyone looking for a good, professional cleaning service."

**Jason Hunnicutt, Tessy Plastics, 10/28/05, Facilities Maintenance**

"Several weeks ago, JPC Carpets was contracted by the Rosamond Gifford Zoo to clean all of our office carpeting. Being a zoo, we have a lot of animal keepers who frequently walk through our office tracking mud and dirt, which in time, makes our carpeting look very dirty and worn.

When the staff arrived the following day, there were no signs of traffic to be found. JPC was able to shampoo our carpets to look new again. Not an easy task for a zoo office.

We found them to be very professional and easy to work with. We were very pleased with their service and would recommend them to other companies who are in need of this service."

**Anne Baker, Ph.D., Rosamond Gifford Zoo, 2/18/10, Carpet Care**

"We wish to extend our appreciation for your efforts in providing duct cleaning services for Fort Drum, NY. The exceptional, professional, and conscientious manner in which you supported the 10<sup>th</sup> Mountain Division mission is greatly appreciated by this office and the Fort Drum community."

**Ned R. Ross, Department of the Army, 12/03/08, Duct Cleaning**

### CARING FOR AN AQUARIUM

The biggest chore in caring for fish is changing the water. Change the water at short intervals. This allows "good bacteria" to remain in the tank, which helps to naturally break down fish waste. First, unplug the electrical equipment. Using an aquarium scraper clean the inside of the glass, scraping debris downward. Use slow, deliberate motions. Remove live plants in the tank at this time. You can move other decorations around during this time, as well. Gently stir the gravel to allow waste matter to float freely in the tank. Move the gravel to the back corners of the tank, leave the front and middle of the tank with a shallow layer of gravel. Debris will begin to settle toward the front of the tank. Remove one-quarter to one-third of the water in the tank. Get rid of as much debris as possible. You can use a specialized aquarium vacuum or your siphon. Refill the aquarium. Be sure to use water that is aged chemically or naturally, and is within 3-degrees of the aquarium's temperature. If you have saltwater fish, add the appropriate amount of aquarium salt now. Re-plug all accessories and lighting fixtures.

## How To Ease Your Debt Burden

Financial service companies are making big money in their campaign to “help” us manage our debt. Here are the moves that make sense for you and the ones that don’t...

### Best Moves

- **Negotiate with your credit card companies.** You may be able to lower interest rates and stretch out repayment schedules. Pay off high-interest debt first.
- **Take out a home-equity loan** if your need is short-term and you don’t want to refinance your mortgage. Rates average 5.25%, but you can do better if your credit is good. Interest may be tax deductible, and there may be no closing costs.

**Risk:** As with a mortgage, if you fail to make the payments, the lender can foreclose.

- **Refinance your mortgage.** If your home’s value has risen, you can cash out some of the equity to pay off short term debt.
- **Refinance your car loan.** Use your car’s value as collateral for a personal loan from a bank or credit union. The rate will be 7% to 8%, versus 14% for a personal unsecured loan.

**Caution:** You might have trouble buying a new car if you owe more on the old one than it is worth.

### Worst Moves

- **Taking a debt-consolidation loan.** If you need one because your credit history is poor, be wary of offers advertised on the internet or through direct mail. The interest rate will probably be higher than those on your credit cards – possibly as high as 22%. Even when your monthly payment is lower, you will end up paying more because of the longer term of the loan. Debt consolidators who promise to “take care of everything” typically attach a service fee to your monthly payments – about 10% of the amount paid.

**Better:** If you are a credit card junkie, get help from a nonprofit community organization that provides free debt consolidation and management advice. [Try *Consumer Credit Counseling Service* 888-577-2227 or [www.cccs.org](http://www.cccs.org) ]

- **Making frequent balance transfers** from high-interest credit cards to cards with low initial teaser rates. At some point, credit card issuers will no longer let you transfer balances.

**Result:** You will look like a bad credit risk and may be stuck with high-interest cards in the future.

**If you choose to transfer a balance:** Ask the old credit card company to note that the account has been “closed at customer’s request” so that it doesn’t look as if the creditor closed it. - *Scott Kays, CPF* [www.scottkays.com](http://www.scottkays.com)

**When choosing a debt consolidator:** Before using a debt consolidator see if any complaints have been filed against it with the Better Business Bureau and/or your state’s attorney general. Make sure the firm isn’t making unrealistic claims, such as that it will settle debts for less than 30 cents on the dollar...or your credit record won’t be hurt by using the service. The firm should not guarantee to eliminate all of your debts. There is no way that such a promise can be made before working with you. A firm that wants complete payment up front is not necessarily a scam – but be careful. [www.debtworkout.com](http://www.debtworkout.com)

## WHY HIRE JPC, LTD CLEANING SERVICES FOR AREA RUG CLEANING ?

We take pride in our work. We take the time to do the job right.

Did you know we clean area rugs at our plant? Ever wonder how to get that great, big, favorite area rug thoroughly cleaned topside and bottom? We can clean it, pick up and delivery included, satisfaction guaranteed. We clean synthetic blends, woven rugs, braided, hooked, Flokati rugs, and handwoven wool Oriental rugs. With and without fringes. We’ll return it fresh and clean and even Scotchguard when appropriate, at your request. So, why hire JPC, LTD?

Reason Number 6: We don’t cut corners. we clean them!

JPC Carpet & Air Duct Cleaning  
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# Your New Issue Has Arrived!

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

## Scotchguard Your Investment

**You put good money into having your carpets steam cleaned by a technician who is registered in good standing with the Institute of Inspection, Cleaning and Restoration. You make the time to be there when you have your carpets cleaned. Why not ask to protect that investment with an application of Scotchguard 3M? Scotchguard protector provides resistance to soil, even after heavy traffic and frequent vacuuming for up to a year after your carpets have been steam cleaned. Dry soil is easily vacuumed away and spills can be spot cleaned more easily than unprotected carpet. Next time you have Marc steam clean your carpet, ask him about protecting your investment.**

## January Birthday Round-Up: Sports

Baseball Hall of Famer Nolan Ryan (1-31-47): a former pitcher in Major League Baseball who played for 27 years and still holds many major league pitching records, some of which are so far beyond previous marks that they are likely to stand for generations of pitchers to come. He was most noted for his blazing fastball and his longevity, routinely throwing pitches exceeding 100 mph. The media tagged him with the nickname "The Ryan Express."

Golfer Jack Nicklaus (1-21-40): also known as "The Golden Bear", was a major force in professional golf from the 1960s to the late 1990s, and is regarded as the greatest golfer of all time. Together with Arnold Palmer, he is credited with turning golf into the major spectator sport it has become. While Palmer brought golf into the TV era, it was the developing Nicklaus-Palmer rivalry that drove subsequent interest.

Former Heavyweight Champ Muhammad Ali (1-17-42): He is considered to be one of the world's greatest heavyweight boxers, as well as one of the world's most famous individuals, renowned the world over for his boxing and political activism. In 1999, he was crowned Sportsman of the Century by Sports Illustrated.