

**JPC Carpet Care &
Air Duct Cleaning**
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Healthy Home News

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

BIO-HAZARD RECOVERY SERVICES

JPC was founded in 1986 as an indoor air specialty company. Recently, we added a new division to our extensive list of services that we offer to our commercial and residential clients. We currently offer a Complete Biohazard Recovery Services which includes crime and death scene cleaning. Staff members of JPC, LTD recently attended and completed the highest level of training program with a nationally accredited program American Bio Recovery Association. ABRA is the world's environmental and disaster recovery contractor network performing biohazard remediation and disaster recovery. Founded in 1996 by Kent Berg, ABRA has expanded to companies throughout North America, Australia and Europe. JPC is pleased to be affiliated with ABRA.

JPC technicians are trained to remove all biohazards with proper cleaning, disinfection, deodorization and document disposal of infectious materials:

- Trauma Scene Clean up
- Sewage Back Ups
- Biological Remediation which includes Rodent and Bird Infestations
- Industrial Accidents
- Decompositions
- "Trash" Housing
- Jail Cells and Cruisers
- Medical Waste Disposal

As always JPC is Discreet, Professional and Prompt. We service Central, Northern and the Southern Tier NY.

What Ever Happened To...

Shirley Temple ?

Born: April 23, 1928, retired from acting in 1949.

In 1950 she married Charles Black and moved to Bethesda, Maryland with her daughter, Susan, from a previous marriage. In 1952 she became co-founder of the International Federation of Multiple Sclerosis Societies. Other appointments included U.S. Representative to the United Nations in 1969 under Richard Nixon, Ambassador to the Republic of Ghana and first woman White House Chief of Protocol for Gerald Ford, Foreign Affairs Officer with the State Department for Ronald Reagan, and Ambassador to Czechoslovakia under George Bush. She spent 27 years working for the State Department as a respected diplomat. Shirley Temple Black lived with her husband and raised Susan and their two children, Lori and Charles, Jr. in Woodside, California for over four decades. Charles, Sr. passed away in 2005. Shirley Temple Black is now 82 years old.



"November comes
And November goes,
With the last red berries
And the first white snows.

With night coming early,
And dawn coming late,
And ice in the bucket
And frost by the gate.

The fires burn
And the kettles sing,
And earth sinks to rest
Until next spring."

Clyde Watson

JPC has run several articles on Emergency Preparedness. Some of the topics we covered were:

Designated Family Meeting Place
Go Bags for each family member
Securing family photo
ATMs and gas pumps Do Not work
during a power outage
A family fire escape plan
Preparing Oil Lamps as alternative
lighting.

We hope this helps with preparing your family in case of an emergency.

I have found the best way to give advice to your children is to find out what they want and then advise them to do it.

-Harry S. Truman

Helen's Corner

How to Clean Your Car's Interior

Vacuum: Remove floor mats. Vacuum seats, and the carpet. Reach under seats, around the pedals and the area between front seats and central console. Vacuum floor mats separately. Use a soft brush attachment to vacuum the dashboard and doors. Use the same attachment vacuuming the seats. Leather seats are easy to damage, be careful no to scratch them with the vacuum hose.

Clean fabric seats, door upholstery, carpets: Spray fabric cleaner evenly on the seat or door upholstery and rub vigorously. Then, wipe thoroughly with a dry cloth. If you don't have an upholstery cleaner, a laundry detergent will work as well. Mix some detergent with warm water. You only want barely moist cloth. Work harder on dirty areas. When you finished, dry out well with a clean, soft dry cloth.

You can clean the carpet the same way you cleaned the seats and upholstery. Dry it out as fast as you can. Be careful with water inside the car, especially around electrical components, inside your seats or under the carpet - it could cause corrosion, stains and mould smell.

Eliminating the musty smell from the air conditioner: Try one of the odor treatments from your local auto accessories store. It kills the bacteria and removes that mildew smell. Try one you spray into outside air intake vent (check directions on the can). A clogged air conditioner drain tube and debris under the cowl cover also may cause damp mildew smell. Ask the mechanic to check it when you do your next oil change.

source: www.samarins.com

*Happy Housekeeping,
Helen*

IN YOUR WORDS Client Testimonials

“Great job! I was very pleased with the preliminary meeting and the carpet cleaning in general.”

Christine Mizro, 3/7/09, Carpet Cleaning, Newark

“Great job, could see and smell the difference. Price and service were excellent. Will do business with JPC again!”

Nick Farrell, 1/25/09, Carpet Cleaning, Auburn

“Very informative, courteous and efficient. Marc is always helpful and answers questions professionally.”

John Carlile, DDS, 1/06/09, Carpet Cleaning, Skaneateles

*If you can walk,
you can dance.
If you can talk,
you can sing.
Zimbabwe saying*

*November. This is one of the peculiarly
dangerous months to speculate in stocks.
Other dangerous months are July, January,
September, April, October, May, March,
June, December, August and February.*

Mark Twain

In 1948, 5,600-year-old kernels of popcorn were found in a cave in New Mexico. Since its first use, popcorn has been eaten and used in many different ways. In the 1500s, the Aztecs decorated ceremonial headdresses, necklaces, and statues with popcorn. Native Americans would oil an entire ear, place it on the fire to pop, and then eat it like corn on the cob. Some historians believe Native Americans brought popcorn to the first Thanksgiving. Later, Colonial families ate popcorn with sugar and cream for breakfast. Today, Americans eat 17 billion quarts of popcorn each year, an average of 58 quarts apiece, most of it at home.

Valued Clients – Families are starting to hunker down at home. JPC offers a variety of services that make being indoors more comfortable, especially if you experience symptoms of allergies and asthma. We clean furniture, carpets, mattresses and air handling systems with an eye towards your indoor air quality and towards removing trapped indoor air pollutants. Give us a call for a free estimate today!

Regards, Jim Smith

“Success is the ability to go from one failure to another with no loss of enthusiasm.”

Sir Winston Churchill

Living a Long and Happy Life
6 Tips for Longevity

Experts on aging have found that how you approach life can play a major role in how long and how well you live. Evidently, genes don't necessarily predetermine everything. In fact, research shows that there are simple steps we can take to live longer and happier lives.

* **Have a positive outlook.** Optimists feel they have some control over their lives and are less likely to engage in unhealthy behaviors. Optimists are also more likely to take care of themselves and try to improve their lives. Conversely, pessimists feel they lack control over their lives and that things happen to them. They are more likely to suffer from anxiety, anger and depression, emotional states which cause the body to release powerful stress hormones that weaken the immune system. How to be an optimist? Try surrounding yourself with positive people. They can lift your spirits. Learn a new skill. It's empowering and will motivate you to set new goals. And exercise. Physical activity releases feel-good hormones called endorphins.

* **Challenge your brain.** Studies have shown that people who continue to stimulate themselves intellectually are less likely to develop debilitating diseases, such as Alzheimer's. Continually give yourself opportunities to build and maintain your brainpower. For example, work on crossword puzzles, learn a new musical instrument or take a French class. Exercising your mind is as important as exercising your body. (Try our Trivia Challenge.)

* **Attend to your spiritual life.** People who have a religious or spiritual support system suffer less anxiety and depression, have lower blood pressure, fewer strokes, and generally live longer. In fact, a large study conducted at Duke University Medical Center discovered that people who don't pray are 50 percent more likely to die than those who do pray. Religion also provides important social connections and support.

* **Get creative.** A 25-year study in Japan exploring the unusual longevity of people in Okinawa found that their creative endeavors played a major role in keeping their minds engaged and their bodies healthy. So find a creative hobby that you can pursue passionately into your old age. It will stimulate your brain and keep you interested in your life.

* **Stay social.** People who feel disconnected are twice as likely to die than those with strong support systems. In fact, isolation can accelerate the pace at which people age. So approach your social portfolio like you do your financial portfolio: plan and build and diversify. Foster relationships with family, friends and co-workers. Nurture older relationships, but also make new friends. * **Don't stop working.** Work provides a sense of responsibility, self-worth and keeps the mind active. If your current employment doesn't satisfy your interests, take steps to gradually change your life so that eventually you can work at something you really love. -- Adapted from *Good Housekeeping*

**"The statistics on sanity are that one out of every four
Americans are suffering from some form of mental illness.
Think of your three best friends. If they're okay, then it's you."
-- Rita Mae Brown.**

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!

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Born in the 50's or 60's How ever did you survive????

We would spend hours on the fields under bright sunlight flying our kites, without worrying about the UV ray which never seem to affect us.

We caught guppies and tadpoles in drains and canals after a rain, and on a hot n we'd swim there.

We shared one soft drink with four friends, from one bottle and NO ONE actually worried about catching something. We ate salty, very sweet & oily food, candies, bread and real butter and drank sweetcoffee/ tea, soda....

And we weren't overweight beacause....

Otto a king of Bavaria, started every morning by shooting a peasant. To oblige him, his subjects would secretly give him a pistol loaded with blanks; a person dressed as a peasant would drop to the ground at the sound of the gun.

WE WERE ALWAYS OUTSIDE PLAYING!!

We would leave home in the morning and play all day, till streetlights came on. No one was able to reach us all day. And we were O.K.

We did not have Playstations, Nintendo's, X-boxes, multiple channels on cable TV, DVD movies, no phones, no personal computers, no Internet. WE HAD FRIENDS and we went outside and found them! We fell out of trees, got cut, broke bones and teeth and we still continued the stunts. We rode bikes or walked to a friend's house and just yelled for them! The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law!

Yet this generation has produced some of the best risk-takers, problem solvers and inventors ever!

The past 40 years have been an explosion of innovation and new ideas. We had freedom, failure, success and responsibility, and we learned HOW TO DEAL WITH IT ALL!