

JPC Carpet Care &
Air Duct Cleaning
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Healthy Home News

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

A Reliable resource you can trust

After a water disaster strikes is not the time to hunt for an experienced, certified specialist. You want dependable, competent, and personalized service from someone you already know and trust.

With JPC you are ensured prompt action, years of experience, and highly proficient technicians. Our first priority is to defend, protect and secure your property from any further damage once we are on site. Our training enables us to provide you with:

- **Minimized water damage loss**
- **State-of-the-art water extraction equipment**
- **Expert care for your home and belongings**
- **Cleaned and repaired effects of water damage**
- **Removal of mold and structural drying**
- **Appropriate dehumidifiers, disinfectants, and sanitizers**

We are certified by the Institute of Inspection, Cleaning and Restoration and adhere strictly to their standards.

Remember, in the event of water damage, fire or smoke damage, it is important to have a reliable resource that you can trust. JPC, serving Central New York since 1984.



Treat the earth well.
It was not given to you by your
parents,
it was loaned to you by your
children.
We do not inherit the Earth from
our Ancestors,
we borrow it from our Children.

Ancient Indian Proverb



Some of the requirements for indoor plants are flexibility, beauty, and ease of care, the fact that plants clean the air is just one more benefit.

The **Spineless Yucca** is an indoor tropical that prefers high light.

In high light settings, allow the top soil to dry out before watering again. In low-light settings indoors, allow 3/4 of the soil to dry down between watering.

HINT: Don't let the plant sit in a saucer of water. In low light areas this extra water may encourage rotting.

"Life is a grindstone. Whether it grinds us down or polishes us up depends on us."

-- Thomas L. Holdcroft

An October Word to the Wise *karmadharaya*

The word originates in Sanskrit of the same *karma* that motivates spiritual liberation, plus *dharaya*, which means "to hold"; "maintain." *Karmadharaya* names particular compound words: *Bluegrass*, *houseboat*, and *everlasting* are all members of the class *karmadharaya*.

Karmadharaya consists of a word in which the first part is a descriptive adjective (*blue*) and the second part is a noun (*grass*); the second part is a noun (*boat*) and the first part an attributive noun (*house*), or the first part is an adverb (*ever*) and the second part is an adjective (*lasting*). In *karmadharaya*, words combine to act as a description of the second half of the word.

Helen's Corner

De-Fog the Bathroom Mirror

Everyone likes a nice warm shower. But it can be annoying when you look into your bathroom mirror and it's all fogged over.

So here's a handy tip to keep that annoying fog off your bathroom mirror: Simply moisten the corner end of a bar of soap, and rub the soap on your mirror. After the soap has been applied, wipe the mirror with a dry cotton towel. Presto! No more foggy mirrors.

Ironing 101

If you're unsure of how to approach a wrinkled garment:

Start your ironing in the center of the garment, and iron away from your body to prevent new wrinkles. Irons heat faster than they cool, so progress from low-temperature garments to high-temperature garments. Always read the labels on your clothing for proper heat and care.

Here are some rough basics by fabric type:

Light-colored cottons and linens –facing the right side out.

Dark colored cottons and linens – facing the reverse side.

Silks and rayons – facing the reverse side.

Damask – first facing the right side, and then on the reverse side.

Ironing Like a Pro:

Hold pleats in place with a safety pin while you iron.

Avoid marks on embroidery or eyelets by ironing face down on a plush towel.

You can revive the nap of velvet or corduroy by pressing it right side down on a piece of the same fabric.

When ironing kerchiefs or scarves, fold in half and pull tightly.

Then iron from the fold outwards to prevent uneven edges.

Prevent collars and hems from puckering by ironing them on the reverse side first.

*Happy Housekeeping,
Helen*

IN YOUR WORDS

Client Testimonials

"I was happy with the whole deal."

Don Myers, 10/16/09, Residential Duct Cleaning, Aurora

"JPC gave great care to our Chinese wool carpet. The technicians and staff were friendly and didn't mind working around special conditions."

Alan Shannon, 10/15/09, Area Rugs, Auburn

"I was very pleased."

Dorothy Martens, 7/9/09, Area Rugs, Marcellus

"Prices are excellent and the process is thoroughly explained prior to the work being completed. Marc is great to deal with – very professional. Our situation was unique in that we had a fire below us in the mall. Marc explained the process of treating the air (for smoke odor) and then went out of his way to make sure all affected areas were treated. Follow-up was excellent!"

Bruce Livingston, Regal Carousel Stadium, 3/13/09, Syracuse

"Attention to detail, perfect job."

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

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

I think there is only one quality worse than hardness of heart and that is softness of head.
Theodore Roosevelt

Expecting life to treat you well because you are a good person is like expecting an angry bull not to charge because you are a vegetarian.
Shari R. Barr

Pomegranates, at their peak in October and November, have been eaten since ancient times. Brought to America by European settlers, these exotic fruits, with their juicy, ruby-colored edible seeds, contain vitamin C and are rich in potassium. Also, pomegranate juice is available and according to research at the University of California, has two to three times the antioxidant power of red wine or green tea.

Dear Valued Clients –

As many of you may know JPC, LTD has been extremely busy this past summer due to servicing our commercial clients. We appreciate everyone who has been patient in waiting for Marc to come out and clean your carpets or furniture. Thank you again for your continued patronage. Please be patient with us.
Best Regards, Jim Smith

SCENTS TO BOOST ENERGY, MOOD AND MORE

Scents stimulate important mental and physical functions. They trigger the release of neurotransmitters, chemicals that send signals to the brain. *What scents can do for you...*

Control Appetite: In a study of 105 people, those who inhaled a chocolate-like aroma whenever they felt like eating lost nearly three pounds in two weeks. One study of 3,193 volunteers found that sniffing banana, green apple or peppermint scents resulted in an average weight loss of 30 pounds in six months. Sniff the above scents often, and remember to smell every food before you eat it. Your brain will perceive that you're eating more, thus suppressing your appetite.

Increase Energy: These odors stimulate the part of the brain that promotes wakefulness:

Jasmine causes an increase in beta waves in the brain, a sign of alertness. Jasmine tea is a great pick-me-up.

Strawberries and buttered popcorn will cause exercisers to burn more calories.

Peppermint works on sensory nerves and increases alertness. Try a peppermint candy or chewing gum.

Freshly brewed coffee is very stimulating, probably because we associate the aroma with the energizing effects of caffeine.

Boost Romance: Both men and women are stimulated by scents, but by different ones:

For men: The smell of lavender or pumpkin pie is appealing. The smell of black licorice, vanilla or women's perfume is also attractive.

For women: The scent of cucumber and licorice are pleasing to women.

Women do **not** have a romantic reaction to the smells of *cherries, barbecued meat* and *men's cologne*.

Reduce Anxiety: Fresh, natural scents in general induce calm. In one study volunteers became extremely anxious when they were confined in coffin-like tubes, but then calmed down when the tubes were infused with the smells of green apple and cucumber. If you anticipate a situation in which you will feel anxious, wash your hair that morning with a green-apple-scented shampoo and/or put a dab of the shampoo in a cloth to take with you.

Improve memory: People who sniff floral scents increase retention of new material by 17%. Sniff a floral odor when learning new material, then smell it again when you want to recall it. This is known as state-dependent learning. The material you learn in one state – while smelling roses – will be more accessible when you replicate that state in the future.

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 September!

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



REMEMBER IF YOU REFER A NEW CLIENT TO US YOU WILL RECEIVE \$25 TOWARDS YOUR NEXT APPOINTMENT WITH US. YOU CAN EARN AS MUCH CREDIT AS YOU WANT WITH US . . . R E F E R A W A Y!

Your New Issue Has Arrived!

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INSULATING BEFORE WINTER OR SPEND A DIME NOW, SAVE MANY DOLLARS LATER

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. This month, we want to take a look at the most efficient, cost effective way to keep the heat in:

Caulk

Seek out drafts working as a team. One person moves a hair dryer around the outside frames of the windows and doors, and the other follows with a candle on the inside. If the candle flickers or goes out, then that area needs to be weather stripped or caulked. You can get tubes of caulk in the same color as the trim, lay in a bead and smooth it with a finger. Also caulk around foundation walls, pipe outlets, (under the kitchen sink) the clothes dryer vent and any other gaps outside the house. Better to do this Before it starts to get chilly.

Cost: about \$5.00 for the gun and an average \$3.00 per tube.

Draft Blockers

Insert draft blockers to prevent cold air infiltration from electric switch and plug outlets, which are available at hardware stores and home centers. Consider buying and installing a couple each paycheck, as this could prove to be a fairly large expense.

Cost about \$6.00 each.

Weather Stripping

Spring metal weather strips are long-lasting and hardly visible when installed.

Cut to length with tin snips and tack in place. After tacking, lift the outer edge of the strip with a screwdriver for a better seal. Also weather strip overhead doors of attached garages.

Cost: Tin snips: \$12.00, weather stripping ??

Door sweeps

Install door sweeps at the inside bottom of front and back doors.

Cost: about \$10.00 home during the winter.