

JPC, LTD  
Auburn, NY 13021  
800-675-5467  
315-252-2953  
607-697-0088

# Healthy Home News

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



## April

*The roofs are shining from the rain.  
The sparrows twitter as they fly,  
And with a windy April grace  
The little clouds go by.  
Yet the back yards are bare and brown  
With only one unchanging tree-  
I could not be so sure of Spring  
Save that it sings in me."*

by Sara Teasdale

## Put a Spring in Your Step

Take a walk and improve your health:

**Walking for 30 minutes 5 times a week can help reduce your weight, control your blood pressure, decrease your risk of heart attack, and improve your "good" cholesterol. It also lowers your risk for stroke, diabetes, and heart attack. Walking helps to protect against hip fracture and surgery for gallstones.**

**For more information see [AARP.org](http://AARP.org).**

## About JPC

JPC has been in business since 1986. We are certified by the **National Air Duct Cleaner's Association**, and adhere strictly to their standards in order to provide excellent service on a consistent basis for you, our clients.

We are also certified by the **Institute of Inspection, Cleaning and Restoration**. JPC has years of experience in mold remediation and fire and water damage remediation.

It is our goal to always provide you with professional, quality service at an affordable price.

## Emergency Preparedness

JPC has a genuine affection for our clients. We want to share this disaster preparedness checklist which we hope will be helpful in the event of an emergency.

### \* American Red Cross Disaster Preparedness Checklist \*

- Have you designated an emergency contact person?
- Have you picked two family meeting places?
- Does everyone in your family have a contact card in his or her wallet?
- Have you created a floor plan of your house and planned your escape routes?
- Do you all know how to evacuate from your home?
- Do you have batteries in your smoke alarms?
- Do you have Go Bags for every family member?
- Do you have a family emergency kit or at least a shopping list for one?
- Do you have a Car Emergency Kit?
- Do you know your child's school emergency plan?

*Good judgment comes from bad experience, and a lot of that comes from bad judgment.*

Unknown

*Never go to a doctor whose office plants have died.*

Erma Bombeck

*Aging seems to be the only available way to live a long life.*

Daniel Francois Esprit  
1782-1871, French Composer

*No matter how calmly you try to referee, parenting will eventually produce bizarre behavior, and I'm not talking about the kids. Their behavior is always normal.*

Bill Cosby

*A priest, a minister and a rabbi walk into a bar. The bartender says...What is this, a joke?*

Unknown

Give us a call and schedule your residential carpet and/or air duct cleaning now, while the kids are still in school and our crew is still available. Remember - Once summer hits we start work for the state and the schools, and our time is budgeted.

## TV-Turnoff Week, April 20<sup>th</sup> - 26<sup>th</sup>

You may want to join millions of adults and children who will participate in the 16<sup>th</sup> annual TV-Turnoff Week this year. Sponsored by the nonprofit organization TV-Turnoff Network, the week is designed to show families that there are alternatives to the tube. Some quick TV facts:

- According to a Nielsen survey, by age 65, the average American will have spent nearly nine years glued to the tube and seen 2 million commercials.

- Children spend three times as much time in front of a screen (TV, video games, or computers) as they do reading or being read to.

- Only 17 percent of Americans can name any three members of the U.S. Supreme Court, but 59 percent can name the Three Stooges.

### Only a drop in the bucket?

A faucet that leaks one drop per second means a loss of 700 gallons of water a year.

## Butterfly Gardens



If you plant flowers that attract butterflies, you can add a whole new dimension to your garden. Butterfly gardens need two kinds of plants: nectar plants for adult butterflies and host plants on which females can lay their eggs and which provide food for the caterpillars. It's best to include a variety because each species of butterfly has its own favorite nectar and host plants. Here are a few suggestions from Stephanie Bailey, extension specialist at the University of Kentucky's Department of Entomology:

**Nectar Plants:** black-eyed Susans, coreopsis, goldenrod, hibiscus, lilacs, marigolds, orange-eye butterfly bush, purple coneflowers, verbena, and zinnias.

**Host Plants:** asters, daisies, hollyhock, snapdragons, milkweed, mustard, and violets.

**Call JPC for a free evaluation if you see signs that your ductwork needs cleaning:  
Dust and mold on your grills, stale and musty odors.  
Rapid accumulation of dust on furniture and ceiling fans.  
Family members that sneeze and react to the air handling system being turned on.**

## FABULOUS FRUIT CRUMBLE

### Ingredients

#### Fruit Mixture:

6 Cups prepared fruit: apples, pears, peaches, rhubarb, blueberries, or a mixture, fresh or frozen.  
½ Cup granulated sugar  
3 tbsp. corn starch

#### Crumble Topping:

1 Cup all purpose flour  
½ Cup butter  
½ Cup brown sugar  
½ tsp cinnamon

Preheat the oven to 375 degrees F (190 degrees C). Grease an 8 or 9-inch (20 or 23 cm) round or square baking dish. Make the filling. Prepare the fruit you're using. Whole fruit should be peeled, cored and cut into chunks, or thin slices. Berries should just be rinsed and drained. If you're using frozen fruit, it is not necessary to defrost. Toss the prepared fruit with the sugar and cornstarch. Feel free to adjust the amount of sugar to suit your taste and the type of fruit -- for example, rhubarb is very tart, so you may want to increase the sugar. Transfer to the prepared baking dish. Now, the topping. Combine all the ingredients in a large bowl (or a food processor). If you're using a processor, simply process until it forms a sticky crumble mixture. You want ingredients to be combined and well mixed, not just pulverized. If you're doing this by hand -- use a pastry blender and chop the ingredients together until it forms sticky crumbs. Sprinkle crumble mixture over the fruit in the baking dish. Bake for 35 to 45 minutes or until the fruit is bubbly and tender when poked with a fork, and the topping is browned. Cool for about 5 minutes before serving with ice cream or whipped cream. Serves 6 - 8.

Spring Events in the Finger Lakes  
 Spring Wine and Cheese Weekend Event  
 Seneca Lake Wine Trail

APRIL 24 - 26, 2009

Friday 1 p.m. to 5 p.m.

Saturday 10 a.m. to 5 p.m. also Sunday 10 a.m. to 5 p.m.  
 \$25 per person. Designated Driver tickets available at \$18.

Tickets are limited. 2 ½ day event.

Tickets are now on sale, go to: [www.senecalakewine.com](http://www.senecalakewine.com)

or, if you have children you want to enjoy -

Arbor Day Weekend

Bakers' Acres

1104 Auburn Rd. Groton, NY 13073

APRIL 24<sup>th</sup> – 26th, 2009

Take a walk along our woodland path and around our pond and bog gardens. Browse through our Antique and Gift Shops.

Wander among our sales frames of over 900 varieties of perennials and ground covers and 250 varieties of herbs.

You can dine at the Country Garden Room which offers many of our own homegrown or locally grown fresh fruits and vegetables. They are all delicately flavored with our own fresh herbs and creatively decorated with edible flowers.

100 YEARS AGO.....

- The average life expectancy in the United States was forty-seven.
- Only 14 percent of the homes in the United States had a bathtub.
- Only 8 percent of the homes had a telephone. A three minute call from Denver to New York City cost eleven dollars.
- There were only 8,000 cars in the US and only 144 miles of paved roads.
- The maximum speed limit in most cities was ten mph.
- The tallest structure in the world was the Eiffel Tower.
- The average wage in the U.S. was twenty-two cents an hour. The average U.S. worker made between \$200 and \$400 per year.
- A competent accountant could expect to earn \$2000 per year, a dentist \$2500 per year, a veterinarian between \$1500 and \$4000 per year, and a mechanical engineer about \$5000 per year.
- More than 95 percent of all births in the United States took place at home.
- Sugar cost four cents a pound.
- Eggs were fourteen cents a dozen.
- Coffee cost fifteen cents a pound.
- Most women only washed their hair once a month and used borax or egg yolks for shampoo.
- The five leading causes of death in the U.S. were: 1. Pneumonia and influenza 2. Tuberculosis 3. Diarrhea 4. Heart disease 5. Stroke
- Arizona, Oklahoma, New Mexico, Hawaii and Alaska hadn't been admitted to the Union yet.

Spring Cleaning Tips

Baking soda is great for removing crayon marks on painted and even on plastic surfaces. Sprinkle a small amount on a damp sponge or cloth and wipe the area with the cloth or sponge. On walls use baking powder and a dry rag will remove crayon on walls. It is like a crayon eraser. Another method to remove crayon marks off painted walls is to use toothpaste to clean it. Put a little toothpaste on a soft toothbrush, wet and scrub lightly. Use a clean damp rag to clean off the excess.

*Spring Rain*

The storm came up so very quick  
 It couldn't have been quicker.  
 I should have brought my hat along,  
 I should have brought my slicker.

My hair is wet, my feet are wet,  
 I couldn't be much wetter.  
 I fell into a river once  
 But this is even better.

By Marchette Chute

*Those who wish to sing  
 always find a song.*

- Swedish proverb

LIFE ITSELF CANNOT GIVE YOU JOY  
 UNLESS YOU REALLY WILL IT.  
 LIFE JUST GIVES YOU TIME AND SPACE  
 ITS UP TO YOU TO FILL IT.  
 - CHINESE PROVERB

When a defining moment comes along, you can do one of two things. Define the moment, or let the moment define you. - Tin Cup

Thank You!

Thanks to YOU the word is spreading! Thanks to all of my wonderful clients and friends who have graciously referred me to their friends and neighbors.

My business runs on the positive comments and referrals from people just like you! I couldn't do it without you!  
 A special thanks to all the fine folks who refer me!

Jim Smith  
JPC Carpet Care & Air Duct Cleaning  
62 Columbus St  
Auburn, NY 13021

# Your New Issue Has Arrived!

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

## JAM SESSION

Mickey and the Four Winds band had a jam session last night at the local pub. The band debuted five new songs and to everyone's surprise, each member of the band took the lead singer's role for one of the songs. By the end of the night, the crowd was in a standing ovation for the band, whose star was clearly on the rise. The band members were thrilled with the crowd's approval of their new songs – they were afraid that having all of them taking turns in the lead singer role would turn off the crowd. Determine the full name of each band member, what instrument each played, and the title of the song each member performed as lead singer.

1. Wanda, whose last name wasn't East, was the lead singer for the song, "Girls in the Band". Tim didn't play the keyboard.
2. The lead singer for the song, "Rockin' on Down", played the lead guitar.
3. Stella played the bass guitar. The lead singer for "When it Rains" had a last name of West.
4. The three guitar players were the lead singer for "Lucky Day", the person whose last name was South, and Mickey Trent.
5. Daniel, whose last name wasn't North, didn't play the drums. Wanda's last name wasn't North. The band member who played the drums also had a last name of East.
6. The lead singer for "Breakup Blues" didn't play any of the guitars.

## *Take my Trivia Challenge*

This is one of my favorite parts of the newsletter!  
Each month I'll give you a new Trivia Challenge.

Call **800-675-5467** with your best guess and if you have the correct answer your name will go into a drawing for:

**\$25.00 Gift Certificate  
to the Restaurant of Your Choice.**

Please, one call per household.

This month's *Trivia Challenge*  
is in the paragraph to your left.

Give us a call when you've got the answer!!

**Congratulations, Connie Reilly and Marie Fitzgerald!**

They **BOTH** got our last Trivia Challenge right!! Connie and Marie each received a \$25.00 Gift Certificate to the Restaurant of their choice.

Congratulations, Connie and Marie!!