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Healthy Home News

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

National Cherry Blossom Festival

March 28th– April 12th, 2009

The cherry trees that ring the Tidal Basin and abound on the Washington Monument Grounds in the nation's capital blossom every spring in a glorious display of pink and white. The famous trees were a goodwill gesture from Japan in 1912. Two of the 3,020 trees were planted by First Lady Helen Taft and Viscountess Chinda, the wife of the Japanese ambassador. The trees are still standing and can be seen just to the west of the John Paul Jones statue on the north bank of the Tidal Basin

The National Cherry Blossom Festival is more than just a showcase for the lovely flowering trees. It is also a celebration of Japanese culture through music, dance, culinary events and more.

Today, there are more than 3,700 trees of several varieties on view. The earliest date for blooming was recorded on March 15, 1990; the latest, April 18, 1958.

The festival's National Cherry Blossom Parade will begin at 10 a.m. on Saturday, April 14, on Constitution Avenue between 7th and 17th Streets NW.

How To Help A Loved One Heal

Bernie Siegel, MD

When a loved one is in the hospital or at home recovering from an illness, the way you interact with him or her can actually help speed – or slow – the healing process. Here's how to be a **Good Visitor**...

- **Don't drop in.** Call ahead to the patient – or to a family member – and ask what the best time is for you to visit. If you plan on visiting often, talk to other regular visitors and coordinate your schedules. That way, you will avoid overwhelming the patient – and give relief to his family members as well.
 - **Be Present.** Many people feel very anxious about spending time with someone who is ill. You may be scared about the patient's condition or uncertain about his frame of mind. Remember, you're not there to cure the patient, but to witness and be present for his journey.
 - **Knock before entering.** People will often mistake an open door as an invitation to walk in unannounced. Knock first, then wait for a response. By asking for permission to enter, you are empowering your loved one.
 - **Sit down.** After entering the patient's room, sit down as soon as possible. If your loved one is lying in a bed or sitting in a chair, this puts you at eye level.
- (Continued on Page 2)*



One swallow does not make a summer,
 But one skein of geese,
 Cleaving the murk of March thaw,
 Is the spring.

Aldo Leopold

St. Patrick's Day Parade History:

The longest running St. Patrick's Day parades in the U.S. are:

- *Boston, Massachusetts, since 1737*
- *New York, New York, since 1762*
- *Philadelphia, Pennsylvania, since 1780*
- *Savannah, Georgia, since 1813*
- *Carbondale, Pennsylvania, since 1833*
- *Chicago, Illinois, since 1843*
- *New Haven, Connecticut, since 1845*
- *San Francisco, California, since 1852*

The longest running St. Patrick's Day parade in Canada takes place in Montreal, which began in 1824.



MS Awareness Week March 2nd – 8th

The National Multiple Sclerosis Society sponsors this week to raise awareness about this autoimmune disease that affects the central nervous system. The society estimates that 400,000 Americans and 2.5 million worldwide suffer from MS. Among them are actress Teri Garr, talk show host Montel Williams, and the late Richard Pryor, comedian.

*Acting is all about honesty.
 If you can fake that, you've got it made.*
George Burns

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Client of the Month

JPC, LTD hopes you enjoy the complimentary calendar we sent to everyone who has patronized our business in the last year. We also hope you enjoy and make use of the “same as cash” coupon included in your calendar.

The JPC Client of the Month will be chosen to receive a **gift certificate** to the restaurant of their choice. It's our way of acknowledging good friends and saying “Thanks!” to those who support JPC, LTD with referrals, word of mouth and repeat business...**YOU** might be my next **Client of the Month!**

A good novel tells us the truth about its hero; but a bad novel tells us the truth about its author.

Gilbert K. Chesterton

God has placed no limits to the exercise of the intellect he has given us, on this side of the grave.

Francis Bacon

A man's face is his autobiography. A woman's face is her work of fiction.

Oscar Wilde

Never judge a book by its movie.

J.W. Eagan

All my life I've looked at words as though I were seeing them for the first time.

Ernest Hemingway

If you've gone to our website, www.jpchealthychome.com recently then you've seen we are currently under construction. We are expanding to include our most recent addition of Bio-Hazard services and we are going to be more user friendly.

How To Help A Loved One Heal

(Continued from Page 1)

- **Ask open-ended questions.** When visiting someone who is ill, people frequently blurt out seemingly innocuous statements, such as, “My, isn't it a lovely day?”... “You look wonderful”... or “Everything's fine – you have nothing to worry about.” These statements are really saying, “I can't deal with anything you want to talk about, so I'm going to talk for you.”
Instead, ask open-ended questions, such as “How are you?”...“How are you feeling?”...or “How are things going?” This lets the patient choose how to respond. What your loved one may want most is simply to talk about what he is feeling and thinking. If so, listen very carefully. Do not feel pressured to make “constructive” comments.
- **Don't feel you have to speak.** The most important gift you can give is simply to be there, physically and emotionally. When people have their loved ones nearby, it can actually change their physiology for the better. Immune function improves, and levels of stress drop. If the patient doesn't feel like talking, that's fine. Simply sit and read silently by the bedside.
- **Bring gifts.** Even if your loved one doesn't ask for anything, bring along a gift, such as a book, tape or CD you think he might enjoy. You can also bring photographs of family members and friends, wall hangings and personal items, such as a favorite blanket, to make the room more comfortable and familiar.
- **Never underestimate the power of prayer.** Many doctors and patients have learned from personal experience that religious faith is good medicine. In recent years, hundreds of clinical studies have demonstrated that this statement is not just a matter of faith, but rather of science. Regularly saying brief prayers that express your good wishes for the comfort and healing of others will not only benefit the sick person, but it will bring comfort and healing to you as well.

The Origin of SOS

SOS, the familiar distress call, consists of three Morse code letters: dot dot dot, dash dash dash, dot dot dot. Contrary to popular belief, it does not stand for “save our ship” or “save our souls” or any other phrase. Instead, it was selected by the 1908 International Radio Telegraph Conference because the combination of dots and dashes was easy to send and recognize. SOS slowly came to replace **CQD**, an earlier distress call, in which CQ was the signal that a message was coming in, and D stood for distress, perhaps a medical emergency or mechanical problem. When the Titanic sank in 1912, the ship used CQD first and only near the end issued an SOS to call for help. The United States officially adopted SOS as a distress signal that same year.

ICE Your Phone

It's a good idea to ICE your cell phone. ICE stands for “In Case of Emergency,” and the International Association of EMTs and Paramedics, along with police departments nationwide, urge cell phone users to program emergency contact information under that acronym in their cell phone address books. That way, medical personnel will immediately know whom to contact and their telephone number if the cell phone owner is incapacitated. (*Note: Don't “lock” your phone - that is, program it so that it can't be used by anyone but you.*) Paramedics suggest using “ICE-wife” or “ICE-Dad” if more than one contact is to be designated.



POLO: Some History

Polo is arguably one of the most complex of games in the world. The precise origin of polo is obscure and undocumented, but there is ample evidence of the game's place in the history of Asia. Many scholars believe that polo originated among the Iranian tribes sometime before Darius the Great (521–485 BC) and his cavalry forged the Second Iranian Empire. Certainly it is Persian literature and art that give us the richest accounts of polo in antiquity. The first recorded polo match occurred in roughly 600 BCE between the Turkomans and Persian, with victory going to the Turkomans.

Polo was also popular among other nations, including China, where it was the royal pastime for many centuries. The Chinese likely learned the game from the Iranian nobles who sought refuge in Chinese courts after the invasion of the Iranian Empire by the Arabs, or possibly by some Indian tribes who were taught by the Iranians. The polo stick appears on Chinese royal coats of arms and the game was part of the court life in the golden age of Chinese classical culture under Minghuang, the Radiant Emperor.

Polo came to the west via *Manipur*, a northeastern state in India. According to historical accounts, one British government official stationed in Manipur (then a princely state) during the late 19th century wrote an account of the sport, and thus its popularity spread.

The sport became popular amongst European nobility, but during the early part of the 20th century, under the leadership of Harry Payne Whitney, polo changed to become a high-speed sport in the United States, differing from the game in England, where it involved short passes to move the ball toward the opposition's goal. Whitney and his teammates used the fast break, sending long passes downfield to riders who had broken away from the pack at a full gallop.

Polo is played professionally in only a few countries, notably Argentina, England, Pakistan, India, and the United States. Polo is unique among team sports in that amateur players, often the team patrons, routinely play alongside the sport's top professionals.

Argentina dominates the professional sport, its polo team has been the uninterrupted world champion since 1949 and is today the source of most of the world's 10 goal (i.e., top-rated) players. The U.S. is unique in possessing a professional women's polo league, the United States Women's Polo Federation, which was founded in 2000.

10 Things We Can Learn From Movies

1. If being chased through town, you can usually take cover in a passing St Patrick's Day parade - at any time of the year.
2. Cars and trucks that crash will almost always burst into flames.
3. All grocery shopping bags contain at least one loaf of French bread.
4. All single women have a cat and/or a gay best friend.
5. The ventilation system of any building is a perfect hiding place. No one will ever think of looking for you in there and you can travel to any other part of the building without difficulty.
6. Should you wish to pass yourself off as a German officer, it will not be necessary to speak the language. A German accent will do.
7. The Eiffel Tower can be seen from any window of any building in Paris.
8. A man will show no pain while taking the most ferocious beating but will wince when a woman tries to clean his wounds.
9. Medieval peasants had perfect teeth.
10. If you lose a hand, it will cause the stump of your arm to grow by 15cm.

Man's Superiority

I had a linguistics professor who said that it's man's ability to use language that makes him the dominant species on the planet. That may be. But I think there's one other thing that separates us from animals: we aren't afraid of vacuum cleaner. ----Jeff Stolton.

The **Band-Aid** was invented in 1920 by Earle Dickson, a cotton buyer at the Johnson & Johnson Co. Dickson's wife, Josephine, was prone to cutting her fingers in the kitchen. She would dress the cuts with gauze and adhesive tape, but the bandages kept falling off. To solve her problem, Dickson placed small squares of gauze at intervals along an adhesive strip and covered them with crinoline. Josephine could simply cut off a length of tape and wrap it around her finger. Johnson & Johnson was so delighted with the idea, they made Dickson a vice president

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TRIVIA CHALLENGE

*Warning: May require up to 20 minutes to
complete!*

Are YOU up to the Challenge?

Sara and her four friends discovered that each of them had a pair of birds building a nest at their homes, and of course, each nesting pair of birds was of a different species. Determine the full name of each friend, the type of birds building the nest, and where each nest was being built.

1. Lee, whose last name wasn't Ward, didn't have chickadees nesting in her yard. Alice's birds weren't making their nest in the breezeway.
2. Sara Tremont didn't have a shed in her yard. The cardinals were not nesting in a gazebo.
3. The woman whose last name was Edwards had a pair of goldfinch making a nest in her yard, but not in the garage. The robins built their nest in the eaves of a front porch, but it wasn't Ms. Martin's front porch.
4. The sparrows were not making a nest in Sara's yard. Paula's last name wasn't Martin.
5. Beth, whose last name wasn't Ward, didn't have sparrows nesting in her yard. The sparrows were nesting in the breezeway. Ms. Adams had birds making a nest in the garage.
6. The five friends are represented by Ms. Ward, the woman who had birds making a nest in the garage, the woman who had chickadees making a nest, Paula, and the woman who had birds making a nest in her breezeway.

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 November '08 Challenge right!!
Connie and Marie each received a \$25.00 Gift Certificate to the Restaurant of their choice. Congratulations, Connie and Marie!!

Custom Plan for Your Carpet

I know it is a lot easier for you to keep up on your carpet if you don't have to think about it. If you really want to have a carpet that you don't have to worry about, think about and have it look good all the time, then call me. I can talk with you and design a custom carpet care plan just for you and give you an automatic reminder
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