

JPC Carpet Care &
Air Duct Cleaning
Auburn, NY
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Healthy Home News

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



"So sweet, so sweet the roses in their
blowing,
So sweet the daffodils, so fair to see;
So blithe and gay the humming-bird a
going

From flower to flower, a-hunting with the
bee."

- Nora Perry, *In June*

**"Nothing is as easy to make as a
promise this winter to do something
next summer; this is how
commencement speakers are caught. "**

Sydney J. Harris

Graduation 2008 Congratulations! Congratulations to all the students graduating this month.



JPC would like to celebrate with you by
offering a June Graduation Special.
See Insert Inside.

Local Events

Sunday June 22 : Owasco Flyer Cycling Race- Emerson Park, Auburn
36 Miles. The race proceeds benefit the local YMCA summer camp.
\$2 parking fee at Emerson Park. Free parking at nearby Auburn High
School.

Ithaca Festival 2008 Date: Thursday, June 19, 2008 At 08:00 AM
Duration: 4 Days Regional artists, crafts fair, We're adding a Gorges
Green Expo, featuring our core commitment to sustainability in our City,
State and region. This year we'll be featuring "A Taste of Tompkins at
Ithaca Festival."



Indoor Container Vegetable Gardening



One of the first considerations to make in planning your indoor container vegetable garden is the types of containers that you will use. You will want to allow your plants plenty of room to grow up and out, as well as down. Roots need plenty of room for growth, if they are going to support a healthy plant, and so larger containers are almost always a better choice for indoor container vegetable gardening. You will need to make sure that there is plenty of room for drainage in the bottom of your container, and a layer of rocks or pebbles on the bottom that will allow the water to run through easily. Soil will be the next consideration, and your plants will do best in a potting soil that allows air and water to move through the container easily.

The plants that you select for your indoor container vegetable garden will depend first on the types that do well in this type of environment. While pumpkins and squash are not good choices for this limited amount of space, lettuce, tomatoes and peppers can do quite well in containers. Even root vegetables like carrots can thrive in a container, if there is plenty of room below the surface of the soil for them to grow. If you like beans or peas, you can buy the bush varieties or add a trellis to your container to allow your vines a place to climb. Make sure that you have a sunny window to keep your plants in, since many of your crops will require at least five hours of direct sun each day for best results.

Indoor container vegetable gardening can put fresh produce on your table during any season of the year. With a bit of research and planning you can have a successful indoor container vegetable garden no matter where you live and the time of year.

Source: http://www.home-n-garden-center.com/indoor_container_vegetable_gardening.html

JPC

Information Sources

We're not just the pretty ad in your yellow pages anymore. Now, information regarding duct cleaning and carpet cleaning can be found on our website:

www.jpcltdservices.com

AND

You can call our Consumer Awareness Line for detailed information regarding duct cleaning and carpet care.

Consumer Awareness Message:

1-888-243-3285

Ext. 9000 (Air Duct)

Ext. 9001(Carpet)

A smart person knows what to say, a wise person knows whether or not to say it.

Source Unknown

Whether you think you can or think you can't - you are right.

Henry Ford

The indispensable first step to getting the things you want out of life is this: decide what you want.

Ben Stein

My most brilliant achievement was my ability to be able to persuade my wife to marry me.

Winston Churchill

Consider the postage stamp; its usefulness consists in the ability to stick to one thing until it gets there.

Josh Billings

Want to Increase the Efficiency of your Dryer?

Dryer Vent Cleaning not only increases your dryer's efficiency but reduces your chances of having a fire.

The Summer Solstice: June 21st



One of the most spectacular summer solstice celebrations takes place at Stonehenge, the ancient circle of massive stones on Salisbury Plain in Wiltshire, England. The first day of summer is one of the few days of the year when English Heritage - the governing body that preserves the site - opens the gates to allow people to watch the sun rise. Since the early 1900s, people have gathered at Stonehenge to welcome in the new season but, by the 1980s, England's Prime Minister Margaret Thatcher put an end to the festival, declaring that there was too much public disorder at what is regarded as one of the world's great historical sites. By the late 1990s, English Heritage agreed to grant access to modern-day Druids, followers of the ancient Celtic religion. They wear white robes and dance and chant as part of their solstice ceremony.

From the vantage point of the center of Stonehenge, the sun rises in direct alignment with the massive Heel Stone, one of the stones that lies outside the main circle. Archaeologists believe that Stonehenge was built between 3,000 to 5,000 years ago as a calendar. By counting the days between these annual alignments, people could determine the length of the year.

Saving a Dollar Strategies

So, you want to put that dollar in the gas tank, but you don't know where it's supposed to come from? Try these helpful hints:

Wash laundry in cold water whenever possible. Unplug appliances when not in use, after all do you really need the time displayed on the microwave, stove and the coffeepot? (You're paying for it.) Try making double portions when preparing meals, and consider doing all your baking for the week at once. Quit dumping the last two cups out of the coffee pot every day. Just make 8 cups. And of course, the standard, "Keep tires inflated at the recommended psi."

Also, you can always pick up the Sunday paper, browse the specials and clip a coupon for double coupon days at the grocery store. We're all in this together, so please call JPC with any money saving strategies that have worked for you, and we will pass it on in the next newsletter.

Moderate Alcohol Use Produces New Brain Cells

It is well known that one or two glasses of alcohol, especially red wine, is good for the nerves and good for the heart.

Now there is more good news. Drinking moderately over a long period of time can enhance the formation of new nerve cells in the adult brain. Research published by the Karolinska Institute in Stockholm, Sweden, shows that the new brain cells discourage dementia in later life.

Researchers at Wake Forest University Baptist Medical Center studied the effect of alcohol and determined that older women who drank a moderate amount each day performed better on cognitive functions and reason, and suffered less dementia than women who abstained.

Coping with Life During the Great Depression 1929-1941

Interviewer: S. Stewart - St. Margaret's School

How did the Great Depression affect your life (Childhood) at the time? "I was born on December 12, in 1924, into a family of seven children with a mother and father. The Great Depression affected us immensely, but we weren't really aware of it at the time. We were children, and had grown up in the Depression, so didn't know any other lifestyle. It seemed normal to us. "Our entire day-to-day lives were affected by the Depression. We were very poor, but we always had enough to eat. We lived on a 15 acre farm (which we paid \$10 a month in rent for), so were able to grow and make enough food to live on. We had no electricity, well water, and an outhouse. The only hot water was from the reserve on the stove, and we bathed only once a week when my father brought the big tub inside and filled it with hot water. My father worked as a laborer (he had a steady job some of the time, but mostly just went to where work was needed), and made 25 cents an hour. We didn't have a car, so he had to pedal his bicycle to work every day. His pride wouldn't let him go on relief like most of the other families in our area; we managed to budget his salary and live off of it all through the Depression with no help from the government. It was enough to buy the staples on (flour, sugar, etc.). We bought everything in bulk; big jars of peanut butter, tins of ketchup, and bags of flour. All the rest of the food we grew or raised ourselves. We had a big garden, and grew lots of fruits and vegetables. We had chickens and cows, so had meat, eggs, and milk. My mother canned everything she could (fruit, vegetables, meat, and fish), because we didn't have a fridge or even an icebox. This canned food is what we lived on in the winter.

"My mother was an excellent budgeter. If she had a quarter, she could always save a dime from it. We didn't have enough money to buy new clothes, so my mom made all of our clothing herself. My dresses were made out of old sugar sacks, and our underwear was made out of flour sacks. It was hard not having new loathes, but mom did the best she could. Our clothes looked quite nice! "I think the hardest part for me was not having proper shoes. We got shoes once in a blue moon, when Mom and Dad had enough money to order new ones from the Eaton's Catalog (we ordered everything from the Eaton's catalog). A lot of times, the shoes wouldn't fit, but we lied and said they fit anyway, because we were afraid that if we sent them back, we would never get new shoes again. Because I wore improperly fitting shoes for most of my childhood, I developed a hammer toe later in life. Our shoes had to last us for years, and when the soles wore through, my father lined them with cardboard. But, the cardboard would wear through in no time at all. Many times, I would refuse to go to school because the cardboard in my shoes would fall out on the walk there. Other children would make fun of us when they saw our shoes.

"We never got presents for Christmas. The most we got was a little hard mixed Christmas candy, two Japanese oranges, and some nuts. But, we thought we were rich just getting that! When some of our friends at school did get Christmas presents and told us about them, we lied and made up gifts so that they wouldn't realize how poor we were. I got my first second-hand doll when I was twelve years old."Living in the Depression was a lot of hard work. My father had to get up before dawn every day to go to work, and went to bed at 7:30 every night because he was so tired. We worked around the house and farm helping our parents as much as we could. Hops were a big crop where we lived, so all of us kids would miss the first two weeks of school so that we could go and pick hops. We picked all day, because hops are very light and it takes a lot of them to make any money (they were paid for by the pound, but weren't worth very much). Picking was awful; we were up before dawn, picking all day in the hot sun, and the juice from the hops stained your hands. The money we all made picking the hops helped pay for the winter groceries. "It was hard living, but we didn't have bad lives. We enjoyed ourselves, and were glad to be alive. And, we were a lot better off than other people; we always had enough food to eat. And, every now and then we got treats. Once a month, when my father got paid, he would buy each of us an ice cream cone, which was a real treat. And sometimes my uncle would give us a penny to buy some candy from the store. It was a hard life, but a good one."

SOURCE: <http://www.spa3.k12.sc.us/broome/s.htm>

THANK YOU!

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 May! 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 referred me!

Cayuga County Sheriff's Department

Your New Issue Has Arrived!

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

THIS MONTH IN HISTORY

1776 - A committee consisting of [John Adams](#), [Benjamin Franklin](#), [Thomas Jefferson](#), Roger Livingston, and Roger Sherman was created to write the [Declaration of Independence](#).

1839 - The first baseball game was played.

1844 - Charles Goodyear patented vulcanized rubber.

1851 - The first baseball uniforms were worn.

1931 - The Untouchables of the Chicago police force arrested Al Capone.

1934 - Donald Duck's debut.

1954 - President [Dwight Eisenhower](#) signed an order adding the words 'under God' to the Pledge of Allegiance.

1983 - Sally Ride became the first American woman in space.

Who Wants To Win Movie Tickets?

Take my Trivia Challenge and you could win too!

This is one of my favorite parts of the newsletter! Each month I'll give you a new trivia question. Take your best guess, then call me at **315-252-2953!** We'll put your name in the hat for the drawing at the end of the month. May entrants had 4 chances to win!

This month's MegaTrivia Question:

What service does JPC perform that will prevent a fire in your home?

HINT: *The answer is somewhere in this newsletter*