

**JPC Carpet Care &
Air Duct Cleaning**
315-252-2953
800-675-5467
607-697-0088

Healthy Home News

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

THE JPC WEBSITE

www.jpcltdservices.com

Visit us at our new website, which features:

- Solutions for removing stains, under Carpet Care.
- How a Scotchguard application can maintain your carpet's warranty.
- Why having ductwork cleaned lowers bills and improves efficiency.
- Information on Fire and Water Damage Restoration Services.
- Commercial services available.
- Online appointment booking.
- Photo Galleries of actual work done by JPC.

INSULATING BEFORE WINTER OR

SPEND A DIME NOW, SAVE MANY DOLLARS LATER

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 each.



"Oh, the summer night,
Has a smile of light,
And she sits on a sapphire
throne."

Barry Cornwall

"In summer, the song sings itself."
William Carlos Williams

Plastic

Use stretch-seal, heat-shrink plastic sheeting kits to seal windows. Don't forget to check your attic windows, and insulate your attic access.

Cost: ??

Curtains

Open curtains or shades of East, South and West-facing windows on sunny days to let the sun heat the house. Close them at night to preserve heat. Keep the draperies closed all day on north-facing windows. Consider putting closing shutters on your north-facing windows.

And finally, if you plan on opening up that fireplace to offset fuel costs, make sure you check the chimney and flue for drafting and any buildup that might prove hazardous. Remove combustible materials.

**May your winter be safe and warm from
the Staff and Technicians here at JPC.**

HELEN'S CORNER

How to Clean a Refrigerator Properly

Clean both the refrigerator and freezer compartments about once a month to prevent odors from building up. Wipe up spills immediately. Unplug refrigerator or disconnect power. Remove all removable parts from inside, such as shelves, crispers, etc. Hand wash, rinse, and dry removable parts and interior surfaces thoroughly, using a clean sponge or soft cloth and mild detergent in warm water. Do not use abrasive or harsh cleaners such as window sprays, scouring cleansers, flammable fluids, cleaning waxes, concentrated detergents, bleaches or cleansers containing petroleum products on plastic parts, interior and door liners or gaskets. Do not use paper towels, scouring pads, or other harsh cleaning tools. These can scratch or damage materials. To help remove odors, you can wash interior walls with a mixture of warm water and baking soda (2 tbs. to 1 qt (26 g to .95 L) of water).

Wash stainless steel and painted metal exteriors with a clean sponge or soft cloth and mild detergent in warm water. Do not use abrasive or harsh cleaners. Dry thoroughly with a soft cloth. For additional protection against damage to painted metal exteriors, apply appliance wax (or auto paste wax) with a clean, soft cloth. Do not wax plastic parts.

source:

A word to the wise ain't necessary – it's the stupid ones that need the advice.

Bill Cosby

Recession is when a neighbor loses his job.

Depression is when *you* lose yours.

Ronald Reagan

IN YOUR WORDS Client Testimonials

"Every year we do the duct cleaning. They are a very good company to deal with."

Kevin Perry, 6-10-09, Duct Cleaning, Crowley Foods

"The technicians showed up on time, walked me through what they were going to do, did it in the time discussed and were clean and neat about it."

Justin Thomas, 6-05-09, Duct Cleaning, Auburn

"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 and then went out of his way to make sure all affected areas were treated, follow-up was excellent!"

Bruce Livingston, 3/3/09, Fire Remdiation, Regal Cinema, Carousel Mall

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

Christine Mizro, 3-7-09, Carpet Care, Newark

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

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

"Attention to detail, perfect job."

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

"I'm satisfied. See you next time."

Anonymous Client, Auburn

(Couldn't resist running that one again.....)

Note: There are not a lot of residential duct cleaning testimonials during the summer due to our duct cleaning crew working in the schools and colleges while the students are on summer break.

Valued Client –

To improve indoor air quality and your heating system's efficiency have the ductwork cleaned. Many homes have never had this done and when the system is turned on the air that blows through the vents blows past decades of accumulated debris, mold and bacteria.

Our process is to access the main trunk of the furnace and put a hose with a scrub brush directly into the ductwork. This brush scrubs the ducts, the vents are sealed, and debris is suctioned into a containment unit on the truck. The entire system is then sanitized. Many clients report relief of allergy symptoms, less frequent dusting, and a decrease in their fuel cost.

Best Regards, Jim Smith

DISASTER PREPAREDNESS

Work with your family ahead of time on a fire escape plan.

- The plan should include who helps who get out, and where to meet once outside. Then practice the plan.
- Household members with disabilities may need special help.
- Alert others in the house to the emergency; yell "Fire", bang on doors if you can.
- Know two ways out of every room; one can be a window if you can open it by yourself.
- Remember; the lights may not work during a fire. Know how to get out in the dark.
- Don't stop to take anything or to help pets.
- Stay low if smoke is present; crawl if you must to stay out of smoke.

source: [http://www.ou.edu/oupd/kidsafe/evac ans.htm](http://www.ou.edu/oupd/kidsafe/evac_ans.htm)

Water Safety for Your Own Back Yard

Use of the pool should always be supervised by an adult who knows how to swim and knows pool rules and emergency procedures. The area should have a secure fence surrounding the pool with childproof locks to guard against unsupervised swimming. A fence is necessary even if the pool is located directly outside of patio doors. The gates should be locked when no adult is present.

Establish pool rules and post them near the pool. Don't allow running or horseplay around the pool. Be careful with inflatable toys that may deflate unexpectedly. Use only unbreakable containers in the pool area.

Be prepared for emergencies. Have a long pole, a ring buoy with a throwing line and a first aid kit close at hand. Keep emergency numbers handy. Get training in lifesaving, first aid and CPR. To prevent injuries, make sure all divers use caution. Allow diving only where the water is deep - at least 9 feet from deck - and tell divers to check the water depth before diving

Make sure small children are wearing their swim aid at all times. Establish a buddy system, no one swims alone.

Observe the outside temperature, and then the temperature of the water. Huge temperature changes can cause hypothermia and can prove fatal. If it's 90 out, don't just jump into shaded, 30 degree water.

source: <http://www.littleswimmers.com>

Those of you who received your Annual Cleaning Certificates please call and schedule your appointment now. We are booking about a week or two ahead. Clients report short drying times right now, about 6 hours.

Gift Certificates Available Starting at \$125.00

Have Dad's favorite recliner cleaned, or have the car interior detailed.....or just have the carpets cleaned. We'll clean out the dryer vent, clean the sofa....whatever your loved one prefers. We even do oriental rugs. Our clients are always happy, just take a peek at the kudos on the previous page.



CHILDREN'S RECOMMENDED MOVIES

SWISS FAMILY ROBINSON
THE SOUND OF MUSIC
WHO FRAMED ROGER RABBIT?
PETER PAN
THE KING AND I
FLY AWAY HOME
FIDDLER ON THE ROOF

ABBOTT AND COSTELLO MEET FRANKENSTEIN (1948)

THE ADVENTURES OF ROBIN HOOD (1938)

DICK TRACY

PERSONAL FAVORITES:

MARY POPPINS, THREE AMIGOS, SECOND HAND LIONS

source: <http://forums.premiere.com>

TRIVIA

The Average American Drinks 25 gallons of milk per year.

Each American eats approximately 22 pounds of tomatoes yearly. Over 1/2 of the tomato consumption is in the form of catsup and

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Your New Issue Has Arrived!

Yellow Rice with Chicken

Hint: Save time and money, make a second batch for later on.

Cook Time: 1 hour, 30 minutes

Ingredients:

2 frying chickens, cut up	2 teaspoons salt
2 1/2 cups long-grain rice	5 cups water
1 green bell pepper, sliced	2 tablespoons olive oil
1 med onion, chopped	1 clove garlic, minced
1 teaspoon saffron	1 jar (2 oz) pimienta

(Vigo makes a packet that is reasonably priced)
1 package green peas, frozen, 10 ounces

Preparation:

Saute green pepper and onion in olive oil until tender. Put in a large roasting pan; add all ingredients except chicken and mix together thoroughly. Sprinkle chicken pieces with salt and place on top of the rice mixture, skin side up. Cover and cook at 400 degrees for 1 1/2 hours.

Remove cover and cook an additional 5 minutes.

Serves 8.

Local Events

Wayne County Fair, Palmyra
250 West Jackson Street
August 10th – 15th
\$5 Adults, \$3 Youth,
5 & under are Free

Skaneateles Festival
August 12th – September 5th

Cortland Celtic Festival
Downtown Cortland
August 21st – 22nd

The Great New York State Fair
Syracuse, NY
August 27th – September 7th
Discount Midway Ride Books are available at
Wegmans, Price Chopper, P&C Food Markets
and participating Big M stores.