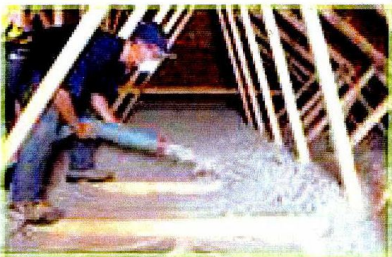


Business spotlights

Achieving Green & Healthy Buildings



High energy costs and low supply equals a need for greater energy

efficiency. Quad-K Energy Conservation & Management has the answer. They use modern cellulose insulation and modern installation techniques. Fiberized cellulose insulation has been proven to be up to 40% more effective as a thermal insulator than conventional insulation. At below freezing temperatures cellulose insulation maintains its effectiveness, has a higher R-value and provides an air barrier that blocks heat transfer and air infiltration. Ideal for both residential and commercial applications, cellulose is cost competitive and environmentally friendly. For more information call Quad-K at 570-268-5744, or email quadk@epix.net.



"With Nature, Powerful Healing is Possible"

I first read about Sue's Salves in our local newspaper when she won a contest sponsored by the SBDC for developing new busi-

nesses. Sue, the creator & manufacturer of Sue's Salves, has combined her love of organic gardening, medical astrology and natural healing to create a skin salve like no other. Rich in nutrients, the plants used in her salves nourish the skin without the chemical ingredients commonly found in beauty care products. Her salves, massage oils and body lotions are made with 100% organically grown healing plants, hand harvested at the peak of potency, creating the freshest skin care products available for the ultimate healing experience. Her salves help heal the typical skin ailments like eczema and rashes, but amazingly, they also help heal everything from bruises & sunburn to acne, cold sores, diaper rash & diabetic feet. Contact her at 570-726-3028 about her Open House on Dec 1 or visit her web site: www.suesalves.com. See her enclosed brochure!

Actual Court Recordings

These are from a book called Disorder in the American Courts, and are things people actually said in court, word for word, taken down and now published by court reporters.

ATTORNEY: What was the first thing your husband said to you that morning?

WITNESS: He said, "Where am I, Cathy?"

ATTORNEY: And why did that upset you?

WITNESS: My name is Susan!

ATTORNEY: Now doctor, isn't it true that when a person dies in his sleep,

he doesn't know about it until the next morning?

WITNESS: Did you actually pass the bar exam?

ATTORNEY: ALL your responses MUST be oral, OK? What school did you go to?

WITNESS: Oral.

Submitted by Karen Jows

Gotta love Maxine!

Even doctors make mistakes. Mine asked me to undress.



Do you need "Room to Breathe?"

When you live

in the same house for 25 years, you tend to accumulate "stuff". Every room, every closet, every drawer... all have stuff I should get rid of. But where do I start? What if I need it after I throw it away? All kinds of excuses keep me from de-cluttering my home and my life. Enter Jessica Dolan, creator and owner of Room to Breathe Home & Office Organizing. A self proclaimed "neat freak", Jessica loves to help people decrease stress, increase productivity & efficiency, improve physical environment, save money and most importantly, allow you to regain time for yourself. Her services include residential and commercial projects, Home Staging, Paper Management and Time Management. She works with you by designing systems that use simple organizing principles created for you and your situation. Wouldn't you love to organize your home, your office and your life? Call Jessica at 814-360-1063 to schedule your consultation. Or visit her web site at www.roomtobreathe.us.



What is the Mystery Franchise?

Here are some interesting details about

a self-employment opportunity, (not a job) and while I won't provide the answer, maybe it will make you curious! Maybe it will sound like something that you, or someone you know, would like to learn more about. When we think of pollution, we often think of smoking factories and hazy outdoor air. However, the U.S. Environmental Protection Agency (EPA) has found that levels of some hazardous pollutants in indoor air are as high as 70 times greater than in outdoor air. We are discovering that indoor air pollution causes allergies, asthma and even more serious illnesses. An entire industry has developed to address these issues. It's called the Indoor Air Quality (IAQ) industry. As the IAQ industry grows rapidly, the potential to help make people's lives healthier and home systems run more efficiently--and make a living doing it--grows exponentially. This is a great time to go green with your business! If you are looking for a business that offers clean values and business practices, as well as indoor air and home safety-you might want to learn more about this franchise. For more information, call me at 800-593-0565.

