

## WHAT'S NEW @ AMES SERVICES

### Ames Services has partnered with Cleaning For A Reason.

Cleaning For A Reason is a non-profit organization dedicated to providing free and discounted cleaning for cancer patients. This non-profit was formed 2006 and is the only foundation in America doing this type of philanthropic work. Ames Services is proud to say that we are a charter partner of this organization.

We have always helped women simplify their lives. That is what we do. So being a part of the Cleaning For A Reason Foundation is a natural fit for our company. As a local business we are grateful for the success that we have attained through our many loyal customers. We are proud of the services we provide and proud to be able to help those in need. It is another way that we can reach out to our community.

We are committed to providing the gift of a clean home to women undergoing treatment for cancer through this foundation. When someone knows a woman who is in need of help during this difficult season of her life, please send her to the foundations website at [www.cleaningforareason.org](http://www.cleaningforareason.org) call us at the office for more information regarding this amazing opportunity for help.

You can help, too. As is true with most nonprofit organizations, we need your support to help as many women in need as time will allow. Each cleaning company provides time and money which helps fund base operations and the free services for women with cancer. Unfortunately, our supply does not come close to the demand. Each client patient receives four free cleanings spaces out once a month for four months. You can make a huge difference in these women's lives by making a donation to help us further this cause. You can do this by contributing a small amount each month to Cleaning For A Reason.

The contribution is easy and painless. You choose the amount, from \$1 to \$1000 per month (or more if you would like) or a one-time donation. You can include your donation on your check along with the payment of your services or we can automatically bill this each month to your credit card, along with your regular services, and mail the money to the foundation for you.



The national Cleaning For A Reason Foundation makes it possible for us to do our part in the way we know best, cleaning homes every day, and making a difference. We hope that you will join us in making a difference in the lives of women receiving cancer treatment.

**Ames Services, LTD**

240 Hinkle Road

Annville Pa 17003

(717) 838-8387

[www.AmesServices.com](http://www.AmesServices.com)

**2009 Summer Edition**

# Ames Services LTD

**JANITORIAL  
MAINTENANCE  
HOUSEKEEPING  
GROUNDSKEEPING**

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*Working Harder Everyday Since  
1987 to Provide a Cleaner, Brighter  
and Safer Environment for Your  
Home or Business .*

[www.AmesServices.com](http://www.AmesServices.com)

# AMES SERVICES GROUNDSKEEPING SERVICES

## Lawn Maintenance

Mowing, Seeding & Fertilizing  
Landscaping & Mulching

Tree & Shrub  
Trimming & Planting

Spring Clean-Up  
Gutter Cleaning  
Leaf & Yard Waste Removal

Mulch for SALE  
\*Delivery Available

### Keeping Your Grass Green and Healthy

One of the most important lawn care tips is to water your lawn properly. Many people spend a few minutes a day watering their lawns by hand with the garden hose. Others run a sprinkler for ten or so minutes every few days and then shut the sprinkler off. Both of these watering methods only saturate the surface of the soil. This encourages the grass to keep its roots near the surface, since there is no moisture deeper in the soil. To help your grass develop vigorous, healthy roots, water your lawn deeply several times a week instead. If you aren't sure if you are watering your lawn deeply enough, place a rain gauge in the area being watered and check to see if it catches at least an inch of water by the end of the watering session.

### How Often Should I Water My Lawn?

Some of this depends on how well-established your lawn is, and the kind of conditions you live in. For new lawns, it is recommended that they get daily watering (or at a minimum, every other day) until the lawn has established a strong root system. Older, more established lawns, should only be watered two or three times a week to encourage roots to dig deeper for water sources, which leads to a healthier root system.

### What's the Best Time Of Day to Water My Lawn?

The best time of day to water your lawn is early morning, just before sunrise. The temperatures are relatively cool, so no worries about evaporation. Watering in the heat of the day can be counter-productive because much of the water will evaporate when it hits the surface of a hot lawn. Watering in the evening can lead to fungus and grass disease because the lawn blades do not have adequate time to dry before nighttime.

## CELEBRATIONS & OBSERVANCES

6/14 FLAG DAY      7/4 INDEPENDENCE DAY  
6/21 FATHERS DAY    9/7 LABOR DAY  
6/21 SUMMER BEGINS 9/11 PATRIOT DAY



**SUSQUEHANNA  
FLOORING**  
www.AmesServices.com  
717-838-8387

## NOW OPEN!

240 HINKLE ROAD  
ANNVILLE, PA 17003

## The ANNEX

A Venue Where  
Folks Can  
Buy and Sell !!



Mon - Fri 9 to 6 · Saturday 9 to 3  
50 N. Railroad Street  
Palmyra, PA 17078  
Ph: 717.838.8917

## YARD SALE

Every Friday & Saturday

Come Join Us! Rent a Table for One  
Day or Both Days.  
Ask us about our Daily Rates

### NEW & QUALITY USED

- HOUSEHOLD ITEMS
- GIFT MERCHANDISE
- HOME DÉCOR
- POTTERY
- ARTWORK

AND SO MUCH MORE...

## COMMERCIAL CLEANING

Ames Services Welcomes our newest clients, Devon's and Pheasant Hill Estates. Thank You for choosing Ames Services. We look forward to serving you!

We offer daily, weekly or monthly Commercial Cleaning Services. We can customize a plan for specific industries such as office spaces, warehouses, manufacturing plants, financial institutions, medical and entertainment facilities, stadiums and more...

What can we Clean for You?  
Contact us today for a Free Estimate!

Employee  
Spotlight



Brian Varvel

Brian Varvel, Maintenance Technician, joined the Ames Services Team in April 2009. Brian brings a wealth of expertise and experience to Ames Services.

Brian has over 22 years experience in the Building Construction and Maintenance Industry within the Central Pennsylvania Region. His achievements include, completing the Associated Builders & Contractors Journeyman Carpenter Program, attaining his certificates in OSHA, Hazardous Material & Fall Protection Training, Aerial Work Platform & Boomlift, HILTI Powder Actuated Tools and CPR & First Aid.

*Welcome Brian!*

## BIRTHDAYS & ANNIVERSARIES

### June

3- Jane Gurnee, Commercial Cleaning  
22- Alyssa Miller, Commercial Cleaning  
29- Jason Rittle, Account Supervisor  
29- Charles Reinhart, Commercial Cleaning

### July

1- Mark Cheyney, President  
8- Lisa Dowhower, Commercial Cleaning  
9- Kathleen Luchnick, Commercial Cleaning  
11- James Zechman, Commercial Cleaning  
15- Josue Torres, Commercial Cleaning

### August

11- Renee Meyer, Accountant  
19- Barbara Garrison, Commercial Cleaning  
24- Maria Espinar, Commercial Cleaning  
29- Jasmine Hopkins, Special Services

### 1 YEAR OF SERVICE

Mary Burkhammer, Commercial Cleaning  
Jamie Hess, Commercial Cleaning  
Jessica Herr, Commercial Cleaning  
Heather Hurst, Laundromat Manager  
Amy Gavlick, Commercial Cleaning  
Jane Gurnee, Laundromat Cleaning  
John Lefever, Commercial Cleaning  
Josue Torres, Commercial Cleaning

### 2 YEARS OF SERVICE

Nikki Menzel, General Manager  
Alyssa Miller, Commercial Cleaning  
Mary Miller, Main Street Classics  
Christian Nolt, Commercial Cleaning  
Tim O'Grady, Commercial Cleaning

### 3 YEARS OF SERVICE

Dianne Mason, Resource & Marketing

### 9 YEARS OF SERVICE

Mark Cheyney, President

### 10 YEARS OF SERVICE

## "Referral Discount"

Receive **10% off** your next cleaning when you refer a relative, friend, neighbor or co-worker to Ames Services and they choose us to provide them with any of our services.