



3751 Creamery Rd., Ste #3
De Pere, WI 54115
info@jensenscarpetcare.com

Healthy Home News

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

American Heart Month



- The human heart weighs less than one pound. The average weight for women is eight ounces, while for me it is 10 ounces. As a result, women's hearts beat faster than male hearts.
- Your heart beats with enough strength to shoot blood a distance of 30 feet.
- Your left lung is smaller than your right lung, to make room in your chest cavity for your heart.
- On average, a million barrels worth of blood is pumped through the heart in a lifetime.
- Every year, your heart beats approximately 35 million times. That is 100,000 beats per day, 70 beats per minute. Over the course of a lifetime, that adds up to an average of 2.5 billion heartbeats.
- Your heart is made up almost entirely of muscle.
- The blood vessels fed by your heart are more than 60,000 miles long. According to the Cleveland Clinic, they could wrap around the world twice.
- Clench your fists and put them side by side. This is roughly the size of your heart.
- The human heart begins to beat as early as four weeks after conception. Scientists believe that by eight weeks, when the embryo is only an inch long, the heart is fully developed.

Baking Soda for Heartburn



Bicarbonate of soda, commonly known as baking soda, is an effective antacid for relieving heartburn, sour stomach and indigestion that is far less expensive than brand-name products.

Arm & Hammer, a major manufacturer, recommends mixing a level half-teaspoon of baking soda with half a glass of water (four ounces). But it cautions that this should be taken no more often than every two hours until relief is achieved, and no more than eight times a day.

A&H also warns that this preparation should not be taken by children under five or people on sodium-restricted diets.



Winter Contest

Win a free Mini Vacation Package at the Green Bay Quality Inn & Suites!



BY CHOICE HOTELS

The person who gives out the most referrals from December 1st to March 1st will be awarded this wonderful Get-away gift! It is a close race & this is the last month of the contest, so keep those referrals coming & you may be the winner!



Check out their Website at:
www.qualityinngreenbay.com

Outstanding Client Of the Month!

Thorne Plumbing Thank you for your recent referrals!

The word is spreading...our
business runs on the positive
comments & referrals from people
like you. We appreciate that you
keep them coming!

We'd also like to thank all of you
who returned the Customer
Satisfaction Surveys last month.
Many wonderful comments were
shared and we are grateful for the
feedback!

Quotes on Love

*A kiss is a lovely trick designed by
nature to stop speech when words
become superfluous.*

Ingrid Bergman

*A very small degree of hope is
sufficient to cause the birth of love.*

Stendhal

*At the touch of love
everyone becomes a poet.*

Plato

*Before I met my husband,
I'd never fallen in love.
I'd stepped in it a few times...*

Rita Rudner

*Being deeply loved by someone
gives you strength,
while loving someone deeply
gives you courage.*

Lao Tzu

See Insert This Issue:



**Are You Willing
To Take A
Gamble On
Your Health
This Winter?**

Pancake Week!

www.homemade-pancakes.com

Pancakes have a long history, dating back to the Ancient Romans and beyond. It was believed in medieval times that the first three pancakes cooked in each batch were sacred. They were each marked with a cross before being sprinkled with salt and then set aside to ward off evil.

Here are some more interesting facts about pancakes.

- On Pancake Day in Newfoundland, people place items in the pancake batter before it is cooked to foretell the future for family members. If it happens that a boy receives an item in his pancake for a certain trade, it means he will enter that trade. If a girl receives an item for a trade, it means she will marry a person in that trade.
- Maple syrup, which is often used as a topping, was originally a sweet drink discovered by the Algonquin Indians. To make this drink, sap was collected from Canadian sugar maple trees and was boiled.
- The first ready-mix pancake batter to be sold commercially was *Aunt Jemima* pancake flour. It was invented in 1889 in St. Joseph, Missouri. It wasn't very popular at the beginning.
- It is common in France to touch the handle of the frying pan and to make a wish while the pancake is turned, often while holding a coin in one hand.
- The first pancake recipe appeared in an English cookbook in the fifteenth century.
- The tradition of eating pancakes on Shrove Tuesday is almost 1,000 years old.
- Shrove Tuesday (Pancake Tuesday) is known as *Carnivale* in Italy (Latin for 'goodbye to the flesh'), and called *Fasnacht* in German ('night of the fast'). In Iceland, the day is called *Sprengidagur* ('bursting day') and is known for the tradition of eating salt, meat and peas. In Greece it is called *Apocreas* ('from the meat'). It's traditional for Greeks not to eat meat during Lent.
- The first recorded Pancake Day was in Olney, Buckinghamshire in 1445.
- The largest number of pancake-tosses in the shortest amount of time in the UK is 399 tosses in 2 minutes.
- The world's biggest pancake was cooked in Rochdale (Greater Manchester) in 1994, which was 15 meters in diameter (almost 50 feet), weighed three tons and had an estimated two million calories.
- In 2010, Mike Cuzzacrea set the world record for the highest pancake toss at 31 feet.
- One pancake fan ran a marathon while continually tossing a pancake for three hours, two minutes and twenty-seven seconds.
- In March of 2011, competitive eater Matt Stonie ate 40 regulation-sized IHOP pancakes in 9 minutes and 14 seconds.



Random Facts for February



- The elephant is the only animal with 4 knees.
- When cats are happy, they squeeze their eyes shut.
- Every human spent about half an hour as a single cell.
- The tongue is the only muscle in the body that is attached from one end only.
- The city of Portland in Oregon was named after a coin toss in 1844. Heads for Portland, tails for Boston.
- No US President was an only child.
- The African cicada spends 17 years sleeping, then wakes up for two weeks, mates and dies.
- George Washington didn't want his image on US coins. He didn't want to imitate European monarchs.
- The shrimp's heart is in its head.
- Cats can hear ultrasound.
- Kissing is healthier than shaking hands.
- On average, the Dutch are the tallest people.
- Married men tip better than unmarried men.
- Names in Iceland's phone books are listed alphabetically by first name, not by last name.
- Natural pearls melt in vinegar.
- There are 293 ways to make change for a dollar.
- Buttermilk does not contain any butter.
- Ants never sleep.
- The human brain is 80% water.
- Every day, 15 billion cigarettes are smoked worldwide.
- Roosters have to extend their necks in order to crow.
- Armadillos have four babies at a time, and they are always the same gender.

The Batty Guy

The manager of the hospital's softball team was returning equipment to the proper owners at the end of the season. He walked into the surgery department carrying a bat that belonged to one of the surgeons.

As he passed patients and their families in a waiting area, a man said to his wife, "Look, honey, here comes your anesthesiologist!"

The Boss's Sign

The boss was complaining in our staff meeting the other day that he wasn't getting any respect. The next day, he brought in a small sign that read "I'm the Boss!", which he then taped to his office door.

Later that day when he returned from lunch, he found that someone had taped a note to the sign that said, "Your wife called. She wants her sign back."

Optical Illusion of the Month



Do you see a duck or a rabbit?

Thank You for the Referrals!

Thanks to all of our wonderful clients who graciously referred us to their friends and neighbors last month!

Mike & Leanne Haddad, Pete & Lee Hoeft, William Geitner, Dan Moore, Jenny w/ Home Interiors, Jason w/ Benzschawel Plumbing, Barb Machon w/ Olejniczak Realty, Teresa w/ TJV Investments, Joshua w/ Ogden & Co., Mike & Kathy w/ Dirt Busters, Ted w/ Thorne Plumbing, Carpet City, Macco's Floor Covering Center **and a special thank you to Al Schneider for your referral & for taking the time to call our Office with your positive feedback!!**

Thanks for All the Kind Words!

Mary Townsend called us to say that her carpet cleaning was great and that the Technicians were "The most professional cleaners I've ever had!"

Joe Delleman said the "elves" did a fantastic job and they are welcome to come around every year!

Thank you for more positive comments from...
Kris Mattes, Marilyn Warden, Jean Grimm, Jill Last, Karla Krug, Kelly Gusloff, Sue Vande Walle, Rosie Pavek, Carla & Paul Melanson, Lorie Weeks, Cathy Olmsted, Dawn Matheson, Jim Ball, John Jensen, Judy Fischer and Margaret & Carl Zutz



3751 Creamery Rd., Ste. 3
 DePere, WI 54115
 (920) 347-1950
info@jensenscarpetcare.com

Your New February Issue Has Arrived!

*Look Inside For our
 Money-Saving Insert and More!*

Happy Valentine's Day!
 from your **Jensen's Team**
*Joel, Dan, Karen, Stacie, Bill, Adam,
 Tyler, Tom, & Dave*

The G.I. Joe Doll Introduced in 1964

G.I. Joe is a line of action figures produced by the toy company *Hasbro*. The initial product offering represented four branches of the US Armed Forces.

The term "G.I." stands for "Government Issued" and became a generic term for US Soldiers (predating the action figures), especially ground forces. The development of G.I. Joe led to the coining of the term "action figure."

The G.I. Joe trademark has been used by Hasbro to title two different toy lines. The original 12-inch line that began in Feb. of 1964 centered on realistic action figures.

In 1982, the line was re-launched in a 3.75 inch scale, complete with vehicles, playsets and a complex back-story involving an ongoing struggle between the G.I. Joe Team and the evil Cobra Command, which seeks to take over the free world using terrorism.

G.I. Joe was inducted into the National Toy Hall of Fame in Rochester NY in 2004. - *Wikipedia*

Caliente La Fiesta Mexicana

Spice up your Valentine's Day with great Mexican food!




623 George St. DePere 336-8737

Ready for this month's Trivia Challenge?

The first 6 people who call our office with the correct answer will win a **\$15.00 Gift Certificate** for **Caliente**.

Take your best guess, and then call us at **920-347-1950!**

(Be courteous & allow 6 mos. between wins)

This month's Mega Trivia Question:
About how many times per year will your heart typically beat?

A) 500,000 B) 2.6 million C) 12 million
 D) 26 million E) 35 million

HINT: The answer is somewhere in this newsletter



Are You Willing To Take A Gamble On Your Health This Winter?

Hello Friends & Clients! It's **Jensen's Carpet Care & Restoration**, your favorite carpet cleaner; I hope you are having a fantastic winter! Isn't it a great time of the year to spend time with the family watching movies, enjoying fresh baked cookies, playing games...**but with all that time spent inside have you thought about how "clean" your indoor air is?**

Are you aware that whether or not you own your own home your carpet **needs** to be cleaned regularly just to maintain the health of your indoor living environment? Think about it for a minute...

How Long Has It *Really* Been Since You Called Me?

Time flies. And maybe it seems like I was "just out" to clean your carpets...but how long was it **really**? If it's been longer than 6-12 months you need to call me for sure.

Have you ever seen how many "dust bunnies" and "stuff" in general gathers on a hard surface floor like wood or tile? **Just think about how much gross stuff is settling into your carpet on a daily basis...**If you could just see what I "pull" out of the average "clean" looking carpets you'd probably gag...because...

It's NOT Pretty!

And that stuff just "lurks" around your home like an invisible enemy invading and polluting your clean air space...**and here it is the middle of winter when most of us spend 90% of our time indoors.** By the way, did you know...

February Is One Of The Best Months To Clean Your Carpets?

That's because it's my "slow season" which inevitably comes right after the holidays and lasts well into March. **But that's what makes February the best time to clean! Because I'm trying so hard to keep busy, you get my deepest discounts of the year! Plus, you have your "choice" of the schedule.** *Don't worry; your carpets will dry just as quickly in the winter because I'll use high-powered fans to speed the drying process.* (And, I'll make a special effort to keep the cold air out of your home while we clean.)

Don't let another minute pass by without taking care of your indoor air quality by having me out to professionally clean your carpets, especially since...

You Get My Deepest Discount Of The Year! (And Your "Pick" Of The Schedule.)

Call **Jensen's Carpet Care & Restoration** at 920-347-1950 today
or send me an e-mail at info@jensenscarpetcare.com

Save \$45.00 Off Your Carpet Cleaning and One FREE Room Of Carpet Protection.*
But Hurry Offer Expires...

February 29, 2012

Check us out on the web at www.jensenscarpetcare.com

*not valid with other offers or specials. Free Carpet Protection limit 200 sq. ft.
\$60.00 Minimum Charge would still apply.