

Jensen's Healthy Home News

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

Coffee! From Africa to Europe to America



Most of us take our morning coffee for granted without knowing beans about it. Check this colorful history and health benefits.

According to legend, sometime during the ninth century, an Ethiopian goatherd noticed his goats dancing from one coffee shrub to another, grazing on the cherry-red berries containing the beans. He ate a few himself and was soon frolicking with his flock. Witnessing the shepherd's dance, a monk plucked berries for his brothers. It is said that by nightfall, his brothers were uncannily happy and alert to divine inspiration.

Coffee plants, woody perennial evergreens, were first cultivated on the Arabian Peninsula around 1100 A.D. By 1600 coffee had been introduced to Europe, and within 50 years, coffee houses began appearing in Italy. Settlers of the New World brought coffee to Jamestown Settlement in Virginia and to the first villages of Canada. In the New World, coffee was first cultivated on the Island of Martinique. Today, the coffee bean is a major crop in South American countries, Hawaii, Indonesia, and Africa.

While medical researchers have documented that coffee can lead to the jitters, newer studies show that the brew is high in antioxidants and may limit the occurrence of certain cancers and chronic diseases. Caffeine has been proven to stimulate metabolism and break up fatty acids, aiding in maintaining proper weight.

see the
SPECIAL INSERT
inside...

What is "Carpet Protection"?



1720 Lime Kiln Road
Green Bay, WI 54311

info@jensenscarpetcare.com

920-393-4062



Hi Joel,

Joel Jensen

Q: Our family really enjoyed our recent trip to the State Fair. However, when we returned home a sticky situation developed. My daughter stepped in chewing gum at the fair and has now tracked it onto the carpet. I'm not sure what to do first. Can you help?

A: So sorry to hear about your sticky situation! But we just may have the solution. A freezing method of removing chewing gum from carpet may do the trick. You will need some ice, a plastic bag and a spoon or dull knife. First you fill a plastic bag with a few pieces of ice. Then you gently dab the ice over the gum to freeze it hard. Using the spoon or dull knife carefully scrape away the gum pieces. Dispose of the removed gum right away before it softens and sticks again. Repeat this process until all of the gum is removed.

Joel says:

Remember, spots and stains can be tricky, and certain cleaners and techniques can cause permanent damage. Call Jensen's anytime for a free quote if you'd like us to take a look.

Have a flooring question for Joel?

Email it to:

info@jensenscarpetcare.com



Featured Local Event:
AUGUST 2019
ALGOMA KITE FESTIVAL
SOAR on the SHORE

Date/Time:
Sat., Aug. 17 / 11 a.m. to 4 p.m.

It's a fun-filled day on Crescent Beach. Kite flying is fun for the whole family and is sure to bring out the kid in all of us. Come watch the professionals as they soar kites both big and small and enjoy a day at the beach!

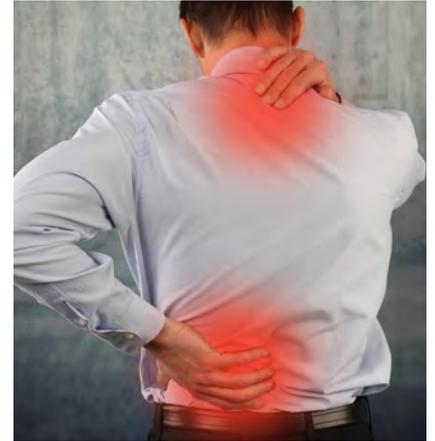
Location:
Crescent Beach
1226 Lake Street, Algoma
Contact information:
920-487-2041

Client of the month: August 2019 **Joe Hockers**

Thank you to our very appreciative client for making a special call back to let us know how pleased he was with the technician's quality of carpet cleaning at his home. The technician also appreciated the thank you note that he made a point of sending our way. We at Jensen's are all very impressed with Joe's courtesy and thoughtfulness!

Healthy talk

What you should know about your back



If you have ever said, "Oh, my aching back!" you are in good company.

About 90 percent of Americans will suffer from back pain at some point in their lives. Knowing facts about your back could keep you from injury or help your aching back feel better.

- An inactive lifestyle is one of the main causes of back injuries. Inactivity weakens key muscles increasing your risk.
- Only about one in six back problems starts with heavy lifting. Weak muscles are more often the cause.
- Strength training and aerobic exercise are among the most effective treatments for back pain. Do exercises that don't make the pain worse.
- Only 1 in 20 back problems require surgery. Always get a second opinion before opting for surgery.
- Doctors quoted in *Prevention* say the old advice about sleeping on a hard mattress doesn't apply. Sleep on a mattress with a little more cushioning.
- Most episodes of back pain clear up within a month.

Quote for August

"Simplicity is the ultimate sophistication."

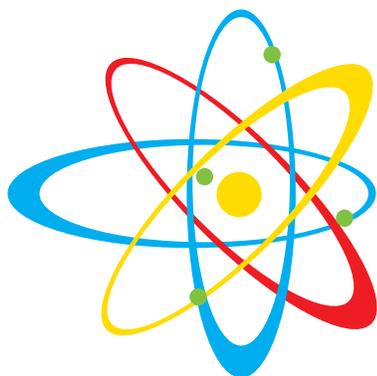
-Leonardo da Vinci

The lighter side of science



Here are actual answers given by 16-year-olds on tests:

- **Name the four seasons:** Salt, pepper, mustard, and vinegar.
- **How is water made fit to drink?** Flirtation makes it safe because it removes pollutants like grit, sand, dead sheep, and canoeists.
- **How is dew formed?** The sun shines down on leaves and makes them perspire.
- **What causes tides in the oceans?** Tides are a fight between the Earth and the moon. I forget where the sun joins in this fight.
- **What are steroids?** Things for keeping carpets still on the stairs.
- **Name a disease caused by cigarettes.** Premature death.
- **How do you delay milk from turning sour?** Keep it in the cow.
- **What is a fibula?** A small lie.



Cool Blogs, Sites & Online Resources to Check Out This Month!

“Lifehacker”

Lifehacker is a hub of productivity tips, tricks, and downloads. It's basically an archive of all the information it would be incredibly useful to know, but nobody ever really teaches you. Aside from productivity, they also cover topics such as money-saving tips, clever uses for household items, and so on.

For example, did you know that you can peel a mango in under 10 seconds? Or that there are four lengths of naps that'll benefit you in different, very specific ways? Check out this site – it's terrific.

(Source: Lindsay Kolowich)

www.Lifehacker.com



Quotes by Mark Twain

“A man who carries a cat by the tail learns something he can learn in no other way.”

“A person with a new idea is a crank until the idea succeeds.”

“Against the assault of laughter nothing can stand.”

“By trying we can easily endure adversity. Another man's, I mean.”

“Cauliflower is nothing but cabbage with a college education.”

“Giving up smoking is the easiest thing in the world. I know because I've done it thousands of times.”

Jensen's Healthy Home News

1720 Lime Kiln Road
Green Bay, WI 54311

***Your new August
issue has arrived...***

Inside:

- Coffee talk
- The light side of science
- What you should know about your back...
in Healthy talk

Need help now? Call us!

(920) 393-4062

info@jensenscarpetcare.com

Jensen's Healthy Home News



Jensen's MEGA TRIVIA Question

The first six people who call our office with the correct answer will win a \$15.00 gift certificate for **Grapevine Cafe**
2058 Allouez Ave., Green Bay
Take your best guess and call us
at 920-393-4062!

(Be courteous and allow six months between wins)

This month's Mega Trivia Question:

According to Leonardo da Vinci, what is
"the ultimate sophistication?"

- A) The Mona Lisa B) Art
C) The Last Supper D) Simplicity

Hint: You'll find the answer in the newsletter.

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

SPECIAL INSERT

Summer is slipping away... be sure your clean carpet doesn't do the same!

Hello friend! We hope you have had a wonderful summer, filled with lots of sun, family time, and relaxation. But we also hope you don't let the long summer days slip by without giving us a call. Before you know it, long summer days will turn into brisk fall mornings and the kids will start getting ready to go back to school. Then suddenly you'll look down and...



"Uh-oh....are those traffic lanes?"

"Traffic Lanes" can appear with or without a shadowy hint of grime. But, inevitably dirt will begin to create certain wear patterns in your once beautiful, fluffy carpets. When traffic lanes or wear patterns appear, your delicate carpet fibers start becoming vulnerable to break-down and fraying. And, if you don't call us right away ...those lanes could become (gulp!) permanent.

So don't let your carpets age in "dog years"!

*A carpet that isn't cleaned on a regular schedule can age beyond its years way too fast. We've seen 10-year-old carpets that still look like new and 3-year-old carpets that looked like they were 20 years old. **The key to a "young" looking carpet is cleaning and maintenance.** One more thing...*

"How does a \$15 discount sound to you?"

*That's a savings of \$15 that you can put towards having a little more fun before summer is truly over. And that's exactly what you'll save if you go ahead and call us today. Remember – clean before traffic lanes appear to prevent premature carpet aging and extend the beauty and life of your investment. Just call us or email and ask for the "August Special!" **Then you'll save your carpets and some money.***

Do you know someone who has kids starting back to school soon? If they have never used us, we will give them a FREE room of carpet cleaning in your name! (up to 200 sq. ft. of carpet, new clients only) P.S. We will send you a \$10 Gift Certificate for your referral...So THANKS in advance!!

Your August Special:

Keep your carpets looking young and fresh

SAVE \$15 OFF* your carpet cleaning!

Current clients only:

Get 33% OFF Carpet Protection!*

Offers Expire August 31, 2019

Contact **Jensen's Carpet Care & Restoration**

920-393-4062

or e-mail info@jensencarpetcare.com

Check us out on the web at

www.jensencarpetcare.com

Like us on Facebook at

www.Facebook.com/Jensens-capet-care-and-restoration

*Some Restrictions apply. Not valid with other offers. Minimum charge applies.

Many thanks from



Thank you for the referrals!

Special thanks to all those who referred Jensen's...

Joyce Gordon, Lee and Pete Hoefft, Barb Mahcon @ Olejniczak Realty, Kristen Rock, Todd Langer @ Keller Williams Realty, Maria Arriaga with Keller Williams, Annie Bongiorno, Alyssa Johnson, Suzanne Roffers, Macco's Floor Covering Center, Carpet City, Home Interiors & Design Center, IMS Barter, Facebook, Google Search & Reviews, Yelp and Angie's List, Yellow Pages, Toonen Properties – Canterbury Creek, Highland Springs, Fountain Park and Cedar Lake; Kos Management, Brook Park Apts., Alliance Management

Thanks for all the kind words!

Carol Krieser made a special call back and exclaimed "The guys (Jensen's Technicians) were so nice and very polite. They did a very nice job..." She went on to say "It was such a good experience! I really appreciated your customer service too. It seems like a wonderful family business where everyone likes what they do."

Jim Hermans let us know that "It is very comforting to have a company we can rely on!"

Joe Dekeyser said "I was not home at the time of the cleaning, but I want to let you know that they did an excellent job. I would recommend them to anyone. I mean, I was shocked at how great it turned out and how nice it smells now. Thank You."

Joe Hockers made a sincere call back to Jensen's and said "You know it was great! (The technician) was on-time, and not only that, but he called me ahead of time to make sure everything was in order. He is such a hard worker. He got here and started the cleaning right away and really made my carpet look great! I am very impressed with the quality of work. It truly was a pleasure to work with him and I could not say enough nice things. Thank you for checking in with me." He also went out of his way and mailed a thank you card to the attention of his technician to express his satisfaction with the carpet cleaning.

Jason Wilde said "We had a shoddy drop cloth allow dark turquoise paint to seep through it and onto our cream-colored carpeting in one of our daughters' rooms. It was UGLY. I called Jensen's, having driven by on GV many times, and they were able to send one of their staff, out within 20 minutes. They made no promises, but (the technician) was AWESOME and it's almost impossible to tell that there was once paint marks scattered about the room. I know it's often our first thought as consumers to call a nationally-known carpet-cleaning company, but I am so glad I called Jensen's first and supported this local business. They crushed it! Thanks, Jensen's!"

Linda Duquaine made a special phone call to say how happy she was with the service and that she thought the technician was very professional.

Barbara Krause exclaimed "Oh, a 10 out of 10 job. We love it! I am very impressed. We will definitely recommend you guys and will call you again in the future!"

Karen Gordon shared with us that "as always, very happy with our service and reasonably priced."

Tonya Lloyd said "Oh my gosh! Everything is great. (The technicians) were wonderful. So professional. I always refer you. My floors look great!"

Thank you for even more positive comments from...

Jean Kapolnek, Margaret and Jon Hardt, Kathy Button, Gary and Rachel McCully, Diane Sweney, Amanda Saulic, Kim Buttke, Jon Mares, Tom Nies, Zac Enderby, Connie Koeppel, Angie Hendrickson, Lisa Martin with Allcox and Assoc., Henry Nooyen, Ann and David LaHaie, Connie and Randal Lenz, Susan Lemense, Jennifer Henderson, Ann Reynolds, Carol Drosner, David and Kathy Kotajarvi, Laura Vanderkelen, Bridget Erwin, Kathy Shandor, Ryan Benzinger, Phil Sims, Paul Deleeve, Joan Wright, Beth Richards, Kim and David Yeghiaian