

# Jensen's Healthy Home News

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

## Flag Day: June 14th

The Fourth of July was traditionally celebrated as America's birthday, but the idea of an annual day specifically celebrating the Flag is believed to have first originated in 1885. BJ Cigrand, a schoolteacher, arranged for the pupils in the Fredonia, Wisconsin Public School, District 6, to observe June 14 (the 108th anniversary of the official adoption of The Stars and Stripes) as 'Flag Birthday'. In numerous magazines and newspaper articles and public addresses over the following years, Cigrand continued to enthusiastically advocate the observance of June 14 as 'Flag Birthday' or 'Flag Day'.

### Flag Day etiquette

On June 14th, you'll see a great number of American flags displayed on homes throughout the country. It's especially important now and should always be. The flag is properly displayed with the stars on the top, except when it is hung upside down as a distress signal. The flag should never touch anything beneath it.

### Saying the pledge

If you are at an event where the flag is not displayed but the national anthem is played, all present should face toward the music. When the flag is displayed, all present should face the flag and salute, private citizens with their right hand on their hearts and military people with the conventional salute.

## National Doughnut Day

Have you heard of National Doughnut Day? It is always on the first Friday in June. It was established in 1938 by the Chicago Salvation Army to raise funds during the Great Depression and to honor the work of World War I Salvation Army volunteers who prepared doughnuts and other foods for thousands of soldiers.

The original Salvation Army doughnut was first served in 1917. During WWI, Salvation Army "lassies" were sent to the front lines of Europe. These brave volunteers made home cooked foods, and provided a morale boost to the troops. Often, the doughnuts were cooked in oil inside the metal helmet of an American soldier. Salvation Army lassies were the only women outside of military personnel allowed to visit the front lines.

see the

**SPECIAL INSERT**

inside...

**Four little words  
to remember**



**1720 Lime Kiln Road  
Green Bay, WI 54311  
info@jensenscarpetcare.com**

**920-393-4062**



Hi Joel!

**Joel Jensen**

**Q:** I re-arranged furniture in my Living-room, but now there are indents in the carpeting where the furniture was. I tried to brush the area but it still doesn't look right. Is there a way to get rid of these?

**A:** *There are a couple of methods but the best way I have found is to use a clean white cotton rag (that you might burn a little). Get it wet with fresh water and lay it over the indent. Then take a clothes iron with the steam on high and place it on wet rag above indent. Have the iron sit NO MORE than 20 seconds. You may have to repeat but be extremely careful. If the iron was left on too long or too many times you may damage the carpeting permanently. This process should steam the carpeting and pad enough to raise them, and they will settle when cool. We do offer this service if you would like it professionally done.*

Have a flooring question for Joel?  
Email it to:  
**info@jensenscarpetcare.com**

Featured local event



## Summer Solstice Celebration

June 21, 5-9 pm  
(live music at 6 p.m.)

Whitney Park, Green Bay

Kick off summer with live music by The Presidents! Some seating is provided but feel free to bring a bag chair to guarantee a spot. Food trucks may require cash payment. Park along city side streets or in the former Bellin Health building lot on the corner off Webster and Pine.

In the event of inclement weather, the event may be postponed or cancelled. A cancellation call will be made on the day of the event.

Watch Facebook and [www.downtowngreenbay.com](http://www.downtowngreenbay.com) for any cancellation notice.

## Healthy talk

### “Peanuts are a smart choice”

For a time, it was considered wise to avoid peanuts because of their fat content. Times have changed. Health conscious people now know that peanuts hold no damaging cholesterol. Their high protein content makes them a good choice for most people, particularly for vegetarians. (Of course, if allergic to peanuts, stay away.)

Technically, peanuts belong to the legume family, as do peas and green beans, but some people wonder whether peanuts should be in a food group of their own. In addition to protein, they contain vitamin E, niacin, riboflavin, and important minerals.

A study published in the International Journal of Obesity shows that eating peanuts is a valuable way to control hunger without weight gain. Once considered only fit for animal feed, scientist George Washington Carver spent his life finding better uses for peanuts.

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Good Health is important because a person of health can enjoy great happiness during their lifetime. Without health we cannot do anything in this world. A person suffering from fever remains confined to bed. They cannot get out of doors. They cannot do anything for anybody.

Health is more valuable than wealth. Even a poor peasant with good health is happier than the rich person with poor health.”



Client of the month:  
**Nathan  
Griepentrog**

*Thank you to our super new client for your glowing review on Angie's List. It was great to read all your kind words, to know your experience with Jensen's was very positive, and that you highly recommend us! We hope to do work for you again soon, you made it OUR pleasure!*

## Quotes for June

*“If a June night could talk, it would probably boast it invented romance.” – Bernard Williams*

*“Never believe a prediction that does not empower you.” – Sean Stephenson*



Get exclusive specials when you “Like” us at [www.Facebook.com/JensensCarpetCare](http://www.Facebook.com/JensensCarpetCare)

## Safe ideas that could save you from a crash

It's about that time. A road trip to a cottage, beach or Grandma's house is probably in the works. For a safer trip, consider these new and old ideas about how to get there in one piece.

- **Just drive.** Don't talk or listen to someone on your cellphone. Using a cellphone reduces your ability to see while talking and in the moments while hanging up. Just listening on a cellphone can cause a decrease of up to 37 percent in the ability to process visual information on the road.
- **Make sure everyone is buckled up.** Not only is it safer for them, but in an emergency stop, an unbuckled backseat passenger could fly into you and cause you to lose control of the car.
- **Know your route** so you don't have to find a road and drive at the same time. Navigation systems are helpful if they don't take your mind off of driving.
- **Yes, give 'em a brake.** Go slow in construction zones. National Highway Transportation Administration (NHTSA) says more than 1,000 people die in construction zones each year.
- **Take a pal along** on a long drive. Most fall-asleep crashes happen when people are driving alone, usually in the dark. Be well-rested before starting and take breaks every couple of hours.
- **Keep the kids entertained.** Provide toys and games so their noise will not distract you from your driving.
- **Avoid following a truck or SUV** if you can. Your risk of a rear-end collision rises because you can't see around them and adjust your speed to conditions.



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

### Eating Well

This is a terrific website with all kinds of resources, including:

- \*Healthy Summer Desserts
- \*Healthy Recipes
- \*Meal Plans
- \*Special Diets
- \*Losing Weight
- \*Instructional Videos
- \*And more ...

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

### Medium.com

Here you can find ideas and perspectives you won't find anywhere else.

Medium taps into the brains of the world's most insightful writers, thinkers, and storytellers to bring you the smartest takes on topics that matter. So whatever your interest, you can always find fresh thinking and unique perspectives.

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



June

## Fun Facts!

In addition to the more famous June holidays, did you know that June boasts the following holidays too?

- Accordion Awareness Month
- Adopt-a-Cat Month
- African-American Music Appreciation Month
- Aquarium Month
- Candy Month
- Caribbean American Heritage Month
- Dairy Month
- Fight the Filthy Fly Month
- Fresh Fruit & Vegetables Month
- Great Outdoors Month
- Iced Tea Month
- Papaya Month
- Turkey Lovers Month

# Jensen's Healthy Home News

1720 Lime Kiln Road  
Green Bay, WI 54311

*Your new June  
issue has arrived...*

## Inside:

- Cool trivia about Flag Day ... (and Doughnut Day too!)
- Driving tips that could keep you safe
- Healthy Talk ... Peanuts are a smart choice!
- PLUS MORE ... Fun June facts.

## 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 **Royal Scot Golf Course & Supper Club**

4831 Church Rd, New Franken

Take your best guess and call us  
at 920-393-4062!

*(Be courteous & allow six months between wins)*

**This month's Mega Trivia Question:**

Which of the following is NOT celebrated in June?

- A) Accordion Awareness Month  
B) Candy Month    C) Dairy Month  
D) Avocado Month

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



## Could you use a good discount? Then just remember these four little words...

**Hello friend! Don't you just love getting a little extra off a service? Especially when you weren't expecting it. It's fun! Do you know what else is fun? Helping your friends and family, and making them feel happy! Here is how you can do both of these "fun" things at the same time...**

### Everybody loves it when you do this...

When was the last time you told a friend, family member or co-worker about a really great restaurant, book or movie? And, when **they took your recommendation and were so happy that you pointed them in the right direction....didn't that feel great?**

People love it when you do the "footwork" and find something great for them. You save your friends/family time, money and possible disappointment when you show them the way to a good experience. You do this when you recommend good books, movies, doctors, hairstylists, restaurants or...**even your carpet cleaner.**

**It's not easy to find great companies.** And carpet cleaners are no exception. Do you know how many "professional carpet cleaners" don't have much more experience than pushing a vacuum? Do you realize how many carpets are left over-wet or with residue? Or how many "pros" don't understand how to properly and permanently remove spots? These errors lead to rapid re-soiling and perpetuate the myths that carpet cleaning "doesn't work."

It's hard to find a cleaner with a thorough knowledge in the chemistry of cleaning, with a 100% satisfaction guarantee on all their work, five star service, and someone who handles your home with "kid gloves!" **But you managed to find us!**

### Four little words to remember...

**You see where we're going with this don't you?** Now you have the chance to help your friends and family find a great professional cleaner. Plus, we will send a \$10 referral Jensen's gift card for each and every referral sent our way that becomes a client. That equals a chance for you to help people, while you look really cool and get a great discount! All because you simply remember to say these 4 little words, **"Try my carpet cleaner."** **Jensen's Carpet Care & Restoration... of course!**



Do you know anyone in need of a cleaning before their summer vacation? Please have them call us and we 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!!**

**A deal for you...**

- **SAVE \$20 OFF your Carpet Cleaning**
- **PLUS: Get 33% OFF Carpet Protection**

**Offer Expires June 30, 2018**

Contact  
**Jensen's Carpet Care & Restoration**  
**920-393-4062**

or e-mail [info@jensenscarpetcare.com](mailto:info@jensenscarpetcare.com)  
Check us out on the web at  
**[www.jensenscarpetcare.com](http://www.jensenscarpetcare.com)**

Like us on Facebook at  
[www.Facebook.com/Jensens-capet-care-and-restoration](http://www.Facebook.com/Jensens-capet-care-and-restoration)

•Some restrictions apply \*Not valid with other offers.  
Minimum charge applies.



Thank you for the referrals!

***A special thanks for all those who referred Jensen's...***

Macco's Floor Covering Center, Carpet City, Home Interiors, IMS Barter, Facebook & Angie's List, Dan Younk, Red Smith Facebook Page, Tyler Voitula, Sarah Olejniczak, YELP, Melissa Charbonneau, Dana Koszarek, Apartment Association of Northeast Wisconsin, Sue Walters at Macco's Floor Covering Center, Anne Macco Bobbi Pick, Amy Borley, Cheryl Tibbs, Wanezek & Jaekels, S.C., Wilder Park Neighborhood Network, Jose Mercado, Dr. Burt Milson, Manisha Chaturvedi, David Tenpas, Stacy Bjorkman, Judy Johnson, Lisa Peters, Toni Wozniak, Lynn McCarrell, Lisa Harrison, Jim Ball, Kelly at the Hilltop Inn in Fish Creek, Timothy Schmidt, Margaret Ford, Kathy Werner, Jim Overly & Blake @ Cyber Works, Jessica Austreng, Lee Stankewicz, Beth Wied, James Vanderpas, Grant @ Bay Industries Inc., Elizabeth Fields, James Parish, Dave Hemes, Jane Marler, Amanda Netzel, Pizza Ranch in Green Bay, Mary Rich, Debbie Umentum, Steve Snell, Marcia Ellis, Phyllis Meyers, Brenda Reckelberg, Jean Bottoni, Pam Berkovitz, Bill Beck, Barbara Krause, Kathy Werner, Nathan Griepentrog, Fay Linder-Faust, Pam Lemirande, Nelson Minahan Realtors and Hillcrest Homes.

***Thank you for even more positive comments from...***

Bobbie Anderson, Mary Vesely, Karen Konop, Betty Crowgey, Amy J Clark, MaryJo Tribe, Dave Laurinas, Diane Gulbrand, Jason Rohm, Tiffany Gumina, Kari Zawadski, LuAnn Helgeson, Jim Constine, Joe DeGroot, Anna Neta, Matt Moore at American Family Insurance, Andrew at Van Vreede's Furniture & Appliance in Green Bay, Kelly Gusloff, Bob Schulze, Jennifer Mankovecky, Arthur Piper, Carol Gagan and Heaven Daniels.

Thanks for all the kind words!

**Jean Witak** made a special call back to say the cleaning was "absolutely awesome! The spots that were there for years are gone. I'm very, very happy & I will definitely call you again for our next carpet shampooing."

**Jeri Olm @Yikes Salon** let us know that "He (the technician) did an amazing job! He did wonderful! I own a salon so everybody will know!"

**Nathan Griepentrog** did a review on Angie's List & wrote: "Everything went very smoothly and the price seemed very competitive to other company deals. I would highly recommend. Emailed company for quote and had a response from Karen within 60 minutes with an approximate quote and answers to our questions. We set up an appointment with her as well. Company (technicians) arrived on time and were very professional/personable....they had the work done in about 90 minutes and could tell the difference as the carpet was brighter/refreshed. Upon completion we paid the quoted amount and we're good to go. Very pain free process and professional company to work with."

**Carmen Schroeder** made a special call back to let us know "I had my carpets cleaned to honor Macco's warranty. The floors look so nice & clean now. It was a big difference. The technician did a great job! Really good work. He was a nice guy & very thorough! I am very pleased & I will definitely use you again. It really looks great. Thank you & please let him know too."

**Debbie Umentum** exclaimed "Oh (the cleaning was) wonderful, the guys did a great job. I can't express how happy I am. The communication is wonderful. They tell you everything. They are an open book with no surprises."

**Brenda Reckelberg** said the cleaning went "very good, they did a great job. It looks 100 times better than I expected. Totally worth it! I will recommend and reuse you!"