

Jensen's Healthy Home News

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



St. Patrick's Day March 17th

You've surely celebrated St. Patrick's Day. It's a fun and popular holiday celebrated worldwide by Irish people and increasingly by many of non-Irish descent. You've likely seen celebrations that are generally themed around all things green and Irish; both Christians and non-Christians celebrate the secular version of the holiday by wearing green, eating Irish food and drink, and attending parades. The St. Patrick's Day parade in Dublin, Ireland is part of a five-day festival, with over half a million people attending yearly.

But the largest St. Patrick's Day parade is held in New York City and it is watched by two million spectators. Here's a little trivia: the St. Patrick's Day parade was first held in New York City on March 17, 1766 when Irish soldiers marched through the city. Parades also take place in other Irish towns and villages. Other large parades include those in Cleveland, Belfast, Manchester, Birmingham, London, Coatbridge, Montreal, Boston, Chicago, Kansas City, Savannah, Pittsburgh, Denver, Sacramento, Scranton and Toronto. Large parades also take place in other places throughout Europe and the Americas, as well as Australia and Asia.

Beyond a celebration of Irish culture, St. Patrick's Day is a Christian festival celebrated in the Catholic Church, the Church of Ireland and other denominations. It always falls in the season of Lent. In church calendars St. Patrick's Day is moved to the following Monday when it falls on a Sunday. It is traditional for those observing a Lenten fast to break it for the duration of St. Patrick's Day whenever March 17 falls on a Friday. We wish you a wonderful St. Patrick's Day.

see the

SPECIAL INSERT

inside...

Seven easy
and painless
ways to save
money



**1720 Lime Kiln Road
Green Bay, WI 54311**

info@jensencarpetcare.com

920-393-4062



Joel Jensen

Hi Joel!

Q: We had friends over for St. Patrick's Day fun and ended up with Guinness Stout on the carpet. I soaked it up with a towel, but it still smells. Help!

A: Top 'O the day—what a sad waste of Guinness! You'll want to treat it right away, blotting up as much as you can with paper towels until no more liquid comes up. Then, mix 1 tablespoon of white vinegar and 3 drops of dish soap with 2 cups of luke-warm water in a bowl or bucket (measurements are approximate). Dip an absorbent white cloth into the soapy solution, wringing out some of the liquid. Dab the area, working from the outside edges toward the center. Rinse the cloth frequently, dipping it back into the soapy water and wringing it out before another application. Air dry completely. For a large spot you may need a ceiling or portable fan to hasten drying. If an odor remains after drying, sprinkle the cleaned area with baking soda. Vacuum after 30 minutes or so to remove the powder. Repeat the baking soda treatment if needed.

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@jensencarpetcare.com

Featured Local Event: MARCH 2019

Artigras

An eclectic display of the arts, Artigras offers patrons a chance to view and purchase the works of 100 artists from throughout the Midwest. Demonstrations take place throughout the event providing a rare view of artists and their work during the creative process. Outstanding music and dance performances are a highlight.

Children can get hands-on art experience through participation in a variety of creative art and music activities.

Date/Time:

Sat. March 9, 10 a.m. - 5 p.m.
Sun. March 10, 10 a.m. - 4 p.m.

Location:

KI Convention Center
333 Main St., Green Bay

Info:

www.mosaicartsinc.org/artigras
CONTACT: 920-435-5220

Client of the month:
March 2019

Pat Fuge with Gnome Games

How pleased we are to have such an A+++ new client! We really appreciated your excellent rating and review on Jensen's Facebook Page and we look forward to working with you again soon!

Healthy talk

Eating apples protects your memory, heart and more

While medical researchers spend their lives making discoveries that will improve our health, sometimes they discover that good food can be great medicine. When it comes to apples, the good news gets better all the time. Apples can preserve memory and may help to prevent asthma, cancer, diabetes, and heart disease.

Researchers at the University of Massachusetts Lowell say the big news about apples right now is its possible ability to keep Alzheimer's disease away. Apples can increase production of the neurotransmitter acetylcholine, resulting in improved memory. Neurotransmitters are also vital for good health throughout the body. The UMass study mostly used apple juice.

Apples are the best source of quercetin, an antioxidant that protects brain cells against oxidative stress. This is a tissue-damaging process associated with Alzheimer's disease. Drinking two cups of apple juice or eating three apples a day boosts production of quercetin. Be sure to eat the skin; it can have six times more antioxidants than the flesh. Apples are well-known cancer fighters and heart protectors, reducing risk of diabetes, asthma, and tooth loss.

Bananas fight heartburn, depression and more

Most people know that bananas are an excellent resource for potassium (one ripe banana supplies more than 10 percent of an adult's daily requirement of the mineral). That's important because people with a low dietary intake of potassium are 28 percent more likely to suffer a stroke than those who consume higher levels, according to a study conducted at Tulane University.

Lesser-known medical uses of bananas:

- **Depression.** Bananas are a good source of tryptophan (a precursor to serotonin, a chemical in the brain that helps regulate mood).
- **Heartburn** and ulcers. Bananas neutralize acidity and soothe and coat esophageal tissue with pectin (a substance used as a thickener and stabilizer in jellies).

Important: In rare cases, bananas may trigger an allergic reaction. Bananas with blackened skin can increase blood sugar levels. Because bananas have high levels of potassium, people with kidney problems should check with their doctors before eating this fruit.

- Ara DerMarderosian, PhD



Quotes for March

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."

- Charles Dickens



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St Patrick's Day Irish Humor



“It’s all in the glove”

On St. Patrick’s Day O’Malley was leaving his favorite bar when he was run over by a bus. He gets to the gates of heaven and St. Peter tells him he cannot enter unless he passes a test. What choice did he have, O’Malley agrees to try as he never was the brightest bulb in the box.

St. Peter decides to go easy on him, ‘What has five fingers and is made of black leather?’ he asks. O’Malley scratches his head, thinks hard and finally gives up. ‘It’s a glove says St. Peter.’

Let’s try again. ‘What has ten fingers and is made of black leather?’ asks St. Peter. O’Malley is clearly stumped. After a few minutes of pacing in a circle and scratching his head, O’Malley gives up. ‘Why it’s two gloves - don’t you see ten fingers, black leather, says St. Peter amazed.’ Being in a generous mood, St. Peter decides to give O’Malley yet another chance but thinking of an even easier question.

‘Who is the patron Saint of Ireland?’ asks St. Peter, thinking he can’t miss this. ‘It wouldn’t be three gloves, would it?’ says O’Malley.

“How to gain admittance to the Olympics”

Three Irishman were without tickets for the opening ceremonies of the summer Olympics but hoped to be able to talk their way in at the gate. Security was very tight, however, and each of their attempts was met with a stern refusal.

While wandering around outside the stadium, the first came upon construction site, which gave him an idea. Grabbing a length of scaffolding, he presented himself at the gate and said, ‘O’Leary, the pole vault, and was admitted.

The second, overhearing this, went at once to search the site. When he came up with a sledge hammer, he presented himself at the gate and said, ‘Kelly, the hammer.’ He was also admitted.

The third Irishman combed the site for an hour and was nearly ready to give up when he spotted his ticket in. Seizing a roll of barbed wire, he presented himself at the gate and announced, ‘O’ Sullivan, fencing.’



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

agoodmovietowatch

One of life’s persistent challenges is trying to think of a good movie to watch, right?

Now you can always know what to watch. A good movie to watch is a human-powered suggestion platform: it suggests highly-rated non-blockbuster movies and shows for both Netflix and Amazon Prime.

This website has quality suggestions that aren’t exactly well known. If anything, a few clicks of a random suggestion will get you to something that will catch your interest.

Have fun with this website.

www.agoodmovietowatch.com

March



- * **March 14:** “Pi Day” celebrates the annual occurrence of 3/14 with math jokes, pi-reciting competitions, and (of course) freshly baked pie.
- * **March 17:** St. Patrick’s Day. And on this day in 1973, Pink Floyd’s “Dark Side of The Moon” first hits the Billboard Top 200 chart at number 95. 14 years later, it finally left the top 200 for the first time, setting a still-unbroken world record.
- * **March 20:** The sun shines on the equator for the Vernal Equinox, giving us a near 50-50 split of day and night.

Jensen's Healthy Home News

1720 Lime Kiln Road
Green Bay, WI 54311

**Your new March
issue has arrived...**

Inside:

- St. Patrick's Day facts
- Funny Irish jokes
- The amazing health benefits of apples and bananas *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 gift certificate for

1951 West

Cocktails & American Cuisine

1951 Bond St., 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:

How many years was Pink Floyd's "Dark Side of the Moon" album on the top 200 chart?

- A) 1 1/2 B) 7
C) 8 3/4 D) 14

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

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

SPECIAL INSERT

Do you want more money in your pocket at the end of every month?
Here are seven easy and painless ways to save



Hello friends and clients! With all the talk about the economy these days, it seems appropriate to talk about saving money. And today we have a list of easy and painless ways to cut back and save which equals more money in your pocket every month.

#1: Save on your energy bill every month by purchasing a programmable thermostat.

Especially if you are gone all day, you can turn it down while you are absent and then program it to turn on a half hour or so before you come home.

#2: Fix leaky faucets.

Just one leak can equal 20 kilowatts of power per month. It adds up.

#3: Use nature to your advantage.

Landscape with the right trees and bushes and you'll beat the summer heat and block winter winds. This natural advantage will save you money on your energy bills.

#4: Analyze your insurance

Homeowners. Health. Life. Disability. Look at each policy. Are you over insured? Can you raise deductibles? Take a good hard look at all your policies and even a few small changes can lead to huge savings.

#5: Take a good look at the cell phone.

Cell phones can be another money-pit every month. Shop around for the best rates and call and negotiate with your current provider. Do a self-audit of the cell phones and trim the fat. You could save hundreds a year.

#6: Switch to CFL light bulbs.

These are compact fluorescent light bulbs, and they can save you up to \$30 in energy costs over the life of each bulb. That's because they use 75 percent less energy and last up to 10 times longer! Save even more and buy them on sale.

#7: Have a professional clean your carpets 1-2 times per year.

You knew this one was coming right? By having your carpets cleaned professionally and regularly you will preserve the beauty and extend the life of your carpet. We've seen carpets that were 20 years old that looked brand-new because they were properly maintained. (And carpets that were 5 years old that looked 20 because they weren't!) **This kind of maintenance will save you thousands of dollars in replacement costs.**

And here is a bonus way to save money right now:

SPECIAL OFFER

Save \$20 OFF your carpet cleaning*

Offer Expires March 31, 2019

Contact us today!

Jensen's Carpet Care & Restoration

920-393-4062

or e-mail info@jensenscarpetcare.com

Check us out on the web at

www.jensenscarpetcare.com

Like us on Facebook at

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

*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...

Macco's Floor Covering Center, Carpet City, Home Interiors & Design Center, IMS Barter, Facebook, 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, Tina Gossage, Amy Thompson, Kristy Maney, Bill with Servpro, Mike with Servpro, Ellie with Pride Apts., Eddie with Asap Sewer & Drain Cleaning, Lynn with Hillcrest Apts., Alison Fowles, Mark Macco

Thanks for all the kind words!

Pat Fuge (Gnome Games) gave us an A+++ rating and posted a message on Facebook that read "Prompt, courteous, professional and did an excellent cleaning in an efficient manner. Very reasonable and willing to work on our schedule. A+++"

Bob Mirwald (Paul Johnson/Packerland) said "I would recommend those guys to anyone. They did such a great job. And I didn't think they would get the bathroom that clean, I don't think they even thought it would come that clean. But they really did great. Thanks."

Mike Vander Mause said "It (the carpet cleaning) went well. Very good job. Everything came out without a hitch. It dried up alright. Thank You."

Mary Berken said "It went wonderful! We were really, really happy and it worked out really, really well. Everything dried great! Please tell the guys that they did a great job. Thank You."

Mary Socha let us know that "the guy yesterday was so good and so friendly, even my husband said so. We're so impressed by your good service."

Rosie Pavek made a special call back to say "They (the technicians) had a cancelation, so they called to say they were able to come earlier. They did a great job. They went about their business and cleaned my stairs too. The carpet looks great."

Abbie Nordholm w/Carab Enterprises sent us a special email to say: "WOW!! Our 24 year old carpet looks almost new. Not only clean, but thick and fluffy too. I don't know how else to describe it. We are super impressed. I can't thank you enough!"

Thank you for even more positive comments from...

Jordan Miller, Allisa Cotter, Nancy McTavish, Pat Ihbe, Jayson Haneiwich, Sandra Pfefferman, Rebecca Austin, Steve and Sue Lardinois, Heather Mayer, Rosemary Warunek, Kevin Pethan, Maureen Gagnon, Jason Ortiz, Kathy Hains, Julie Ann Van Oss, Kent Mehne, Krystina Engebos, Robert Noack