

Jensen's Healthy Home News

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

Columbus Day Oct. 12

Columbus Day commemorates Columbus' famed 1492 expedition across the Atlantic Ocean, in which he hoped to find a naval route to India. Instead, he found an entire continent that was mostly unknown to Europeans at the time.



While other Europeans had sporadically visited the Americas earlier, and there are varied theories of even earlier contact by East Asians, Phoenicians, and others, Columbus' expedition triggered the great wave of European interest in the New World. Unlike the earlier visitors, Columbus aggressively popularized his discoveries and arranged for return voyages.

The first Columbus Day celebration was held in 1792, when New York City celebrated the 300th anniversary of his landing in the New World. In 1892, President Benjamin Harrison called upon the people of the United States to celebrate Columbus Day on the 400th anniversary of the event.

"Dick Tracy" Comic Strip premieres, Oct. 4, 1931

Dick Tracy is a long-running comic strip featuring a popular and familiar character in American pop culture. Dick Tracy is a hard-hitting, fast-shooting, and supremely intelligent police detective who has matched wits with a variety of colorful villains, many based on real-life gangsters. ("Dick" is also American slang for detective.) Created by cartoonist Chester Gould, the strip made its debut appearance on October 4, 1931, in the Detroit Mirror. It was distributed by the Chicago Tribune Syndicate. Gould wrote and drew the strip until 1977.

And Halloween (of course) Oct. 31

Halloween is a celebration on the night of Oct. 31. It is most practiced in the United States and Canada. Children wear costumes and go to people's homes saying "Trick or treat!" to ask for candy (sweets in the UK) and people give it to them. The suggestion is: "Give me a treat or I will play a trick on you." People mainly dress up as ghosts, witches, or other scary things for Halloween.



For Christians, it's the eve of All Hallows' Day, which begins the three-day observance of Allhallowtide. All Hallows' Eve is a Christianized feast influenced by Celtic harvest festivals, and pagan roots.



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Hi Joel!

Joel Jensen

Q: We just installed new carpeting, because the old carpeting had paths that looked dirty. It would clean up well, but you could always see the paths. Is there a way to avoid wear patterns?

A: *The main cause of these traffic lanes or wear patterns is the dirt or soiling in the carpeting (that you may not even see). When walked on over time it grinds the carpeting down and damages the fibers. Ways to avoid soiling are: always take your shoes off before stepping on the carpeting; put a rug down at the entry; and, place an outdoor rug in front of the door. I would not suggest putting rugs over carpeting because when you move the rug, the straight wear lines at the edge of the rug will be very noticeable. The best ways to avoid soiling are vacuuming frequently and getting your carpet professionally cleaned every 6-12 months. Dirt is always going to find a way into the carpeting but these tips should help prevent wear patterns in your home.*

Have a flooring question for Joel?

Email it to:

info@jensenscarpetcare.com

see the

SPECIAL INSERT

inside...

**CLEAN CARPETS NOW
FOR THE HOLIDAYS**

Featured Local Event: OCTOBER 2018



SPOOKTACULAR

The Lambeau Field Atrium will be transformed into a hauntingly happy Halloween playground for the 16th annual Spooktacular event, which will feature interactive entertainment including music, juggling performances, and balloon animals. Children also will have the opportunity to have their faces painted, play fall-themed games and put their artistic skills to work at Halloween-themed

Date/Time:

Saturday, Oct. 6, 9am - 3pm

Location: Lambeau Field Atrium

Cost: FREE

Client of the month:
October 2018

Terry Creamer

Thank you to our enthusiastic new client that let us know he was very satisfied with our services. We really appreciate all your positive feedback. It was our pleasure to work with you!

Healthy talk

Recent research indicates that drinking tomato juice protects the heart

New finding: People with type 2 diabetes or impaired glucose tolerance (a precursor to diabetes) who drank 8.5 ounces of tomato juice a day for three weeks experienced a 30% to 40% reduction in platelet aggregation, a key to the clot formation that can trigger a heart attack. This benefit is believed to apply to healthy people as well.

Bonus: Tomato juice also reduces the risk for deep vein thrombosis (DVT), dangerous blood clots that can occur after sitting long hours.

Helpful: Drink 8 ounces of low-sodium tomato juice each day. -- Manohar L Garg, PhD



The best tea for a sore throat

A sore throat occurs when the mucous membranes of your throat become inflamed and irritated. One natural anti-inflammatory, marshmallow root, is particularly effective in soothing sore throat pain. Use one heaping teaspoon of marshmallow root pieces in one cup of boiling water. Let steep for 20 minutes and strain. You can safely drink up to six cups daily.

For sore throats accompanied by cold and flu symptoms, try peppermint or ginger tea. Peppermint reduces fever by helping you to sweat, and ginger alleviates chills and aching muscles, and relieves nausea. Use one teaspoon of dried ginger root or dried peppermint leaves per cup of water. For greater convenience, tea bags also can be used. Drink 3 to 6 cups daily. – Brigitte Mars

Quotes for October

“October is the opal month of the year. It is the month of glory, of ripeness. It is the picture-month.”

- Henry Ward Beecher

“I’m so glad I live in a world where there are Octobers.” - L.M. Montgomery



Get exclusive specials when you “Like” us at www.Facebook.com/JensensCarpetCare

Magic Week - Oct. 25 to 31

“National Magic Week” proclaimed by *Society of American Magicians*
To celebrate *National Magic Week*, we present for you two of Harry Houdini’s most memorable stage escape tricks.

The Milk Can

In 1908, Houdini introduced his own original invention, the Milk Can escape. In this effect, Houdini would be handcuffed and sealed inside an over-sized milk can filled with water and make his escape behind a curtain.

As part of the effect, Houdini would invite members of the audience to hold their breath along with him while he was inside the can. Advertised with dramatic posters that proclaimed “Failure Means A Drowning Death”, the escape proved to be a sensation.

Houdini soon modified the escape to include the milk can being locked inside a wooden chest, being chained or padlocked, and even inside another milk can.

Houdini only performed the Milk Can escape as a regular part of his act for four years, but it remains one of the effects most associated with the escape artist. The Milk Can and the Overboard Box are presently housed at the American Museum of Magic.



The Chinese Water Torture Cell

Due to the vast number of imitators of his Milk Can escape, in 1912 Houdini replaced the Milk Can with his most famous escape: the Chinese Water Torture Cell. In this escape, Houdini’s feet would be locked in stocks, and he would be lowered upside down into a tank filled with water. The mahogany and metal cell featured a glass front, through which audiences could clearly see Houdini. The stocks would be locked to the top of the cell, and a curtain would conceal his escape. In the earliest version of the Torture Cell, a metal cage was lowered into the cell, and Houdini was enclosed inside that. While making the escape more difficult (the cage prevented Houdini from turning), the cage bars also offered protection should the front glass break.



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

“IMGUR”

Imgur collects the most viral images of the week and collects them all in one place for your mindless scrolling and enjoyment. What we like about Imgur is it’s usually more timely than Twitter or Instagram -- more popular sharing networks where funny pictures and memes might appear a week or two later. Use Imgur to spend some fun time and introduce your friends to the funniest stuff on the internet first.

www.imgur.com

October

Fun Facts!

Due to popular demand (you’ve loved the previous lists), here’s the October list of fun and wacky days!!

- 1 World Vegetarian Day
- 5 World Smile Day
- 6 International Frugal Fun Day
- 10 Take Your Teddy Bear to Work Day
- 12 World Egg Day
- 13 International Skeptics Day
- 14 Be Bald & Free Day
- 17 Wear Something Gaudy Day
- 25 World Pasta Day
- 30 Mischief Night
- 31 Increase Your Psychic Powers Day

Source: www.TimeandDate.com

Jensen's Healthy Home News

1720 Lime Kiln Road
Green Bay, WI 54311

*Your new October
issue has arrived...*

Inside:

- Columbus Day Trivia
- Magic Week!
- Healthy Eating: *The wonders of tomato juice and tea!*

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

Pizza Ranch

2206 Main St.

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

(Be courteous & allow six months between wins)

This month's Mega Trivia Question:

**Drinking which of the following
is good for the heart?**

- A) Marshmallow Root Tea B) Buttermilk
C) Root Beer D) Tomato Juice

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

Don't Roll The Dice On Your Chances For A Holiday Carpet Cleaning!



Hello friend and client! The holiday season is right around the corner and that means our schedule will be getting filled up fast. So please don't wait until the last minute to try to schedule your carpet cleaning. After all...

Why Gamble With Your Carpets?

Your carpet is one of your home's biggest investments, and it does **NOT** have to appear dirty to be getting worn out by soils and dirt. These soils get deep into the carpet and grind away at the fibers, making the appearance of worn out, tired and dingy traffic lanes. **Your carpets need to be professionally cleaned every 6-12 months to prevent permanent damage.** Besides, dingy traffic lanes and/or dark spills and spots reflect a home that is not so tidy. With all the guests that frequent your home in the holiday season don't get caught with dirty carpets.

Don't Take A Chance On Missing Out On This Special Offer:

Call us to clean this month and here is what you will get...

- **Clean, fresh, healthy carpet.**
- **You will have one less thing on your checklist in November and December.**
- **You will save \$10.00 off your carpet cleaning**
- **BONUS: receive 33% off carpet protection**

How can you resist? Now you know that your carpets need cleaning every 6-12 months even if they don't look dirty just to preserve their life and beauty. But if you are anything like 99% of my clients "life" catches up with your carpets, and yes, they start to look a little dirty. **So don't hesitate to call us before October 31, 2018 because...**

Waiting until November or December to Call Us For A Cleaning Appointment Is Like Playing The Roulette Table!

November and December we get a rush of calls from clients wanting their carpets looking beautiful for guests and parties. Because of this rush I just can't fit everyone in. So beat the crowds and clean in October. Your carpets will be bright, clean and fluffy just in time for the holidays.

Before we go....**Do you know anyone who is planning on having a party?** That's a perfect time to get the carpets cleaned! Please have them call us & we will give them a free room of carpet cleaning in your name. (up to 200 sq. ft.)

P.S. And we will send you a \$10 gift certificate for the referral! So thanks in advance!!!

Beat the Odds and Clean Before 10/31/18 and...

SAVE \$10.00* off your carpet cleaning!
PLUS – Receive 33% off carpet protection



Call Jensen's Carpet Care at 920-393-4062 or drop me an e-mail at info@jensenscarpetcare.com
For even more specials please "Like" me at www.facebook.com/jensenscarpetcare

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

Many thanks from



Thank you for the referrals!

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

Macco's Floor Covering Center, Carpet City, Home Interiors & Design Center, IMS Barter, Facebook, Angie's List, Toonen Properties – Canterbury Creek, Highland Springs, Fountain Park and Cedar Lake, Kos Management, Brook Park Apts., Alliance Management, Tiffany Gumina, Zoe Van Oss w/ Olejniczak Realty. Fran & Tom Blaney, Anita Hockers, John Dorner, Great Lakes Development, Richards Heating & Cooling, Kathryn Enderby, Apartment Association of Northeastern Wisconsin, Margaret Ford, RE Management, Paul Johnson Mng., Ann Steinfeldt, Jeff Sonnebend, Hillcrest Apts., Jerry Jeanquart, Jean Vandermuss, Jane Phelps, Mary Hitchcock, Judy Baranczyk, Cindy Rudd

Thank you for even more positive comments from...

Jamie VanDrisse, Curt Wainwright, Rosemary Mc Monagle, Amy Fullerton, Christine Hardy, Dan Cibula, Todd Everard, Sue Gracyalny, Doris Schultz, Dan Moore w/ American Family Insurance, Steve LaFrombois, Bob Bauer, Lowell Franklin, Lisa Knutson, Kevin Murphy, Dale Kuehn, Michelle Downs, Staci Hayes, Patrick Smith, Bill and Joan Radue, Sharon Linzmier, Melissa Foss, Jace Neuser, Sherry Henry, Kim Hull, Kramer Rock w/Temployment, Eleanor Martell, Rena Bowman

Thanks for all the kind words!

Tom Weber exclaimed "Jon and Brandon came over to clean the carpets, those guys were great. They were really great to work with, they did just a phenomenal job. We were really impressed with their work. Really great guys to work with!"

Kristy Deetz said the technicians "did an excellent job, were nice to work with, and they worked really hard. They were the best team we ever had! I will certainly continue to use your services."

Cynthia Cho said that her cleaning went really well and she was very pleased. She let us know we exceeded her expectations.

Terry Creamer called us and said "Holy Cow – I'm telling you, the place looks great! Absolutely outstanding service!"

Marie Helmke said that her cleaning was great. "He was on time, he was pleasant. I was happy with the service all around."

Nathan Register sent in a thank you card that read: "Thanks for all the help with our difficult case. Your professionalism and care well beyond a normal service call speaks for your company."