

Jensen's Healthy Home News

“Secrets For Living A Healthy, Wealthy & Happy Life...”

August—a month of invention

Although the United States doesn't celebrate any official holidays during the month of August, the eighth month of the Gregorian calendar is the month when many great inventions, works of art, and scientific discoveries were first patented, trademarked, or copyrighted. So if you're looking for what happened on “this day in history” during the month of August, there's plenty to discover.



Patents, trademarks, and copyrights

From the copyright registration of “The Wonderful Wizard of Oz” to Thomas Edison's invention of the kinetographic camera (on August 31, 1897), August has celebrated a number of patents, trademarks, and copyrights throughout the years.

August 1

- 1900 - “The Wonderful Wizard of Oz” by L. Frank Baum was copyright registered.

August 8

- 1911 - Patent Number 1,000,000 was issued to Francis Holton for a vehicle tire.

August 14

- 1984 - IBM released MS-DOS version 3.0. IBM first approached Bill Gates and Microsoft to discuss the state of home computers in 1980.

August 20

- 1930 - Philo Farnsworth patented a television.

August 25

- 1814 - The British burnt Washington, D.C., however, the Patent Office was saved by the British Superintendent of Patents, Dr. William Thornton.

August 30

- 1968 - The song “Hey Jude” by John Lennon and Paul McCartney was copyright registered.



**1720 Lime Kiln Road
Green Bay, WI 54311**
info@jensenscarpetcare.com
920-393-4062



Joel Jensen

Hi Joel!

Q: My kids had friends over and soda was spilled on the carpeting. I cleaned up what I could but the stain is still there. Is there a way to get rid of it?

A: Yes! *The best way we have found is to first blot up as much as you can with a clean white rag. Next, make a cleaning solution of 2 cups of water and a ¼ teaspoon of non-bleach dish soap. Use the cleaning solution to dilute soda with a clean white rag and remove stain while drying with a separate clean rag. Do this until spot is removed. If the stain is larger than a few drops, it probably soaked into the pad, and may re-appear when dry. Repeat these steps until spot is gone.*

Joel says:

Remember, spots and stains can be tricky, and certain cleaners 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

see the

SPECIAL INSERT

inside...

**Don't let
the summer
sneak by....**

Featured Local Event: AUGUST 2018



Experience Artstreet...an event that has been bringing art out of studios, galleries and museums for 37 years. Stroll the streets of downtown Green Bay and encounter the original works of 200 artists from throughout the country. Savor an array of specialty foods. Enjoy cultural displays, children's art activities, and more. **FREE admission.**

Dates: Fri-Sun, Aug. 24-26

Times: Fri 3-7pm (music until 10pm);
Sat 10am-6pm (music until 9pm); Sun 10am-5pm.

Location: Downtown Green Bay

Client of the month:
**Ken & Karen
Renner**

Thank you to our fabulous new customers for their business, positive feedback and for the recent referral to a friend!

We could not ask for more awesome people to add to our client list, and to top it off, it's wonderful to know that you will use our services again!

Healthy talk

Healthy eating games and activities

Using games and activities is a great way to help children learn about healthy eating while having fun at the same time. The ideas below can be used to engage children in healthy eating experiences, teach them to recognize different foods and encourage them to experiment with new foods, tastes, flavors and textures.



The veggie guessing bag

Try this activity to increase children's recognition and awareness of different vegetables. Place some vegetables (real or plastic) in a bag. Ask children to feel inside the bag and guess which vegetables are there. As a variation, blind-fold children and place a vegetable in their hands. Ask them to guess what the vegetable is by feeling, smelling and even tasting it.

Choose a letter of the week

Each week taste and discuss healthy foods that start with the chosen letter of the week. For example, for the letter 'M' try mushroom, milk and mango.

Odd one out

Say a series of four words including three vegetables and one odd word, for example, "Carrot, potato, cat, onion." Ask children to identify the odd word.

Make the game more challenging by using an odd word that is also a food, for example, "Celery, capsicum, carrot, yogurt." Ask the children why the odd word does not belong with the rest of the group.

Create a vegetable person

Create a 'vegetable person' using real vegetables or pictures of vegetables. Help children use toothpicks to make their vegetable person stand up and be three-dimensional. If using real vegetables, encourage children to eat their vegetable person for morning or afternoon snack.

Quote for August

"The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart." – Helen Keller



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Water safety tips from the Red Cross

Summer's here! With the rise in temperatures comes a rise in the desire to hit the local pools or beaches to try and keep cool and have fun. Whatever water-related fun you plan on having this summer, remember these important water safety tips from the Red Cross, to reduce the risk of mishap.

- **Learn to swim:** The first tip may seem like a no brainer, but it is the best thing a person can do to stay safe in the water. The Red Cross has swimming courses for those wanting to learn, no matter your current age or skill level. Contact your local Red Cross chapter to check on availability and to enroll.
- It is always safer to **swim with a buddy** than to swim alone.
- **Rules** are meant to be followed. Posted rules aren't designed to put a damper on your fun – they are in the best interest of you and those you care about!
- It's always best to swim under the supervision of **trained lifeguards**.
- Avoid drinking alcohol while swimming, as it affects your judgment, balance and coordination.
- And remember the age-old adage of getting out of the water if summer storm clouds move your way.

Guard blood pressure: sleep

Columbia University researchers give a new reason why it's important to get enough sleep. They find that adults who sleep less than five hours a night are twice as likely to develop high blood pressure compared with those who get seven to eight hours.

To sleep better, they recommend getting some exercise (at least three hours before bedtime), drink herbal tea instead of drinks that contain alcohol or caffeine, and try to go to bed at the same time each night.



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

Google Feud

If you're spending time with familiar old sites like Facebook, Quora and Scoop-Whoop, then you really need to step up your time-killing game. This totally out of ordinary and awesome website will take your game to the next level. Be warned though, we take no responsibility for you getting in trouble with your boss!

Google Feud - Predict the Top 10 autocomplete searches

This Family Feud style game is a spanking new website that is super fun. You have to complete questions across four different categories to predict the top ten Google autocomplete suggestions. The more you guess correctly, the higher you score. This game has us completely hooked. Give it shot.

www.googlefeud.com

August

Fun Facts!

Due to popular demand (you loved the July list), here's the August list of fun & wacky days!

- 5 Friendship Day (first Sunday in August)
- 5 Sisters Day (First Sunday in August)
- 6 Wiggle Your Toes Day
- 8 Sneak Some Zucchini onto your Neighbor's Porch Day
- 9 Book Lover's Day
- 12 Middle Child's Day
- 13 Left hander's Day
- 18 Bad Poetry Day
- 22 Be an Angel Day
- 23 Ride the Wind Day
- 25 Kiss and Make Up Day
- 30 Frankenstein Day

Jensen's Healthy Home News

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Green Bay, WI 54311

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

Inside:

- **August:** *A great month of invention ...*
- **Water Safety Tips** *from the Red Cross ...*
- **Healthy Talk** *Healthy eating games
& activities ...*

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

Hilly Haven Golf Course & Restaurant

5911 Country Road PP. De Pere

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

(Be courteous & allow six months between wins)

This month's Mega Trivia Question:

Who patented the television in 1930?

A) Frank Baum B) Francis Holton

C) Dr. William Thornton D) Philo Farnsworth

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



Don't Let The Summer Sneak By Without Calling "You-Know-Who"!

Hello friends and clients. We hope you are having a wonderful summer... but don't let the lazy summer days slip by without calling us! Soon the kids will start getting ready to go back to school and you'll be frantic to cram in just one more summer getaway and then suddenly you'll look down and ...

"Uh-Oh....Are those traffic lanes?"

"Traffic Lanes" that shadowy hint of grime and dirt that begin to create certain wear patterns in your once beautiful, fluffy carpets. Your delicate carpet fibers start becoming vulnerable to break down and fray. If you don't call your professional carpet cleaner right away (Us!) ...those lanes could become (gulp!) permanent. **ble offer for the month of July. Check it out!**

"Don't Let Your Carpets Age In Dog Years!"

Remember when your carpet was new? Kind of like a little puppy – young and fresh and happy. But we all know our furry friends age "in dog years" and unfortunately are "91" by the time we've only had them 13 years – a carpet that isn't cleaned on a regular schedule can age similarly. We've seen 10-year-old carpets that still look like new and 3-year-old carpets that looked like they were 20. It all comes down to cleaning and maintenance.

We know this is not the most exciting subject and the summer sun is calling to you but just one more thing....

"How Does 10% OFF Sound To You?"

That's 10% more cash 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.

We'll make this really easy. Just call us and ask for the "Endless Summer Special!" Then you'll save your carpets and some money. Call 920-393-4062 today!

Do you know anyone selling
their house this summer?

That's a perfect time to get the carpets cleaned! Please have them give us a call and they'll receive 10% OFF their cleaning - Thanks!

P.S. We will also send you a
\$10 Gift Certificate for your referral
– So thank you in advance!

*The Endless
Summer Special!*
**10% OFF your
carpet cleaning*!**

Offer Expires Aug 31, 2018
Contact

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!

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, Alliance-Crystal Lake & Emerald Park Apts., Rita Wychoff @ Wiechmann Enterprise-River Park Terrace, Marlis Klimek, Ken & Karen Renner, Angie @ Toonen-Fountain Park, Ruth Wiersma, Andy @ Ultimate Flooring, Deb Christensen, Shannon Summerfield, Jim & Tracy Medd, Stacy @ Toonen-Cantebury Creek, Chris @ Centennial Centre Development Partners-Hobart Crossing Mng., Mary Jo Brennan, Debbie Arbes, Mike & Sandy Vandenhuevel, Bob Gagan, Maureen Freeborg @ Brook Park Apts., Bridget Foley @ Kos Management, Mary Hecker, Barb Hoffman @ Home Interiors Flooring & Design Center

Thanks for all the kind words!

Carmin Plutchak said she had just gotten in to look at the carpet and "...it looked great, it is dry now and (the technician) cleaned the stairs and hallway as well." She let us know that she was very pleased.

Bev Lathrop said "The cleaning went great and we looked at it this morning and really admired the work." She also said "We were thinking about writing a good review on your site!"

Stephanie Rudolph called to schedule her appointment and said "you guys are so wonderful – we recommend you to everyone!"

Ken Renner emailed in "Thank you, the stairs look nice. You did a good job and we are very pleased. Will use your services again."

Michelle Willems @ Creative Kids Daycare emailed and said "The carpets look SO good, we are anxious to get the floors (VCT strip & wax) done too!!!" She went on to say "We have been telling all our parents who did the carpets because they commented how wonderful they looked and smelled. Everything was great, from the fast response, getting us in, and the quality when everything was finished. Will definitely recommend you!"

Thank you for even more positive comments from...

Amy Rubright, Steve Potopa, Mary Arnold, Mary Guns, Sara Reichart, Lysie Franzene, Krystal Broeren, Abby Hendrix, Laurie Metzger, Colleen Vanegeren, Patti Zarling, Twila Meo, Eileen Slyfield, Terry Joachim, Marion Rameker, Bill LaReau, Bruce Zittlow, Nancy Larsen, Beth Pless, Dan Kust w/Be's Coffee & Vending Service, Nicole Schubring, Jim Komisarek, Steve Lavin