

Jensen's Healthy Home News

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

Christmas music for everyone!

“It’s beginning to look a lot like Christmas.” Are you ready? Nothing says Christmas better than the music does. Christmas carols are beautiful, but sometimes we want to celebrate Christmas with songs that are sentimental or just fun.

The rollicking “Jingle Bells,” written as a Thanksgiving song, was created by James Pierpont in 1857. He had no idea that it would become popular. The sentimental favorite, “White Christmas,” was written by Irving Berlin in 1940. Introduced in 1942, it was a song of peace in a time of war. Bing Crosby’s rendition is still famous. In 1934, Eddie Cantor almost declined to record “Santa Claus is Coming to Town” because he thought it was too much of a kiddie song. “Rudolph the Red-Nosed Reindeer” was written by Johnny Marks for a Christmas book given as a promotional item to Montgomery Ward Christmas shoppers in 1939. Gene Autry sang it.

More recently, a modern style of Christmas music has produced new classics, including: “I saw Mama Kissing Santa Claus,” was composed and first sung by Reba McEntire. At the time, she was a little-known gospel singer. “Jingle Bell Rock” composed and sung by Bobby Helms is another holiday classic. Helms died in 1997. “Grandma Got Run Over by a Reindeer” was composed and sung by Randy Brooks in 1977. “Santa Baby,” with words and music by Joan Javits, is a hit as sung by Eartha Kitt. Others who have recorded the song are Patti Labelle, Vanessa Williams, and Gregory Hines. “Rocking around the Christmas Tree” was composed by Johnny Marks. Sung by Brenda Lee and others, it continues to be a holiday treat.



Do you know what the most played holiday song in 2018 was? According to an ASCAP analysis of streaming and terrestrial radio data, the hit classic “All I Want for Christmas Is You,” written by songwriter Walter Afanasieff and pop star Mariah Carey, was the #1 song for the second year in a row.



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

Flooring Q & A with Joel J.



Joel Jensen

Hi Joel,
Q: When bringing in our fresh cut Christmas tree, a little pine sap got on the carpet. Can we clean this ourselves?
A: Start by trying to freeze the sap with an ice cube. Don't rub—let the ice simply melt over it. Once hardened the sap will be easier to pick off. If that doesn't work, allow the carpet to dry then try using isopropyl alcohol. Careful! Rubbing alcohol can be harmful to your carpet color, so do a colorfast test in an inconspicuous area first. If all looks good, dampen a clean white cloth with the alcohol and carefully blot it on. Using a new dry cloth, gently dab the sticky stuff off. Make sure to work quickly before the alcohol dries up. Repeat the process as needed. Once all of the sap is removed rinse the carpeting with a clean white cloth and lukewarm water then blot dry with another clean towel.

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

see the
SPECIAL INSERT
 inside...

Schedule an
 appointment before
 the holidays!

Featured Local Event:
DECEMBER 2019



Luminary Walk at Heritage Hill

Fri., Dec. 6 , 5-8 pm

The beauty of Northeast Wisconsin's history awaits as you stroll through the crisp night experiencing the breathtaking ambiance of our pathway that spans over 56 acres. It's a hidden gem that awaits you within the Green Bay city limits. Take advantage of a visit to "The Hill" illuminated at night, with access into many of our historic buildings available where interpretation, demonstrations and activities will be taking place.

Special Admission Pricing Applies.

Location:

**Heritage Hill State Historical Park,
2640 S. Webster Ave., Green Bay**

Information:

<https://heritagehillgb.org/event/luminary-walk-the-hill/>

Client of the month: December 2019 **Connie Brusky**

Thank you to our steadfast client who has referred us to family and friends alike. We really appreciate your continued business, positive feedback and kind nature!

Healthy talk



Healthy eating tips for the holidays

The Holidays are a wonderful time, but they make it difficult to follow a healthy diet. You may not be able to control what food you're served, and you're bound to see other people eating a lot of tempting treats. Meet the challenges armed with a plan:

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don't skip meals to save up for a feast. It will be harder to keep your blood sugar in control, and you'll be really hungry and more likely to overeat.
- If you slip up, get right back to healthy eating with your next meal.
- Have a small plate of the foods you like best and then move away from the buffet table.
- Start with vegetables to take the edge off your appetite.
- Eat slowly. It takes at least 20 minutes for your brain to realize you're full.
- Limit or eliminate alcohol.

We hope you enjoy a wonderful holiday season.

Quote for December

"It's not what's under the tree that matters – it's who's gathered around it."

-Author unknown



New Year's Eve celebrations in Europe

United Kingdom

England celebrates the New Year by waiting for Big Ben (or another clock) to strike midnight while enjoying a party. Usually, the partygoers will countdown the last ten seconds; the chimes are normally accompanied by Auld Lang Syne and fireworks. It is also a major celebration in Scotland, where it is known as Hogmanay. The large street parties held in Edinburgh, and George Square of Glasgow, are attended by those all over the world, due to the reputation for celebration they have collected. London's celebrations get the most media coverage. Since the construction of the London Eye, it has been the center-point of a huge ten-minute fireworks display each year, illuminated with colored lasers.

Spain

Spanish New Year's Eve celebrations usually begin with a family dinner, traditionally including shrimps and lamb or turkey. The actual countdown is primarily followed from the clock on top of the Casa de Correos building in Puerta del Sol square in Madrid. It is traditional to eat twelve grapes, one on each chime of the clock. This tradition has its origins in 1909, when grape growers in Alicante thought of it as a way to cut down on the large production surplus, they had had that year. Nowadays, the tradition is followed by almost every Spaniard, and the twelve grapes have become synonymous with the New Year. After the clock has finished striking twelve, people greet each other and toast with sparkling wine such as cava or champagne, or alternatively with cider.

France

The French call New Year's Eve la Saint-Sylvestre. It is usually celebrated with a feast called le Réveillon de Saint-Sylvestre. This feast customarily includes special dishes and drinks like champagne and foie gras. The celebration can be a simple, intimate dinner with friends and family or a much fancier ball (une soirée dansante).



Cool blogs, sites and online resources to check out this month!

“Awkward Family Photos”

This website is hilarious and entertaining! When you visit, you'll see hundreds of awkward family photos posted by people from around the world. Some of the photos are really unbelievable.

If you'd like, you too may post your own awkward family photos to the site to share fun and humor. Go ahead and take a look.

awkwardfamilyphotos.com

December

Fun Facts!

Hanukkah

Hanukkah, or the Festival of Lights, commemorates the rededication of the Jewish temple in Jerusalem in 165 B.C.E. The Greek-Syrian ruler Antiochus IV had forbidden Jews to practice their religion and forced them to worship Greek gods instead. The Greeks seized a Jewish temple and dedicated it to the worship of Zeus. This incited a rebellion led by Judah the Maccabee. Even though the Maccabees were vastly outnumbered, they were victorious. When the Jews reclaimed their temple on Mount Moriah, they relit the menorah, or candelabrum, which ritual dictated should burn throughout every night. But there was only enough oil on hand to last one night and preparing new oil would take eight days. Miraculously, the light burned for eight days. Today, Jews light a candle each day for eight days to celebrate the event. This year, Hanukkah begins at sundown on December 22nd.



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

Jensen's Healthy Home News

1720 Lime Kiln Road
Green Bay, WI 54311

**Your new December
issue has arrived...**

Inside:

- Celebrating Christmas music
- New Year's Eve celebrations in Europe
- Healthy eating tips for the holidays
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 **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:

What was the most played holiday song in 2018?

- A) Silent Night B) Santa Baby
C) All I Want For Christmas is You D) Jingle Bells

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

Jensen's Healthy Home News

JENSEN'S
CARPET CARE & RESTORATION

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

SPECIAL INSERT



Urgent!
There are only a few appointments left in our schedule before the holidays. Don't miss out on a pre-holiday cleaning... Call now!

Dear Friend, Hi, it's Jensen's Carpet Care & Restoration, your carpet cleaner reminding you...the countdown has begun. Many of our clients have responded to our reminders about calling us early for pre-holiday carpet cleaning, but if you are one of those people who still needs to grab an appointment waiting much longer can be...

A real bummer.

It happens every year, like clockwork. At the eleventh hour we get a desperate phone call from a dear client who has let "clean the carpets before the holiday guests arrive" slip to the bottom of their "to-do list." Unfortunately, when they call we're usually already booked solid. That's when the begging and pleading begins. If only they would have called us sooner, by the time their holiday guests and parties arrived their carpet would have looked...

Brand spanking new!

Instead of sparkling, healthy, clean carpets before the holidays, this client often finds themselves on our "cancellation list" with their fingers crossed.

Please don't let that be you this year. **Don't worry, at this point, you can still have clean carpets before your guests and parties and festivities commence.** You can still have your tired carpets transformed into fluffy, clean carpet. You can still have all your spots and spills removed. (The ones that have been bugging you since last Christmas.) Because...

It's NOT too late yet.

You still have a little bit of time to call us and grab a pre-holiday cleaning appointment, but only if you call now. So, if you want your carpets to shine for your guests, parties and celebrations please don't wait one more day...grab your phone right now and call us at 920-393-4062 or contact us by e-mail info@jensenscarpetcare.com just say or write in the subject line "Pre-Holiday Cleaning Now!"

Before we forget... If you hear of any friends having holiday guests this month please be sure to call or email us and we will give them a FREE room of carpet cleaning in your name! Thanks!
P.S. We will send you a \$10 Gift Certificate for your referral. So thanks in advance!!

You Can Still Grab A Pre-Holiday Cleaning Appointment By Calling Now!

Call Jensen's Carpet Care & Restoration

920-393-4062

or email: info@jensenscarpetcare.com

before December 31, 2019

and receive \$15 OFF* your cleaning!

PLUS you get 33% OFF Carpet Protection!**

Bonus: New Spots and Spills Cleaned FREE – after the cleaning and up until 1/31/20!



Check us out online at:
www.jensenscarpetcare.com/
[Facebook.com/JensensCarpetCare](https://www.facebook.com/JensensCarpetCare)

*Not valid with other offers. Minimum Charges always applies.
**Must be in combination with carpet cleaning.



Thank you for the referrals!

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

Bonnie Nichols, Colleen Mathews, Janice Elliot, Linda Cavanaugh, Connie Brusky, Barb Selsmeyer, Tyler and Abby Woitula, Jillian Rybacki, Araya and Tony Gronseth, Teri and George Whitman, Sue Woldt, Eddie Ludwig with ASAP Sewer, Company Magazine, Jennifer and Larry Gile, Jamie Petty, Macco's Floor Covering Center, Carpet City, Home Interiors and Design Center, IMS Barter, Facebook, Google Search and 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!

Richard Kuether let us know that "The cleaning was just terrific. We are very pleased. The technician we had was very professional and it was a great, positive experience. Thank You"

Sara Van Vonderen made a special call back and left a message saying "Last week you cleaned carpet and upholstery for us and your technician was fabulous! Our 40 year old carpet looks like brand new. I couldn't be more impressed. I thank you very much! The technician was outstanding. He was very polite. He was willing to help and willing to answer any questions. Your technician was great. I am over the top impressed!"

Julie Tilkens stated "The cleaning went very well and the technician did a good job. He worked hard, got it done, and it went smooth."

Barb Selsmeyer said "Oh the cleaning went very well, thank you. The work was done smoothly and perfectly. The technician was a nice young man and took care of my home well."

Nicole Gifford exclaimed "The cleaning was great and our carpet looks brand new. It was a perfect outcome with great service. We always enjoy using you. Thank You"

Cindy and Dale Laluzerne shared with us that "The cleaning went really good. Everything was dry by the next day and the guys were so nice and pleasant."

Kathy Wauters declared "The carpets are looking like new again and they've dried relatively quickly! I'm very pleased with the results and would definitely recommend Jensen's to family and friends."

Kristin Stelzer said "The cleaning went great. (The Technician) answered all of my questions and everything dried up great. Thank you!"

Thank you for even more positive comments from...

Teri Whitman, Sue Rohan, Carol and Gordy Bodart, Erika Davison-Arviles, Connie Koeppel, Patricia Nimocks, Damon Banks, Chris with Edward Jones - Randy Janssen, Mary Rudzinski, Flavia Mildenberg, Tom Greely, Jerry and Sue Krueger, Leanna Geurts with River's Edge Apartments, Nola Leuthner, Valerie Noel, Bob Titus, Sara Dodge, Laurie Thyges, Jim Cavil, Pat and Jim Boettcher, Margie and Timothy Clafin, Jessica Tlusty, Lori Blashford, Sam Hutchison with HVS Advertising-Marketing, Jamie Williams, Judy Burdey, Judy Baranczyk, John Senter, Mike Campbell, Mindy Hodgell, Marlene Harr, Murrie Donovan, Susan Higgs, Jason Diamond, Warren and Holly Egebo, Jeri Heisel, Jodi Winkler, Chelsea Marto, Sam Abrego, Tracy and Pat Schradler, Lynn and Daniel Brunner, Mary Lohuis, Carol Konop, Betty and Thomas Van Pay, Amy Rubright, Kim Scray