

Jensen's Healthy Home News

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



Thanksgiving is one of the most wonderful holidays of the year! All of us get to offer thanks for all we have despite a very challenging 2020. We want to take this opportunity to thank YOU for allowing us to serve you and take care of your cleaning needs. We love what we do!

Now, here's some Thanksgiving history for you:

After the first Thanksgiving was celebrated in 1621, each of the 13 American colonies held an annual harvest festival and day of thanksgiving. There was no set day for the holiday, and it varied among the colonies. In 1777, George Washington decreed a day of thanksgiving to celebrate a British defeat during the Revolutionary War, and he and subsequent presidents proclaimed Thanksgiving Days periodically over the next 86 years, although not every year and not on any particular date. In the early 1800s, these annual Presidential proclamations came to an end, and it wasn't until 1863 that the holiday resumed.

During the Civil War, President Abraham Lincoln declared a national Thanksgiving to occur on the last Thursday of November, and it has been observed annually ever since. In 1939, in an effort to stimulate the economy during the Great Depression, President Franklin D. Roosevelt tried to move the holiday to the third Thursday in November, giving stores more time to advertise Christmas merchandise before December 25. About half the states refused to change the date and in 1941, Congress compromised by choosing the fourth Thursday of November, which is sometimes the last Thursday and sometimes the next to last.

see the

SPECIAL INSERT

inside...

Three reasons to be "Thankful" for having clean carpet this holiday season!



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



Joel Jensen

Hi Joel,

Q: We cooked our Thanksgiving turkey on the grill this year and when I was bringing in the drippings pan in to make the gravy, I accidentally sloshed a bit of the grease onto our carpet. How should I treat the stain?

A: Try this easy method to get grease out of carpet: First, mix one cup of warm water with ½ teaspoon of mild clear liquid dish soap. Dip a clean white cloth in this solution, then put pressure on the grease stain. Leave the solution on for five minutes. Next, with another clean dry white cloth, blot the stain. Once the stain is no longer visible, blot the area with plain water until all soap mixture is removed. Then place a third clean dry white towel over the area. Hold it down with a heavy object and leave overnight to absorb any remaining liquid. The next day let the area air dry completely and then vacuum to restore the nap of the carpet fibers.

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:
NOVEMBER 2020



Let's Feast Art Exhibition

Thu, Oct. 1 to Sun, Nov. 29

Gallery Hours:

Thursdays 11 a.m. - 3 p.m.

Fridays 3 p.m. - 7 p.m.

Saturdays 12 p.m. - 4 p.m.

Sundays 12 p.m. - 4 p.m.

Location:

The Art Garage,
1400 Cedar St., Green Bay
Let's Feast celebrates the
many facets of food and can
also represent artwork carrying
a symbolic meaning.

Information:

920-448-6800

Client of the month:
November 2020
**Jeff and Marie
Sonnabend**

*Thank you to our loyal
long time clients who refer
others to Jensen's Carpet
Care & Restoration.
We appreciate your
positive word of mouth
and dedication
to our company!*

Healthy talk

The healthy effects of... **HUMMING**

Did you know that humming can help relieve sinus infections? Yes, really! In a recent study, nitric oxide, a gas that is lethal to bacteria, increased 15-fold in the nose during humming. An increase in nitric oxide indicates improved sinus air exchange, whereby fresh air enters the sinuses and replaces "old air." Poor ventilation of the sinuses is a risk factor for sinus infections. Self-defense: To ventilate sinuses, hum for one minute every one to two hours. (What song will you hum next?)



Source: Jon O. Lundberg, MD

Here's the #1 trigger of headaches

Check this out! Digestive trouble is the number-one trigger of headaches. Some food compounds are vasospastic – they cause the arteries to constrict diminishing blood flow. This affects blood vessels in the head and can cause headaches. If you're susceptible to headaches, avoid the vasospastic foods, which include dairy products, chocolate, wheat gluten and high-fructose corn syrup. These ingredients can bring on general, cluster and even migraine headaches.

Source: Andrew L. Rubman, ND

Quote for November

"Don't wait until the fourth Thursday in November, to sit with family and friends to give thanks. Make every day a Thanksgiving."

—Charmaine J. Forde

What is “No-Shave November?”

No-Shave November seeks to grow awareness — not to mention hairness — about cancer. The organizers want people to embrace their hair, which many cancer patients lose, and to let it grow — as the holiday’s originators say — “wild and free.” No-Shave November is a fun and creative way to remind folks that many of our friends and neighbors struggle every day with the disease and with efforts to fight it. Moreover, organizers also encourage participants to donate the money they’d normally spend on hair care to cancer support and educational organizations.

No-Shave November was created in 2009, two years after the passing of Matthew Hill who struggled with colorectal cancer during the month of November in 2007. He and his family had already adopted the practice of not shaving during the month of November and donating the expenses typically used on razors and shaving cream to charities that support research into illnesses such as prostate, testicular, and colorectal cancer among others.

The idea of using facial hair to create awareness during November started in 2003 in Australia with a group of friends who coined the term, “Movember,” in reference to how they will be growing out their mustaches and collecting money for mens’ health charities during that month. The Movember Foundation and No-Shave November are two separate entities, but they are both supporting and call for the same thing – stop shaving (or grow a mustache) during the month of November to spread awareness and donate to these types of charities.

In the past decade and a half that the two charities have been around they’ve been able to raise millions of dollars in support of charities that research prostate, testicular, and colorectal cancer prevention.

On a related note, here’s a bit of beard trivia for you: The National Beard Registry points out that 99 Civil War generals and admirals wore beards. Five U.S. presidents have sported full beards – Abraham Lincoln, James Garfield, Ulysses S. Grant, Rutherford B. Hayes, and Benjamin Harrison. Four had moustaches - Chester Arthur, Grover Cleveland, Theodore Roosevelt, and William Taft.



Amazing Websites to Visit This Month:

Geo Guessr

This is such a COOL website! This website is a game that is beyond fascinating. It drops you somewhere in the world on Google Street View and you have to guess where you are. The closer you pinpoint your location on the map, the more points you get.

You can even customize it so you can only be dropped in Europe or other regions. But for the real fun, you’ll want to play the global version.

(Good luck when you try and differentiate a dirt track in Mexico with one in Australia!)

You and your kids will love this website!

November

Fun Facts!

Famous Days in November History

Nov. 1, 1512 – Michelangelo’s paintings on the ceiling of the Sistine Chapel in the Vatican, Italy were first exhibited. He started the work in 1508.

Nov. 10, 1885 – The world’s first motorcycle, designed by Gottlieb Daimler, made its first announced test run.

Nov. 19, 1863 – US President Abraham Lincoln delivered his Gettysburg Address beginning “Four score and seven years ago...”

Nov. 26, 1922 – English archaeologist Howard Carter opened King Tutankhamun’s virtually intact tomb in Egypt. Over the centuries almost every mummy tomb had been found and plundered – this was possibly the greatest archaeological find of that period.



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 November
issue has arrived...**

Inside:

- "THANK YOU!"... and Thanksgiving History
- The healthy effects of humming!
in Healthy talk
- "No Shave-November"

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:

A good way to get rid of sinus infection is?

- A) Singing B) Whistling
C) Drumming D) Humming

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

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

SPECIAL INSERT

Three reasons to be "Thankful" for having clean carpet this holiday season!

Hello friend! This is the time of the year most people spend getting ready to give thanks. The season is usually spent hanging out with friends and family. Celebrating family traditions. Having parties. Enjoying delicious foods.

We all count our blessings (hopefully everyday) whether it's being thankful for our health, our daily food, or our families. But how about being thankful for having clean carpets? Here are three reasons to be thankful for those clean carpets this holiday season:



Reason #1 to be thankful for clean carpet:

They look beautiful for all your friends, family and guests. Just imagine welcoming all your holiday company with bright, soft, fluffy, clean carpets. Everyone will "Ooooh!" and "Awww" over your wonderful housekeeping abilities – you're a regular Martha Stewart, aren't you?

Reason #2 to be thankful for clean carpet:

You know they will last longer when you maintain them properly. New carpet costs thousands of dollars. Who wants to replace carpet before it's time? When you follow your manufacturer's advice and have them professionally steam cleaned every 6-12 months you know they will look beautiful and last for years.

Reason #3 to be thankful for clean carpet:

You and your family will breathe easier this winter. With winter time comes lots of time indoors in a house that's sealed up tight. When you clean your carpets you clean your indoor air. A clean home really is a healthy home!

You have lots of reasons to be thankful – and so do we. In fact, we want you to know ...

We're Thankful For You!

And, we're going to show you how much we appreciate you in three ways:

- 1: \$15 off carpet cleaning**
- 2: 33% off carpet protection**
- 3: Free spot removal after cleaning but before December 31, 2020**

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!!

We're Thankful for you!

Call Jensen's Carpet Care & Restoration
920-393-4062

or email: info@jensenscarpetcare.com
before November 30, 2020, and:

- **Save \$15 OFF Carpet Cleaning***
- **Save 33% OFF Carpet Protection***
- **Free new spot removal* after the cleaning but before 12-31-2020**

*Some restrictions may apply. Minimum charge always applies. Not valid with other offers.

Many thanks from



Thank you for the referrals!

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

Amy Jo Fullerton, Rosemary Heim, Donna Berendsen, Linda Hanson at LP Mooradian, Roberta Charneski, Don Routhieaux, Mickey Dettman, John and Barb Lutgen, Mathew Gonwa, Todd Langer with Keller Williams, Chris Schumacher, Karen Boehm, Steve Simonar, Melody Theese, Jenny Erlandson, Erin Steier, Meadows North Apts., Bethany United Methodist Church, Amy Rubright, Eric and Emily Nelson, Katie Shadick, 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!

Gail (and Pat) Rentmeester said "Oh, it (the carpet cleaning) was wonderful. I did the survey on the website. The guys, (the technicians), were great. They did a great job. It really looks great. It was wonderful. It was long overdue. It had been a long time. there were some spots to remove and (the technician) got them out. A fantastic job! So nice and fresh now. I will definitely tell anyone about you."

Linda Krosnicki let us know "I feel just fine (no product sensitivities). No trouble with the pre-spray used. Everything is fine and it looks great. He did a great job!" She also left a 5 star rating and Google review stating "Excellent! Follow up calls! Much better than others in the past! Highly recommend!"

Julie Mornard made a special call back and said "Fantastic job. I could not be more pleased! It is like new carpet."

Eileen Johnson expressed "He (the technician) did a wonderful job. I've had you before and I've always been pleased. It looks wonderful."

Leah Baugnet exclaimed "It was awesome! You guys have always been awesome. You've cleaned for me before and your customer service is awesome. I've always been happy and I tell others too."

Joan Shefchik said "I'm excited about it! The smell is gone and the rug and the basement look great. It was wonderful! An awesome job! I just wish I would've had them do the upstairs too, but I didn't ask."

Judy Darling expressed "Oh my gosh, there was no need to call, they always do a marvelous job! The technicians are always so polite and respectful. I am grateful for Friese-Mier for referring me."

Jean O'Leary said "It went great. They did a great job. They were nice guys. Very personable. I'm very pleased."

Sy Brzeczowski let us know "I am impressed. Two wonderful young gentlemen, nice young men (the technicians). Our 39 year old carpet looks almost like brand new. They got stains out that I didn't think could be removed. A+ on everything. I highly recommend you guys!"

Cy Cieslewicz said "It went real good. Thank you. We had a couple real bad spots and he took care of them. Looks good now!"

Kate Janssen exclaimed "It went great! They (the technicians) were both very professional. They gave me tips for future tile and spot cleaning. I needed that good professional service. I had some recent not so good experiences with other service people. They (Jensen's technicians.) really knew what they were doing. I appreciate that they had masks on when they came to my door. They were the only company that did that and it made me feel awkward to ask the others. Thank you for following up. I will call in the Spring when ready again."

Margaret Petitjean said "It They were terrific. It really helped me out. It was lovely you got me in so fast. Thank you."

Thank you for even more positive comments and ratings from...

Nancy Jensen, Ephraim Liefke, Kelly Van Scoyk, Erin Steier, Matt Tochtermann, Aaron O'Connor, Brett Brusda, Cindy Cousineau, Janet Bonkowski, Dave Demeuse, Dick Arcand, Mary Guns, Mary Jo Piskor, Angela Rausch, Beth Ann Ziman, Chuck Burkel, Dionne Paschke, Bill Picard, Olive Isenard, Janie Newgent, KimTomczak, Kitti Barry, Adam Shadick, Debra Schweiner, Anabell Benavidez, Jim Beaudry, Laura Valiquette. Sara Helgesen, Pete Makos, Bridget Gigot, Donna Berendsen, Jill Mory at Ennis Street Inn, Cindy Zuege, Janet Secora, Nancy Van Roy, Steve Roth, Abby Hatch, Michelle DeBauche of DeBauche Communications, Rob Radke, Dale Seidl, Nicole Tesch, Richard Cooper, Amanda Baugnet, Dennis Dalebroux, Karen Schaible