

# Jensen's Healthy Home News

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

## It's Halloween time: Werewolves and Jack-o'-lanterns!



Anthropologists date the lore of werewolves to various points in history, with some citing as the first written account the Biblical story of Nebuchadnezzar of Babylon. He was condemned by an angel to live like a wild animal for seven years. His hair grew long, and his fingernails grew to resemble claws. In one ancient Greek legend, Zeus turned King Lycaon into a wolf, thus spawning the term “lycanthrope” for “werewolf.” According to legend, humans turn into werewolves after

being cursed, bitten by another werewolf or by consuming the the raw flesh of a rabid wolf. Brad Steiger, author of *The Werewolf Book*, theorizes that people are attracted to the notion of werewolves because it plays out desires for power and revenge. “The werewolf tradition sought to release the beast within and accomplish the transformation of human into wolf.”

The carved pumpkin, lit by a most prominent symbols, and is lantern. These lanterns from a turnip or they used skulls in ceremonies.

The carving of associated with America, where ily available and much easier to carve than turnips. The carved pumpkin was originally associated with harvest time in general in America and did not become specifically associated with Halloween until the mid-to-late 19th century.



candle inside, is one of Halloween’s commonly called a Jack-o’- were originally carved rutabaga, although the Celtic

pumpkins is Halloween in North pumpkins were read-larger, making them



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



Joel Jensen

Hi Joel,

**Q:** After carving our Halloween pumpkin, we lit a small white votive candle to place inside. I accidentally dripped a few beads of melted wax on to our carpet. What do I do now please?

**A:** *No need to panic, but it is important to remove candle wax from your carpet as soon as possible after the incident. The longer you wait the harder it can be to remove a wax stain.*

*Start by freezing the wax. Place a plastic bag of ice or an ice pack on top of the spot, and allow the wax to freeze for about 10 minutes, making sure that the wax isn't getting wet from your ice pack. Moisture will only make the stain tougher to remove.*

*Once the wax is frozen, use a dull butter knife to scrape as much of the wax as you can off of the carpet. Don't be too rough with the carpet—you don't want to damage or cut the fibers. Once much of the wax has been gently scraped off, place a clean white terry cloth towel on top of the remaining wax stain. Heat your iron to the lowest setting, turn off the steam function, and run it over the towel to heat the wax. Make sure to keep the iron constantly in motion and avoid the temptation to turn up the heat level—you don't want to accidentally burn the towel or your*

(Continued on page 3)

see the

**SPECIAL INSERT**

inside...

**“Fall” for this great offer!**

## Featured Local Event: OCTOBER 2020



Heritage Hill's  
Brothers Grimm  
Fairytale  
Halloween Event

Sat., Oct. 17 / 12:30 - 7 p.m.

**Heritage Hill State Park**

2640 S. Webster Ave., Green Bay  
Meet Cinderella, Rumpelstiltskin,  
Puss in Boots, Snow White, and  
many more. Visitors can trick-or-treat  
in a family-friendly environment and  
visit each area of the park to hear  
stories and play games. Children and  
adults alike are encouraged to wear  
their Halloween costumes. Special  
admission rates apply (not included  
with yearly membership): \$7 for all  
adults and children ages 3+; Children  
ages 2 and under are free.

Information:

**920-448-5150**

Client of the month:  
October 2020

**Lauren Munster**

*Thank you to our very  
enthusiastic new client  
who gave us very positive  
feedback about our  
services. We appreciate  
that you have already  
spread the good word  
by referring others  
to Jensen's.*

## Healthy talk

### Exercise during Coronavirus: tips for staying active

You may be finding it tougher to exercise with Coronavirus restrictions. But you can still find ways to make movement a part of your daily routine. The following are ideas to do so...



### “Sneak” movement into your routine

Even though you may be at home, you can still find ways to incorporate movement into your day. Try to think of physical activity as a lifestyle choice, rather than as a designated event. This may help sustain you in times like these when your schedule has been upended.

- **Use your chores.** Household tasks like scrubbing, sweeping, dusting, and vacuuming can add up when done at a brisk pace. They also work the muscles in your arms and legs.
- **Exercise during commercial breaks.** Many of us are watching more TV. Make the commercials and credits count by adding some squats, jumping jacks, push-ups, or lunges.
- **Take advantage of pauses during the day.** Take advantage of times when you're waiting for something to finish or start. You can fire off some arm exercises or practice some yoga poses while the dinner is in the oven or during those 15 minutes before a Zoom meeting.
- **Move around the house more.** Walk around while you're making calls. Take an extra lap or two around the house if you have to put something away. If you have stairs, go up and down them a few times throughout the day.

## Quote for October

*“What could be more exciting than an October day? It's your birthday, Fourth of July and Christmas all rolled into one.”*

— Peggy Toney Horton



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[www.Facebook.com/JensensCarpetCare](http://www.Facebook.com/JensensCarpetCare)



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1720 Lime Kiln Road  
Green Bay, WI 54311

**Your new October  
issue has arrived...**

## Inside:

- Werewolves and Jack-o'-lanterns
- Exercise during Coronavirus  
*in Healthy talk*
- Interesting history of Halloween

**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 **Captain's Walk Winery**  
345 S. Adams 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:

**Jack-o'-lanterns were originally carved out of what?**

- A) Watermelons    B) Turnips  
C) Pumpkins    D) Squash

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

## "Fall" for this great offer and you'll be thanking us when the holidays arrive!

**Hello friends and clients!** We think it is officially Fall around here. And for carpet cleaners that is the season that "falls" between busy and busier. This is kind of the lull between the frenzy of summer cleanings and the crazy holiday cleanings. So, to pick things up a bit we want to give you an offer you can't refuse.



## How about cleaning those carpets before your life gets really busy with holiday "to do" lists and guests?

October is really a great month to get a jump start on those carpets. Remember, carpets don't have to look dirty to need a cleaning. Just everyday life with carpet: the foot traffic, the pets, the kids, the indoor pollutants and the dust mites are enough to need to clean every 6-12 months. And keep in mind, once the carpet looks dirty there could be permanent wear and tear.

With that said, the only other reasons people usually want to wait this time of year are, one: "I want to wait and clean right before my guests arrive." Or, two: "I want to wait and clean right after the holidays - to clean up the messes people make."

But here are some even better reasons NOT to wait: *reason #1 to clean in October: Call now and have your pick of the schedule. If you wait until right before guests arrive you may not get an appointment because everyone else had that same idea! And, reason #2 to clean in October: Clean now and we'll clean up the spots and spills after the parties for free!*

## Need another reason?

*Reason # 3 to clean in October: Get a HUGE discount! (see details in coupon below.)*

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 and we will give them a free room of carpet cleaning in your name. (up to 200 sq. ft.)

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

### Check This One Off Your Holiday To-Do List!

Call Jensen's Carpet Care & Restoration

**920-393-4062**

or email: [info@jensenscarpetcare.com](mailto:info@jensenscarpetcare.com)  
before October 31, 2020, and:

**and receive \$10 OFF\*  
your cleaning!**

**PLUS-If you get a new spill spot after this cleaning we'll return to treat it for FREE.\*\***

\*Not valid with other offers. Some restrictions apply. \*\*Before December 2020.

*Many thanks from*



Thank you for the referrals!

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

Kirk and Carol Fishbough, Karen Konop, Debbie Kapphahn, Mark Konop, Sandy Kaster, Joan Mach, Sue and Mike Wentland, Dick Arcand, Heather Karcz, Cory Greenwald, Andrew Derenne, Craig and Cindy Larson, Leah Baugnet, Dennis Bushman with Olejniczak Realty, Pat Hochstein, Jeff and Marie Sonnabend, Macco's Floor Covering Center, Carpet City, Home Interiors Flooring 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, Olejniczak Realty and Keller Williams Realty

Thanks for all the kind words!

**Paul Zehms** let us know "It (the carpet cleaning) went beautiful. It looks excellent! We are so happy and keep bragging to each other. It is all dry now too. It really looks great. Thank you for calling!"

**Molly Delwiche** said "The carpet cleaning went great. It looks wonderful! They were efficient, nice and professional. Thank you for checking back."

**Mike Macco** made a special call back to say "They (the technicians) did a great job. You have a good crew. They were very personable. Two good guys."

**Paul Fischer** replied "It went well. The gentleman was very good. He was courteous, professional and on time. I would hire him again. Thank you for calling."

**Darlene Adams** exclaimed "It went fantastic! Absolutely great! I liked both of them. The young one was so nice and polite. That's hard to find sometimes for a youngster. They were really nice and helpful. (The technician) was friendly and polite. He's an awesome employee. I appreciated both of them. I won't go anywhere else. Hang on to them - they're good employees. I enjoyed them and kept teasing them too. Thank you very much."

**Helene Alford with Olejniczak Realty** made a special call to say "I was really happy with the technician that came today. He did exactly what I was expecting. He was quick and efficient. He asked if there was anything else he could do. He was very professional. I was very pleased and would definitely recommend him."

**Janet McAnlis** let us know "It was wonderful! They did a fantastic job! They were great guys. The cat even liked them. The carpet looks beautiful - just fantastic! Thank you for the (follow up) call."

**Virginia Deurocher** said "It was very, very good. We are very happy. It looks really nice. The men were very nice. They did a great job and we are very happy. Thank you for being concerned."

**Esther DeGrand** exclaimed "It went perfect! Everything is great! The man that came was very nice. I will be calling you in the Spring for my next cleaning."

**Jake Alverson** said "It looks terrific! They came in and did a great job. They were polite, quick and we're very happy with the results."

**Carlene LaPlant** replied that "It went very good." She said she is all good with everything. She is very happy. She said "(We) always do an awesome job and we have a client for life."

**Mark Konop** let us know that "Everything went great. He did a great job. Good work, especially in the family room. Like a night and day difference."

**Clarissa Hopla** exclaimed "It went great! The carpet is all dry now. It turned out really good. They got all the stains out. If you had a star rating, I would give them all the stars."

***Thank you for even more positive comments from...***

Jackie Quick, Eileen Schenian, Robin Nonnemacher, Heather Zeise, Don Routhieaux, Tom Hansen, Lissa Marth, Kay Carpenter, Glen Unsinn, Jenny Phelps, Mr. Haney, Kevin Snell, Molly Delwiche, Marsha Kempen, Jim & Nancy Reck, Andrea Argall, Nancy Mirhashemi, Mary Miller, Randy Wartenberg, Norma Frink, Colleen Nowak, Jenn Tompkins, Kari Brunette, Cris Kinsley, Heather Sponholtz, Jean Zegers, Candee Eckberg, Samantha Walvort, Debra Versteegen, Pat Sonntag, Nancy Ludovissie, Linzy Winkle, Ken Krajewski with Castle Sales, Kathy Jerry, Adam Frizzo, Kitti Barry, Steve Gandy, Mary Jones, Janie Newgent, Sharon Ettien, James Resch, Nancy Jensen, Mike Smith, Tom Dewey