Suicide Prevention Week

Most suicidal people give warning signs or signals of their intentions. The best way to prevent suicide is to recognize these warning signs and know how to respond if you spot them.

**Suicide Warning Signs**

- **Talking about suicide**: Any talk about suicide or about self-harm.
- **Seeking Out Lethal Means**: Seeking access to guns, pills, knives, etc.
- **Preoccupation with Death**: Unusual focus on death, dying or violence, including writing poems or stories about death.
- **Hopelessness**: Helplessness, hopelessness and feelings of "being trapped". Feelings that things will never get better.
- **Self-Loathing**: Feelings of worthlessness, guilt, shame and self-hatred. Feeling like a burden to others.
- **Getting Affairs in Order**: Making out a will, giving away prized possessions, making arrangements for family member.
- **Saying Goodbye**: Unusual or unexpected visits or calls to family and friends. Saying goodbye to people as though they won't be seen again.
- **Withdrawal**: Increasing social isolation, desire to be left alone.
- **Self-Destructive Behavior**: Increased alcohol or drug use, reckless driving, unsafe sex.
- **Sudden Sense of Calm**: A sudden sense of calm and happiness after being extremely depressed may mean that the person has made the decision to commit suicide.

If you believe a friend or family member is suicidal, you can play a role in suicide prevention by pointing out the alternatives, showing that you care, and by getting a doctor or psychologist involved.

For more information:
www.helpguide.org/mental/suicide_prevention.htm

Get Free Cleaning Tips and Specials at our www.JensensCarpetCare.com!
Outstanding Client Of the Month!

Mary Callahan

Thank you for referring your son Galvin and for such a positive review on Angie’s List. YOU are totally awesome!

Thank You for the positive responses on the Customer Satisfaction Surveys...
Denise Helbing, Kim & Jill Hull and Judy Fischer

Quotes by Irving Berlin

I got lost but look what I found.

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Talent is only the starting point.

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The toughest thing about success is that you’ve got to keep on being a success.

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After you get what you want you don’t want it.

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There’s no business like show business.

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You’re not sick... you’re just in love.

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Life is 10 percent what you make it and 90 percent how you take it.

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Everybody ought to have a lower East Side in their life.

Apples and Mushrooms and Honey, O My!

- It takes 36 apples to create one gallon of apple cider.
- An apple tree will start bearing fruit 8-10 years after it is planted.
- Two pounds of apples will make one nine-inch pie.
- 7,500 varieties of apples are grown around the world.
- A medium-sized apple has about 80 calories.
- The science of apple growing is called pomology.
- 25% of an apple's volume is air, which is why they float.
- In 1730, the first apple nursery was opened in Flushing, New York.
- A bushel of apples weighs 42 pounds, and will yield 20-24 quarts of applesauce.
- Apples ripen or soften ten times faster at room temperature than if they are refrigerated.

Some fun facts about fungus...

- There are an estimated 1.5 to 2 million species of fungi on earth, of which only about 80,000 have been properly identified.
- There are 2,000 different species of mushrooms eaten throughout the world, but the most common variety cultivated is the white button.
  - In some ways, mushrooms are more closely related to animals than plants. Mushrooms take in oxygen for their digestion and metabolism and "exhale" carbon dioxide as a waste product.
  - Mushrooms grow from spores, not seeds. A single mushroom will drop up to 16 billion spores.
- The ancient Egyptians believed the mushroom to be "the plant of immortality." The mushroom's distinct flavor so intrigued them that they decreed mushrooms to be food for royalty only, prohibiting commoners from even handling them.
- Mushrooms have been used in traditional Chinese medicine for thousands of years to treat many different types of health conditions.

September is National Honey Month

- Honey is written about in Egyptian hieroglyphics. Ancient Egyptians would use honey as a form of payment.
- Greeks and Romans referred to honey as a food fit for the gods. Greek custom was to offer honey to the gods and deceased spirits as a tribute, to be protected, and kept in the good graces of the gods.
- Honey wine is the planet's oldest-known fermented beverage. If you're a reader of fantasy or romance novels, you may know honey wine by its more familiar name: mead.
- Have allergies? Take a teaspoon a day of a honey made from the region where you reside. It will aid in developing resistance to the regional pollen, thereby reducing your allergic reaction.
- Have you burned your skin? Received a cut or abrasion? Mix honey with cod liver oil and place on the affected area (then covering it with a bandage). It will assist in the healing process.
A man was walking along a beach and stumbled across an old lamp. He picked it up, rubbed it and out popped a Genie.

The Genie said, "You released me from the lamp, blah blah blah. This is the fourth time this month and I'm getting a little sick of granting wishes, so you can forget about three. You only get one wish!"

The man sat and thought about it for a while and said, "I've always wanted to go to Hawaii but I'm afraid to fly and I get very seasick. So could you build me a bridge to Hawaii so I can drive over there to visit?"

The Genie laughed and said, "That's impossible! Think of the logistics of that! How would the supports ever reach the bottom of the Pacific? Think of how much concrete would be needed! How much steel! Sorry, you're going to have to think of another wish."

The man agreed, and tried to think of a really good wish.

Finally, he said, "I've been married and divorced four times. My wives always said that I don't care and that I'm insensitive. So, I wish that I could understand women. I want to know how they feel inside and what they're thinking when they give me the silent treatment. I want to figure out why they're crying, know what they really want when they say "nothing," and know how to make them truly happy."

The Genie paused for a while, and said, "How many lanes do you want on that bridge?"

- Enough beer is poured every Saturday across America to fill the Orange Bowl.
- Florida’s beaches lose 20 million cubic yards of sand annually.
- There are 35 million digestive glands in the stomach.
- In 1800, only 50 cities on earth had a population of more than 100,000.
- More steel in the US is used to make bottle caps than to manufacture automobile bodies.
- Before 1850, golf balls were made of leather and stuffed with feathers.
September 11th is Patriot Day

In the United States, Patriot Day occurs annually on September 11th, designated in memory of the 2,977 people killed in the 9/11/01 terrorist attacks. Initially, the day was called by the rather unwieldy title of The Day of Prayer and Remembrance for the Victims of the Terrorist Attacks on September 11, 2001.

Approved by a vote of 407-0 on October 25, 2001, the Joint Resolution called for the President to designate the day each year as Patriot Day. President Bush signed the resolution into law on December 18 as a discretionary day of remembrance.

On this day, the President requests that the American flag be flown at half-staff at individual American homes, at the White House and on all U.S. government buildings and establishments, at home and abroad. A moment of silence is also suggested, at 8:46 am.

Mystery Month
Experience Fine Local Dining
At one of three different restaurants

Ready for this month’s Trivia Challenge?
The first 6 people who call our office at 920-393-4062 with the correct answer will win a $15.00 Gift Certificate to A Local Restaurant (Please allow 6 months between wins)

This month’s Mega Trivia Question:
What is the science of apple growing called?

A) Geology B) Biology C) Phrenology D) Scientology E) Pomology

HINT: The answer is somewhere in this newsletter

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Are All Carpet Cleaners Alike? Can You Compare Us Like Apples To Apples?

Hello friend and client! It’s Jensen’s Carpet Care & Restoration, your carpet cleaner here. I’m going to ask you a surprising and pointed question, “With all the carpet cleaners in this town, are you sure you have chosen the right one?”

Especially in light of the “new economy”, you may be tempted by “the other guy” and his rock bottom, cheap prices. You may wonder if you chose the right company for you. Over the past year I’ve had more than a couple clients call me and confess they decided to save a buck and called the other (cheap) guys. So why do they call me to confess? Because now they need me to come to their home and clean up (literally) after the “cheap” cleaning. That cheap cleaning wasn’t so cheap.

Were They Just A Bad Apple?

Probably not. But, the reality is, to offer a cheap service one must do cheap work. A professional carpet cleaner cannot offer a high quality of work and service charging super low prices. (Like the ads you’ve seen offering $4 per room or $99 for a whole house.) And, choosing the wrong carpet cleaner can leave you with carpets that are gummy, over soaked, dirt magnets.

I’ve always preferred to set my prices at a fair, but quality price point and then deliver work and customer service that will make you...

So Thrilled You’re A Client For Life!

Rest assured, you’ve made the right choice. Because I’ve invested in the proper training and learned the “science” behind proper cleaning, your carpets will sparkle, and stay cleaner longer. Plus, you get my 5 Star Service and 100% Money Back Guarantee!

An Apple Vs. A Coconut.

So you see, not all carpet cleaning companies are alike. We can be as different as an apple and a coconut. I hope you feel you’ve made the right choice because otherwise I’m not doing my job right! To make your choice even easier this month please check out my September Specials!

How Do You Like These Apples...

✓ Savings #1: Get your whole house cleaned and you Save $30 OFF
✓ Savings #2: Get your main living spaces cleaned and you Save $20 OFF
✓ Savings #3: Get $50 Worth Of Carpet Protection For $30!

Call Jensen’s Carpet Care & Restoration at 920-393-4062 or contact me at info@jensenscarpetcare.com Before September 30, 2013 to SAVE! www.jensenscarpetcare.com

* Minimum charge applies. Not valid with other offers.