

# Jensen's Healthy Home News

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

## Valentine's Day around the globe

Valentine's Day has regional traditions in the UK. In Norfolk, a character called 'Jack' Valentine knocks on the rear door of houses leaving sweets and presents for children. Although leaving treats, many children were afraid of this mystical person.

In Wales many people celebrate St. Dwynwens' Day on January instead of or as well as St Valentine's Day. The day commemorates St. Dwynwen, the patron saint of Welsh lovers.

In Spain and France, Valentine's Day is known as "San Valentin" and is celebrated the same way as in the UK, although in Catalonia it is largely superseded by similar festivities of rose and/or book giving on Saint George's Day.

In Sweden it is called "All Hearts' Day" and was launched in the 1960s by the flower industry's commercial interests, and due to influence of American culture. It is not an official holiday, but its celebration is recognized and sales of flowers for this holiday are only bested by those for Mother's Day.

According to Jewish tradition the 15th day of the month of Av - Tu B'Av (usually late August) is the festival of love. In ancient times girls would wear white dresses and dance in the vineyards, where the boys would be waiting for them. In modern Israeli culture this is a popular day to pronounce love, propose marriage and give gifts like cards or flowers.

In Brazil, the Dia Dos Namorados ("Day of the enamored") is celebrated on June 12, when couples exchange gifts, chocolates, cards and flower bouquets. It is the day before the Saint Anthony's day, known there as the marriage saint, when many single women perform popular rituals in order to find a good husband or a boyfriend.

In Colombia, the Dia del amor y la amistad ("Love and Friendship Day") is celebrated on the third Friday and Saturday in September. In this country the "Secret Friend" tradition is quite popular, which consists of randomly assigning to each participant a recipient who is to be given an anonymous gift (similar to the Christmas tradition of Secret Santa).

see the

**SPECIAL INSERT**

inside...

**Don't wait until  
spring to clean  
your carpet!**



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



Joel Jensen

Hi Joel,

**Q:** Joel, I'm a bit of a klutz and knocked over a glass of red wine and it spilled on our new light tan carpeting. Any suggestions?

**A:** Don't cry over spilled wine- it happens to the best of us! What I would suggest is to fight wine with wine. First, extract the remaining liquid (blot or vacuum with a wet-dry vac if you have one). Then apply white wine. This recreates the initial conditions, especially on old stains, making it easier to remove.

**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

Featured Local Event:  
FEBRUARY 2021



Location:

**Resch Expo**

**820 Armed Forces Dr., Green Bay**

Dates: **Feb. 12-14**

Times: **Fri, 2-8 p.m.**

**Sat, 10 a.m. – 7 p.m.**

**Sun, 10 a.m. – 4 p.m.**

The Green Bay Boat Show, presented by Ken's Sports, brings together dealers and exhibitors from across the state to offer exclusive show pricing on 2021 boats! This event is bigger and better than ever at the brand new Resch Expo!

For pricing and more information, visit:

[www.reschcenter.com/events](http://www.reschcenter.com/events)

Client of the month:  
February 2021

**Todd Kotanen**

*Thank you for your Facebook compliments regarding the work we did with your unique basement situation.*

*We appreciate your referrals to friends!*

## Healthy talk

### Tips for a healthy Valentine's Day

#### Meal modifications are key

When out, feel free to make special requests. For example, ask the waiter if they can put the sauce on the side – or to substitute veggies for the french fries. Find out if your meal can be made without butter, oil or salt...anything that could help cut down on calories. And remember that in terms of calories, grilled is usually better than fried and baked is better than braised.

#### Start out healthy

Consider ordering a light salad or soup to kick things off. This will help to fill you up before you dive into the big meal. You also might want to split an entrée with your significant other. Red bell peppers, radicchio, cherries, strawberries, red beans, red onions and tomatoes, for example, are all packed with vitamins, cancer-fighting antioxidants or cholesterol-busting fiber and protein. In addition, a daily glass of red wine is believed to help reduce the risk of blood clots and keep the cardiovascular system in shape. So, forgo that cocktail, which can be loaded with sugar, and have a glass of red wine instead (and ask if they serve a light version).

#### Do not completely deprive yourself

Valentine's Day is a time for laughter, fun and food. Having a small slice of cake or a couple truffles likely will not lead to weight gain. Moderation is key. And if you do pop the lid off that box of chocolates this Valentine's Day, don't feel guilty. Research indicates chocolate is chock-full of healthy compounds and may actually help prevent heart disease, enhance immune systems and give us a feeling of well-being.



## Quote for February

*"Black History Month isn't a strictly American event...*

*Nations around the world also designate a month every year to celebrate the contributions and achievements of black citizens who have made lasting contributions to their countries."*

*-Elizabeth Nicholas*

## The famous Cardiff Giant hoax



The Cardiff Giant was one of the most famous hoaxes in United States history. It was a 10-foot tall “petrified man” uncovered on October 16, 1869, by workers digging a well behind the barn of William Newell in Cardiff, NY. The giant was the creation of a New York tobacconist named George Hull.

Hull, an atheist, decided to create the giant after an argument at a Methodist revival meeting about the passage in Genesis 6:4 stating that there were giants who once lived on Earth.

Hull hired men to carve out a 10-foot-long block of gypsum in Fort Dodge, Iowa, telling them it was intended for a monument to Abraham Lincoln in New York. He shipped the block to Chicago, where he hired a stonecutter to carve it into the likeness of a man and swore him to secrecy.

Various stains and acids were used to make the giant appear to be old and weathered, and the giant’s surface was beaten with steel knitting needles embedded in a board to simulate pores. In November 1868, Hull transported the giant by rail to the farm of William Newell, his cousin. Nearly a year later, Newell hired Gideon Emmons and Henry Nichols, ostensibly to dig a well, and on October 16, 1869, they found the giant. Newell set up a tent over the giant and charged 25 cents for people who wanted to see it. Two days later he increased the price to 50 cents. People came by the wagon load.

Archaeological scholars pronounced the giant a fake, and some geologists even noticed that there was no good reason to try to dig a well in the exact spot the giant had been found.

Eventually, Hull sold his part-interest for \$23,000 to a syndicate of five men headed by David Hannum. They moved it to Syracuse, NY for exhibition. The giant drew such crowds that showman P. T. Barnum offered \$50,000 for the giant. Hull confessed the hoax to the press, and on February 2, 1870, the giant was revealed as a fake in court.



Amazing websites to visit this month:

### Get fit and get smarter

Here are two amazing websites to help you improve in 2021:

#### 1. Self.com

Self.com offers a slew of resources for people who are interested in taking better care of themselves. It is a broad fitness website that offers a variety of types of information related to fitness, food, health and other topics. Unlike other websites, it also touches more emotional needs, discussing things like love and beauty.

#### 2. Nerdfitness.com

Nerd Fitness is awesome! It’s specifically designed for people who want to get into shape but aren’t used to being physically active. As such, it is geared toward beginners and is as unintimidating and user-friendly as possible.

February

Fun Facts!

#### The first oranges weren’t orange.

The original oranges from Southeast Asia were a tangerine-pomelo hybrid, and they were actually green. In fact, oranges in warmer regions like Vietnam and Thailand still stay green through maturity.

#### McDonald’s once made bubblegum-flavored broccoli.

This interesting fact will have your taste buds crawling. Unsurprisingly, the attempt to get kids to eat healthier didn’t go over well with the child testers, who were “confused by the taste.”

#### Scotland has 421 words for “snow.”

Yes—421! Some examples: sneesl (to start raining or snowing); feeble (to swirl); flink-drinkin (a light snow).

#### The longest English word is 189,819 letters long.

We won’t spell it out here, but the full name for the protein nicknamed Titin would take three and a half hours to say out loud!



Get exclusive specials when you “Like” us at

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

# Jensen's Healthy Home News

1720 Lime Kiln Road  
Green Bay, WI 54311

*Your new February  
issue has arrived...*

## Inside:

- Valentine's Day around the globe
- Tips for a healthy Valentine's Day *in Healthy talk*
- The famous Cardiff Giant hoax

**Need help now? Call us!**

**(920) 393-4062**

[info@jensenscarpetcare.com](mailto:info@jensenscarpetcare.com)

Rather receive your newsletter via email?  
Call or email us and we'll set it up!

# 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 \$15.00 gift certificate for **Pizza Ranch**,  
2206 Main 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:**

McDonald's once sold broccoli in what flavor?

- A) French Fries    B) Cheeseburger  
C) Chocolate        D) Bubblegum

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



# Your Carpet!

**Hello friend.** If you love your carpet and treat it well it will serve you for years and years to come. Carpet that is over ten years old can still look fantastic with the proper love and care, yet we've seen two year old carpets that looked like it was ready for a tear out because of neglect. This month we're going to help you **"love your carpet" with not one, but two special offers.**

**Don't wait until spring to clean your carpets! Here is why...**

**Reason 1 to clean in February:** You get your choice of the schedule with little or no wait time. (Because this happens to be the slowest time of the year for us.) It's the **ONLY** time of the year we can offer you this luxury.

**Reason 2 to clean in February:** Your carpets dry faster and stay cleaner longer! Contrary to popular belief, cleaning in the middle of winter is better for these reasons. Think about it...in the winter everyone takes their shoes off (or should), so the carpets stay cleaner longer. **PLUS** your house is more likely to be shut up tight with the heat on, so your carpets dry faster. And if you are worried about cold air getting in while we clean – don't be! We go to great measures to minimize your home's heat loss.

**Reason 3 to clean in February:** You get some of the best specials of the year! Such as...

## The "Heart Your Carpet" Special 1:

You really deserve to have a house full of clean, healthy carpet. You deserve to have carpet that doesn't have dirty traffic lanes and spills. You deserve to extend the life of your carpet, so we're going to make this really easy for you. If you get your carpets cleaned in February, we will clean every 3rd room for you for **FREE!** (smallest or equal size room is discounted).

## The "Heart Your Carpet" Special 2:

You also deserve for your carpet to **STAY** clean, to resist soil wear and tear, and keep spills from becoming stains. So if you clean in February you will receive **33 percent off Scotchgard™** carpet protection. This way you can save some money and see first hand the benefits of restoring your carpet's protection.

Before we go... If you know anyone that is taking a vacation in February please let us know and we will give them a **FREE** room of carpet cleaning in your name! (Up to 200 sq. ft. of carpet. New clients only.)

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

**Clean before Feb 28, 2021 and save!!**

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

or email: [info@jensencarpetcare.com](mailto:info@jensencarpetcare.com)  
before February 28, 2021, and:

- **You get every 3rd room in home cleaned FREE!**\* (smallest or equal sized room is discounted)
- **PLUS you get 33% OFF Scotchgard™ carpet protection!**\*\*

\*Not valid with other offers. Minimum Charge always applies.

\*\* Must be in combination with carpet cleaning.

*Many thanks from*



Thank you for the referrals!

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

Kay Wisneski, Jeff and Nicole Morella, Katie Shadick, Connie Thirion, James Collins Jr, Sue Kaczrowski, Steven and Rose Anne Dallaire, Nancy Kuehn, Lisa Kardish, Diana Kranz, Geri Collette, Michael and Sue Solper, Gale and Steve Watermolen, Carrie Vanoooyen, 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, Toonen Properties, Kos Management, Brook Park Apartments, Alliance Management, Olejniczak Realty, Keller Williams Realty

Thanks for all the kind words!

**Dan Martin** - "Very Happy with the spot removal. I learned a lot from the tech. I was not expecting the spot to come out as it was rubber cement, but they got 98 percent of it out. Just a shadow left. After my remodeling project is complete I will call you back to have all my carpets cleaned."

**Donna Melezzvina** - "Totally satisfied, I would recommend you guys anytime."

**Robert Bodart** - "Everything went good and they did a good job."

**Ardis Junco** - "Everything went very well. It dried well and had no issues. Very good job."

**Janice Vande Sande** - "Very satisfied. Nice job. The guys were very nice."

**Todd Everard** - "Very happy with the outcome and the tech was very accommodating."

**Marge Whitcomb** - "The guys did a very nice job and they are very nice people. It looks excellent."

**Sue Fangman** - "Appreciated the job and everything worked out great. Smells a lot better."

**Jasmine Mahone** - "It turned out pretty good. The guys did a great job."

Other Positive Comments From:

Mary Collette, Vickie Timm, Ted Blohm, Claire and Steven Williams, Matt Secora, Colleen Matthews, Joe Terrian, Gabriel Horn, Steve Broekman, Bill and Mary Collette. Sue Tilkens, Shirley Collette, Cheryl Coopman, Betty Zimmer