

# Jensen's Healthy Home News

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

## April Fool's Day April 1

These April Fools' jokes are funny and at the expense of no one—unless you want to try these out on one of your friends.

- 1. What monster plays the most April Fools' jokes?**  
Prankenstein!
- 2. Did you hear about the guy who swapped the labels on the pumps at the gas station?**  
It was an April Fuels' joke.
- 3. Excuse me, sir.**  
Do you think they named April Fool's Day in your honor?
- 4. Why was the donkey annoying his friend?**  
It was April Mules' Day!
- 5. You should know that no one understood it was an April Fools' joke.**  
Because no one expected you have a sense of humor.
- 6. A and C were going to prank their friend...**  
But they just letter B.
- 7. Which day of the year do monkeys like best?**  
The first of Ape-ri!
- 8. A couple of pranksters broke into the local police station and stole all the lavatory equipment.**  
A spokesperson was quoted as saying, “We have absolutely nothing to go on.”
- 9. Babies born March 31st are the easiest to prank on April Fools'...**  
They were literally born yesterday!



see the  
**SPECIAL INSERT**  
inside...

Control your seasonal  
allergies today with  
this easy step!



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



**Joel Jensen**

Hi Joel!

**Q:** I dropped a piece of chocolate Easter candy on my white carpet and then proceeded to step on it and track it across the room. What do I do now?

**A:** Start by carefully removing any excess chocolate. Use a paper towel to blot, or scrape it gently with a dull knife. Avoid smearing or grinding in the chocolate. If the chocolate is soft, chill it with an ice cube or frozen package to make it easier to chip out with the knife. Next, mix 1/8 teaspoon dish soap and 1 cup lukewarm water. Dip a clean white cloth in to the solution and blot a test area on your carpet in an inconspicuous spot. If there are no concerns, blot the stain. Press the cloth into the spot for several seconds. Wait 15 minutes to allow the detergent to work. Then use another dry clean white cloth to blot the spot and remove any excess liquid. Repeat as necessary. Follow up with a solution of 1/4 cup white vinegar and 2 cups water. Dip a white cloth into this solution and once again blot where the stain was. Wait a few minutes, then blot with only lukewarm water to rinse. Allow area to dry. This will remove any residual detergent so the area does not attract dirt.

### 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:  
APRIL 2021

## MY BIG FAT PULASKI WEDDING TEN YEAR REUNION

Location:

**Meyer Theatre**

117 S Washington St., Green Bay

Dates: **April 2 - April 17**

Diamonds and Gold Green Bay and Festival Foods present Let Me Be Frank Productions' all-new comedy musical, "My Big Fat Pulaski Wedding: 10 Year Reunion," April 2-17, 2021, at the Meyer Theatre.

For pricing and more information, visit:

<https://meyertheatre.org/>

Client of the month:  
April 2021

**Ben Dewar**

*Ben said their carpet cleaning was "... fantastic! The techs were so nice and helpful. They even got some stains out without spot treatment. A perfect experience."*

## Healthy talk

### Getting a good night's sleep

Research has revealed again and again the importance of good sleep. If getting healthier is one of your goals this year, make getting adequate sleep part of it. Your environment plays an important role in determining sleep quality. From noise reduction to lighting, there are a few easy ways you can turn your bedroom into a tranquil oasis.



Humans were created to be in-synch with the sun cycle. For this reason, it is recommended you position your bed to the east so that you will be able to wake up seeing the sun rays peeking in around your curtains. Try several layers of curtains to block out light at night. Sheers and heavy protective curtains can help soften the room visually, help with sound absorption, help insulate the window, and are a great opportunity to bring in some color and pattern. Get rid of your phones, TVs and iPads while in bed. The artificial light will interrupt your sleep cycle and keep your brain activated, making it harder to get to sleep and keep you off the more natural sleep patterns.

A comfortable mattress enclosed in a hypoallergenic cover protects from dust mites and allergens such as animal dandruff and pollen. Try to use only natural fiber content for your bedding such as cotton, organic cotton, silk, or linen blend. Also try using hypoallergenic pillows to prevent allergies.

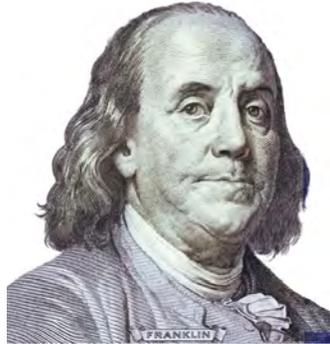
In decorating your bedroom, avoid using red colors because it can keep you awake. Neutral colors, along with blues and greens, evoke calming feelings that we get when we are surrounded by nature. You can also place a neutral area rug for noise reduction and decoration. If you live in a busy area, use a white noise machine or ceiling fan to drown out the background noise. You may want to include some inspiring artwork that is meaningful and brings you feelings of calm. Unclutter your bedroom as much as possible – it will clear your mind. Keeping your home cooler during the night will help you sleep better. Keep your thermostat at the most comfortable cool setting, as changes in your body's thermal regulation will wake you.

## Quote for April

*"Knowing is not enough – we must apply. Willing is not enough – we must do."*

– Bruce Lee

## Wisdom from Ben Franklin



When Benjamin Franklin was 20 years old, he wrote up a 13-point “plan” for how he would live his life. He found that following the plan increased his happiness so much that he kept it up for the rest of his life.

He committed to giving strict attention to one virtue each week. After 13 weeks he would start the process over again in one year he would complete the course a total of four times.

His list was as follows:

1. **Temperance:** Eat not to dullness and drink not to elevation.
2. **Silence:** Speak not but what may benefit others or yourself. Avoid trifling conversation.
3. **Order:** Let all your things have their places. Let each part of your business have its time.
4. **Resolution:** Resolve to perform what you ought. Perform with out fail what you resolve.
5. **Frugality:** Make no expense but to do good to others or yourself: i.e. Waste nothing.
6. **Industry:** Lose no time. Be always employed in something useful. Cut off all unnecessary actions.
7. **Sincerity:** Use no hurtful deceit. Think innocently and justly, and, if you speak, speak accordingly.
8. **Justice:** Wrong none, by doing injuries or omitting the benefits that are your duty.
9. **Moderation:** Avoid extremes. Forbear resenting injuries so much as you think they deserve.
10. **Cleanliness:** Tolerate no uncleanness in body, clothes or habitation.
11. **Chastity:** Rarely use venery but for health or offspring; never to dullness, weakness, or the injury of your own or another’s peace or reputation.
12. **Tranquility:** Be not disturbed at trifles, or at accidents common or unavoidable.
13. **Humility:** Imitate Jesus and Socrates.



Amazing websites to visit this month:

### Cool and Amazing

#### 1. Music-Map.com

Type in any musician’s name on the homepage and it will give you a map of other artists you might like. The closer the names, the more alike the artist is. Go and check it out and see if you can discover new music – it’s like having that friend who knows everything about bands in a searchable database on the internet. It’s cool!

#### 2. Childsown.com

This is another amazing site to check out. This site will take a drawing your child (or grandchild) did and turn it into a stuffed toy! Or it’ll make a toy to look like your child! It’s not cheap to have done, but what a memorable gift! The fact that this exists is cool enough in itself. Go and try for yourself.

## Motivational Quotes

Every decision you make is not a decision about what to do. It’s a decision about who you are. **Neale Donald Walsh**

If the only prayer said in your whole life was “thank you,” that would suffice. **Meister Eckhart**

The price of inaction is far greater than the cost of making a mistake. **Meister Eckhart**

Each day comes bearing its own gifts. Untie the ribbons. **W.J. Cameron**

I find television very educating. Every time somebody turns on the set, I go into the other room and read a book. **Groucho Marx**



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 April  
issue has arrived...*

## Inside:

- April Fool's Day, April 1
- Getting a good night's sleep  
*in Healthy talk*
- Wisdom from Ben Franklin

**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 gift certificate for **Hilly Haven Golf Course & Restaurant**

5911 Country Road PP, De Pere

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:  
Wisdom from Ben Franklin's "13-point plan"  
includes which of the following?***

- A) Clean your carpet yourself   B) Cleanliness  
C) Punctuality   D) Exercise

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

Maybe you can't cure  
your allergies but  
you can control them.  
Start here...



Hello friends! If you suffer from seasonal allergies then you know the feeling of wanting relief when there is little hope in sight. Many people have gotten relief by taking steps to control their indoor environment.

According to The Asthma and Allergy Foundation of America website one in four Americans suffer from allergies or asthma. That's tens of millions of Americans suffering this Spring! Plus, we spend 90 percent of our time indoors, and since our indoor air can be up to 100 times more polluted than outdoor air it stands to reason...

## Relief starts at home.

Here is a quote from [www.allergyrelief101.com](http://www.allergyrelief101.com):

*"Many people think that carpets and allergies are a bad combination. Even some allergists will encourage their patients to remove carpeting in favor of hardwood or tile floors. However, carpets can actually help to reduce the allergens in your home by trapping them, as long as they are properly cleaned on a regular schedule."*

## Did you know...

Your carpet traps indoor allergens like dust mites, mold, mildew, fungus, pollens, pet dander and other pollutants and allergens. When that trap gets full, a professional steam cleaning will remove those allergens from your carpet and your home and you will have relief from allergy symptoms related to those substances.

We've heard it time and again from clients – carpet cleaning does relieve some allergy symptoms. So until there is a "cure" there is prevention. Prevent your indoor air from becoming polluted – clean your carpets today.

If you know anyone that suffers from seasonal allergies 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!!

## Allergy relief special:

Call Jensen's Carpet Care & Restoration

**920-393-4062**

or email: [info@jensenscarpetcare.com](mailto:info@jensenscarpetcare.com)  
before April 30, 2021, and get:

- **10% OFF carpet cleaning\***
- **10% OFF upholstery cleaning\***
- **10% OFF area rug cleaning\***

PLUS you get 33% OFF Scotchgard™ carpet protection!\*\*

\*Some restrictions may apply. Minimum charge always applies. Not valid with other offers. \*\* Must be in combination with carpet cleaning.

*Many thanks from*



Thank you for the referrals!

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

Ryan and Julie Farrel, Susan Hig, Mike Goodeve, Stormy Barrett, 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!

**Tim Schmidt** - "Looks great."

**Anne Steinfeldt** - "Cleaning was awesome. Jensen's always does such a good job."

**Marian Koss** - "Very happy with the job the guys did. The coffee spots were bad and I am pleased with the results."

**Mark Messerschmidt** - "Cleaning went really well."

**Kathy VanCaster** - "Very happy with the job they did."

**Michelle Dean** - "Everything went great."

**Sue Brys** - "Everything was perfect."

**Derek Munster** - "Tile cleaning went good. Very happy with the work they did."

**Heidi Selberg** - "Chairs cleaned up fine. I got fans running and they were dry by 5 p.m. which I was very happy with."

**Lee Ambrosius** - "Looks very good."

Other positive comments from:

Sue Langer, Rosie Pavek, Jim Weeks, Nancy Krokstad