

# Jensen's Healthy Home News

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

## Monuments to 9/11 around the world

September 11 marks the 20th anniversary of the terror attacks on America. There have been many wonderful monuments erected in the United States. Additionally, beautiful monuments have been built around the world, including the following:

### 9/11 Living Memorial Plaza Ramot, Jerusalem

This monument measures 30 feet and has been partially forged with recovered steel from the twin towers. Inscribed on the surrounding plaques are the names of those killed in the attacks.



### Memory and Light Padua, Italy

The "Memory and Light" monument was designed by Daniel Libeskind, the architect who created the master plan for reconstructing at ground zero. Italy marked the 9/11 attacks with a new glass and steel memorial that incorporates a twisted steel beam from the World Trade Center.

### Since 9/11 at the Queen Elizabeth II Olympic Park, London

Boris Johnson unveiled a sculpture by US artist Miya Ando entitled "Since 9/11," which uses steel taken from the World Trade Center. The piece was commissioned by a UK-based charity to help educate Londoners about the attack on the World Trade Center and the Pentagon.

### World Trade Center Artefact Calgary, Alberta, Canada

Steel fragment recovered from World Trade Center, gifted from the Port Authority of New York and New Jersey to the Military Museums in Calgary, Alberta, honors the victims of 9/11.

see the

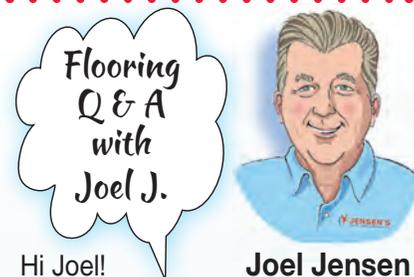
**SPECIAL INSERT**

inside...

**Have you  
looked down  
lately?**



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



Hi Joel!

Joel Jensen

**Q:** Combine a rainy day, a muddy garden, a curious dog and carpeting and you'll have our problem. Is there a way to get the muddy paw prints out of the carpeting?

**A:** Yes! This is the best way we've found: First, dry the mud. Mud is very annoying to deal with but when it dries and becomes dirt it is much easier to remove. In the summer, it helps to turn on the air conditioning. For fall and winter, turn up the heat. If you have any ceiling or portable fans, they will help too. Patience is important. When the mud dries to dirt, a vacuum will remove it easily. If it's still wet, you're going to have a bigger mess. Vacuum thoroughly and slowly. This should remove about 90 percent of soiling. For any dirt still in the carpeting use a light cleaning solution (spray bottle with a tablespoon of dish detergent). Spray and dab area with a clean white rag until gone.

**Joel says:**

Remember, spots and stains can be tricky, and certain cleaners can cause permanent damage. Call Jensen's anytime for a free quote if you'd like us to take a look.

Email it to:

info@jensenscarpetcare.com

Featured Local Event:  
September 2021

## Howard Community Fireworks Show

Date:  
**Sunday, Sept. 5**  
at 4-9 p.m.

The Village of Howard hosts a family friendly Community Fireworks Show each year, including live music, a food truck rally, and children's activities. A professional fireworks display will be launched from Meadowbrook Park at 8:30 p.m.

The fireworks are clearly visible from the Village Center and all surrounding areas, so bring a blanket or lawn chair and settle in for the show!

Location:  
2750 Howard Commons, Howard  
Info:  
[villageofhoward.com/399/  
Community-Fireworks-Show](http://villageofhoward.com/399/Community-Fireworks-Show)

Client of the month:  
September 2021

### Jennifer Bennett

*We are thrilled to have you as part of the Jensen's Carpet Care family! Thank you for sharing your kind words with us and your five-star Google review. It means the world to us and to our entire team! We look forward to serving you again soon!*

## Healthy talk

### Versatile chicken: good taste, good health

Check your cookbooks, and you'll find more recipes for chicken than for almost any other food. Its versatility is one reason the world has depended on it for about 3,500 years.

Before 1400 B.C., the Chinese raised chickens for meat and eggs. While many historians thought chickens were first brought to the Americas by explorers and pilgrims, a recent discovery shows that chickens lived in Chile from the 1300s. They were brought there by the Polynesians.

In our time, chicken is a highly recommended addition to our diets. It's low in fat, particularly without the skin. And its fat is lower in cholesterol than other meat fats.

Chicken is a good source of the B vitamins and vitamin D, plus various important minerals. And it contains all nine essential amino acids. Its phosphorous and selenium contents are involved in the release of energy.



### Avoid over thinking, brooding

New studies show that those who ruminate have higher blood pressure and heart rates, less effective immune systems, higher stress levels, and more depression. Over thinking is often caused by trying to solve problems or get over life's traumas say researchers at Temple University. Sometimes, however, the best answer to a problem does not become available or clear. Constantly thinking about it does no good.

- A better idea is to settle on a time when you will consider it again and decide not to think about it until then.
- Putting your true feelings about a situation down on paper helps to determine what your feelings really are, which can be very helpful.
- Avoid discussing the problem over and over with friends who will sympathize with you. Talk to people who can suggest solutions.
- Consider whether your expectations in this situation were unrealistic and whether they still are.

## Quote for September

*"For it's a long, long while from May to December. But the days grow short when you reach September."*

– Maxwell Anderson



Get exclusive specials when you "Like" us at  
[www.Facebook.com/JensensCarpetCare](http://www.Facebook.com/JensensCarpetCare)

## Twelve ways to make your house healthier



1. Use your bathroom's exhaust fan during and after showering to remove moisture, which produces mold and mildew. Use the exhaust fan in your kitchen to remove smoke and cooking fumes.
2. When buying a new vacuum, choose one with a HEPA filter to remove visible irritants.
3. Remove your shoes when entering the house or use a stiff bristled brush to remove pollutants that are tracked in from the outside.
4. Use cleaning products that do not contain harsh chemicals, or stick to the basics: soap, water, baking soda and vinegar.
5. Fix leaks in roof or ceiling within 48 hours of their occurrence to prevent mold.
6. Seal concrete basements from the outside. Concrete wicks away moisture.
7. Install a water filter at your tap and if you have old pipes, run the water for 30 seconds to flush corrosives out before you get a drink.
8. If you burn wood in a fireplace, install glass doors in front of the hearth to contain the smoke.
9. When buying new carpeting and paint, look for "Meets low-VOC-emission criteria" on the label; air out carpet for at least 72 hours before installing.
10. When replacing a furnace or boiler, buy a direct-vent or sealed-combustion model to contain gas emissions.
11. In lieu of pesticides, opt for all-natural alternatives for lawn and garden.
12. When working with products requiring good ventilation (paint strippers, formaldehyde, adhesives), use them outside to prevent fumes' invading the house.

## NOW HIRING ASSISTANT TECHNICIAN

Assist Lead Technicians in providing excellent service to and retaining residential and commercial customers with Jensen's Carpet Care & Restoration. Assist Lead Technicians with all aspects of floor care (carpet, hardwood, tile), upholstery cleaning and restoration work.

- \$15.00 an hour + bonus opportunities.
- 4 day work week (10 hr days) - Occasional evenings and weekend work are required.
- Paid holidays, Simple IRA, vacation.
- Opportunity for advancement to Lead Technician.
- Must be at least 18 years old and have a Class D - Regular License.

Interested applicants should send their resume to:  
[info@jensenscarpetcare.com](mailto:info@jensenscarpetcare.com)



## Amazing Websites to Visit This Month:

Here is a very relaxing website to enjoy:

### Calm

Life is filled with stressful moments and challenges. That's why we're excited to introduce you to this amazing website this month.

To escape from the hustle and bustle for a little bit, Calm.com allows the respite you're craving. No need for a white, serene cubicle overlooking lush greenery and the smell of incense in the backdrop; all you need is a computer. Calm.com allows you to select the duration of the session: 2, 10 or 20 minutes. Once you click to start, a narrated, guided meditation begins, complete with sounds from the world of nature, such as the crashing waves or the pouring rain. Calm.com is also available as an iPhone app, providing a gateway to a relaxing shelter in your pocket.

[www.calm.com](http://www.calm.com)

September

Fun Facts!

Men deny they're overweight:

This is a different "fun fact" than usual, but probably important to consider

Many men who are overweight may say they're just big-boned, chunky, or very muscular, and that's why they weigh so much. But a study by Indiana University School of Medicine shows that about half of white and Hispanic males, and 60 percent of black men thought they were in good shape when they were significantly overweight. Two-thirds of all 5,000 men studied were overweight, but only half admitted it. Women in the study were more likely to think they're fat when they are not.

# Jensen's Healthy Home News

1720 Lime Kiln Road  
Green Bay, WI 54311

**Your new September issue has arrived...**

## Inside:

- 9/11 memorials around the world
- Avoid over thinking *in Healthy talk*
- Twelve ways to make your house healthier

**NOW HIRING**

Assistant Technician

Details on page 3

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

**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:**

**Why is chicken often recommended to eat?**

A) It's low in fat    B) It's high in cholesterol

C) It's a good source of creatine    D) It's more filling

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

## Now that the kids are back in school... have you looked down lately?



Regardless of whether or not you have school age children, August and September tend to be busy for us all. And now that the dust of summer is settling...let's take a look down.

### "What exactly am I looking for?"

Hopefully nothing. Let's face it, if your carpets look dirty – time has gotten away from you, and your carpet needs our TLC right now! **(Call 920-393-4062)** But if your carpet doesn't even look dirty then you are doing a good job in preserving its appearance and longevity.

But that doesn't mean you can put off your cleaning...

### After all, it's what you don't see that harms you and your carpet

Fine soils are distributed into your carpet every day and over time these wear and break down the fibers, eventually causing the "worn" traffic lanes you see in so many homes today.

Also, invisible to the eyes are the pollutants, dust mites, and other harmful things that are trapped in your carpet everyday. Every time you or your family walks across the carpet these pollutants get redistributed into your indoor air and pollute it. That's one of the reasons indoor air is more polluted than outdoor air.

### But don't worry, there is a solution to all of this ...

Just pick up the phone and call us at **920-393-4062**. We'll work with your schedule and before you know it no more allergens, no more dust mites, no more soils, no more spots. Just fresh, clean, healthy carpet. And every time you look down you can feel good about what you don't see. If you call before September 30, 2021, you can save 10 percent off main living spaces, 15 percent off whole house, 33 percent off Scotchgard™ Carpet Protection. We look forward to hearing from you.

Call **920-393-4062** today.

*Do you know someone who has kids starting back to school soon?*

*If they have never used us, 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!!*

### **Back to School Special!**

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

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

- 10% OFF main living spaces
- 15% off whole house
- 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.

September thanks



Thank you for the referrals!

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

Cathy Tilot, Barb Hoffman, Carpet City, Julie Lundin, Allison Van Lanen, Cassie Conrad, Kathy Haines, Jessie Linsmeyer, Zoe Van Oss, Mary Stein, 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!

**Jennifer Bennett** - "My cat peed on a custom wool rug, which I tried to delicately clean and odor neutralize myself without success. Joel's team was able to spot clean the urine and then dry cleaned the full rug - it was beautiful (and scent free) when they were done with it. There were lines running through the rug that bled ink, so they were careful to isolate the spot cleaning to avoid dye damage. I appreciated Joel's calm demeanor (I was about ready to put a cat up for adoption - this isn't a chore that puts you in a happy mood) and he set my expectations appropriately before they began the work. My only regret is that I didn't go to Jensen's as my first solution - I could have saved myself a lot of frustration! My rug is currently BACK with Jensen's...I will either need a new cat or to start a frequent customer card!"

**Mary Van** - "Tech did a great job, we couldn't be happier with the result. There were spots on the carpet that were very old, we didn't know what the stains even were. He was able to get all the stains out and our carpets looking new again. We are putting our home on the market and clean carpets made a world of difference. If anyone needs a referral for carpet cleaning, I will gladly tell anyone about Jensen's Carpet Care."

**Cassie Conrad** - "Looks great, smells great, we will definitely be calling you again for all our carpet cleaning needs."

**Darnel Falls** - "I am very pleased with Jensen's service. Carpets look great. I would like to have my carpets cleaned on a quarterly basis. I will be calling again."

**Linda Walker** - "Very pleased with service, Jensen's was able to put us on their cancelation list and get our carpets cleaned prior to our scheduled appointment."

**Debra Stauffacher** - "We were so happy that you could accommodate our request to get us in so soon. Very pleased at such fast quality service."

**Jessie Linsmeyer** - "Fabulous job. Very impressed and priced right."

**Bette Bachhuber** - "Thank you so much for sending (the technician), he did a great job. I'll be calling back to schedule my tile and grout cleaning."

**Sue Bischel** - "I am thrilled with the carpet cleaning. Tech was efficient and informative. I called two friends within an hour of having the carpet cleaned to tell them about Jensen's. It looks great."

**Judy Gauthier** - "The young gentleman did a fantastic job. He got spots out that would never come out before. I'm very pleased."

**Pamela Sage** - "We are very pleased with the results of having our carpets cleaned yesterday. Your employees were very professional and polite. We will be calling you again in the future."

**Patrick Parmentier** - "The techs did a great job. My hat's off to them. I've had other cleaners in here and they did not do a very good job. You guys made it look brand new. You have a return customer."

**Teresa Hannily** - "Guys were great. Very personable and thorough. Kitchen looks amazing. I'm very happy."

**Dawn Schwartz** - "Everything went well! The carpet looks great! There are still some shadows where the worst of the 'filth' was, but overall, better than expected!"

Other positive comments from:

Ashley Krumholz, Lindsey Rehn, Andy Aschenbrenner, Connie Oliver, Julie Selissen, Kathy Matchefts, Richard Walker, Mary Lohuis, Andrea Argall, Amanda Hawley, Kelly Van Scoyk, Carrie Rouse, Dennis Brehm, Mary Connis, Renata Anderson, Sherry DeChamp, Ellen Nys, Mary Boeselager