

# Jensen's Healthy Home News

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

## HAPPY HOLIDAYS

*Here's to the bright new year; And a fond farewell to the old;  
To the things that are yet to be; And to the memories that we hold*

**Christmas music for everyone:** Christmas carols are beautiful, but sometimes we want to celebrate Christmas with songs that are sentimental and FUN... Here are 9 classic options: 1) The rollicking "Jingle Bells," written as a Thanksgiving song, was created by James Pierpont in 1857. He had no idea that it would become popular! 2) The sentimental favorite, "White Christmas," was written by Irving Berlin in 1940. Introduced in 1942, it was a song of peace in a time of war. Bing Crosby's rendition is still famous. 3) In 1934, Eddie Cantor almost declined to record "Santa Claus is Coming to Town" because he thought it was too much of a kiddie song. 4) "Rudolph the Red-Nosed Reindeer" was written by Johnny Marks for a Christmas book given as a promotional item to Montgomery Ward Christmas shoppers in 1939. Gene Autry sang it. 5) More recently, a modern style of Christmas music has produced new classics, including: "I saw Mama Kissing Santa Claus," was composed and first sung by Reba McEntire. At the time, she was a little-known gospel singer. 6) "Jingle Bell Rock" composed and sung by Bobby Helms is another holiday classic. Helms died in 1997. 7) "Grandma Got Run Over by a Reindeer" was composed and sung by Randy Brooks in 1977. 8) "Santa Baby," with words and music by Joan Javits, is a hit as sung by Eartha Kitt. Others who have recorded the song are Patti Labelle, Vanessa Williams, and Gregory Hines. 9) "Rocking around the Christmas Tree" was composed by Johnny Marks. Sung by Brenda Lee and others, it continues to be a holiday treat.

**The history of Hanukkah:** Hanukkah, or the Festival of Lights, commemorates the rededication of the Jewish temple in Jerusalem in 165 B.C. The Greek-Syrian ruler Antiochus IV had forbidden Jews to practice their religion and forced them to worship Greek gods instead. The Greeks seized a Jewish temple and dedicated it to the worship of Zeus. This incited a rebellion led by Judah the Maccabee. Even though the Maccabees were vastly outnumbered, they were victorious. When the Jews reclaimed their temple on Mount Moriah, they relit the menorah, or candelabrum, which ritual dictated should burn throughout every night. But there was only enough oil on hand to last one night and preparing new oil would take eight days. Miraculously, the light burned for eight days. Today, Jews light a candle each day for eight days to celebrate the event. According to Rabbi Mark Diamond, Hanukkah is considered a relatively minor holiday in the Jewish tradition. However, its proximity to the Christmas gift-giving season has increased its visibility and importance to many Jews. This year, Hanukkah begins at sundown on Thursday, December 7, 2023.

see the

**SPECIAL INSERT**

inside...

**Greet your holiday  
guests with fresh,  
clean, healthy carpet!**

**JENSEN'S**  
CARPET CARE & RESTORATION  
1720 Lime Kiln Road  
Green Bay, WI 54311  
info@jensenscarpetcare.com



**Joel Jensen**

Hi Joel!

**Q:** A holiday guest just spilled some cranberry sauce on my light colored carpet, what do I do please?!

**A:** Cranberry sauce can be a challenge, and you'll want to address it immediately. First use a spoon to gently pick up any excess residue. Never scrape, or you may damage the carpet fibers. Blot (never rub) using a clean white wet towel, then blot with a dry white towel. If a stain remains visible, use a mixture of a small amount (3-4 drops) of dish detergent with two cups cool water and using a clean white cotton cloth, sponge the stain with the solution. Blot until the liquid is absorbed. Continue blotting until the stain disappears and the color and moisture are no longer absorbed into the cloth.

**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:  
DECEMBER 2023



## Holidays On The Rails

Location:  
National Railroad Museum  
2285 S. Broadway, Green Bay

Date/Time: December 12 - 14  
9 a.m. - 2 p.m.

The festive event is geared toward children primarily in pre-school through Grade 2, but children and adults of all ages are welcome. The event includes a train ride around our snow-covered grounds (Mother Nature permitting), as well as an array of crafts, cookie decorating, games, exploration of trains and exhibits, and, of course, a chance to meet Santa Claus.

The event is included with daily admission price.

Info: <https://nationalrrmuseum.org/holidays-on-the-rails/>

Client of the month:  
December 2023

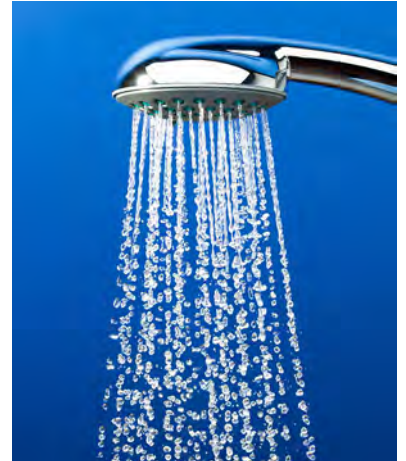
**Elaine Gerhold**

*Thank you for all the new clients you have sent our way. We appreciate that you have trusted us to do your carpet cleaning for many years and for referring us to many others. We hope you continue to invite us into your home to serve your carpet cleaning needs.*

## Healthy talk

### Why cold showers?

Getting into a cold shower is never a pleasant experience, but there are a few health benefits you may gain from braving the experience. Cold showers can help reduce inflammation, relieve pain, improve circulation, lower stress levels, and reduce muscle soreness and fatigue. Hot showers, meanwhile, can improve cardiovascular health, soothe stiff joints, and improve sleep. Understanding when to take a hot or cold shower is essential. Both deliver incredible potential health benefits and can affect your body differently. People with arthritis, for instance, may benefit more from a warm shower in the morning than a cold one because the water is easier on their bones and allows them to experience increased mobility. However, an athlete who suffers from a sports injury might benefit from a cold shower that could help reduce inflammation.



### Six holiday wellness strategies

- 1. Stomp stress, down with dieting!** While it is admirable to desire weight loss, you do not have to make it a priority this holiday season. So rather than stressing and aiming to lose weight, most health experts encourage individual to maintain weight over the holidays, enjoying the present moment of being with close friends and family.
- 2. Hustle and bustle:** The chaos of holiday schedules can make it extremely difficult to make it to the gym each morning. Instead of fixating on missed workouts, find other methods to keep active. Heading to the mall later for last minute shopping? Take the steps when possible. Wanting to see the Christmas lights in the neighborhood? Walk instead of drive. Use any opportunity available to stay active this holiday season.
- 3. Parties and plans:** Whether trimming tinsel or scratching off your Christmas list, pack a high-protein and/or fiber snack to lessen the risk of a food court run in a bout of hunger. Whether at a holiday party or family dinner, scope out the scene and strategize the most healthful plan. Fill up on fresh veggies and fruits first, seek out a lean protein source, then allow yourself for a small slice of pumpkin pie you have been eyeballing.
- 4. Indulge (without overindulging):** Though it is okay to indulge over the holiday season, overdoing it can down spiral all efforts towards health goals.
- 5. Cheerful spirits:** Along with controlling portion and serving sizes of food, moderate alcohol intake. Not only can drinking too much precipitate a less-than-pleasant morning, but pack on numerous calories from the alcohol itself while feeding into heightened cravings.
- 6. Sleep is in season:** While the holiday parties may turn into late evenings, the importance of adequate sleep carries on throughout the holiday season.

## Quote for December

*“Kindness is like snow, it beautifies everything it covers.”* – Kahlil Gibran



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



## The origin of the candy cane

Candy canes go back over 350 years, when candy-makers both professional and amateur were making hard sugar sticks. The original candy was straight and completely white in color. Around the seventeenth century, European-Christians began to adopt the use of Christmas trees as part of their Christmas celebrations. They made special decorations for their trees from foods like cookies and sugar-stick candy.

The first historical reference to the familiar cane shape goes back to 1670, when the choirmaster at the Cologne Cathedral in Germany, bent the sugar-sticks into canes to represent a shepherd's staff. The all-white candy canes were given out to children during the long-winded nativity services.

The clergymen's custom of handing out candy canes during Christmas services spread throughout Europe and later to America. The canes were still white, but sometimes the candy-makers would add sugar-roses to decorate the canes further.

The first historical reference to the candy cane being in America goes back to 1847, when a German immigrant called August Imgard decorated the Christmas tree in his Wooster, Ohio home with candy canes.

The stripes? About fifty years later the first red-and-white striped candy canes appeared. No one knows who exactly invented the stripes, but Christmas cards prior to the year 1900 showed only all-white candy canes. Christmas cards after 1900 showed illustrations of striped candy canes. Around the same time, candy-makers added peppermint and wintergreen flavors to their candy canes and those flavors then became the traditional favorites.

Legends: There are many other legends and beliefs surrounding the humble candy cane. Many of them depict the candy cane as a secret symbol for Christianity used during the times when Christians were living under more oppressive circumstances. It was said that the cane was shaped like a "J" for Jesus. The red-and-white stripes represented Christ's blood and purity. The three red stripes symbolized the Holy Trinity. The hardness of the candy represented the Church's foundation on solid rock and the peppermint flavor represented the use of hyssop, an herb referred to in the Old Testament. There is no historical evidence to support these claims, but they are lovely thoughts.



## Family Fun Holiday Sites:

### PortableNorthPole.com

Free personalized messages from Santa!

### NORADSanta.Org

North American Aerospace Defense track's Santa's journey around the globe.

### ReindeerCam.com

Santa's Official Reindeer Live Feed.

### ElfYourself.com

Make you, and your friends and family, jolly elves you were always meant to be.

### NorthPole.com

Stories YOU can star in, Connect with Santa, Holiday Reading, Reindeer Games, learning, crafts and fun.

### Claus.com

Explore Santa's Village and House, Watch Free Holiday Movies and Interactive Animated Stories, and more!

December

**Fun Facts!**

### About Champagne

**Champagne** is a type of sparkling wine which is only produced in the French region of Champagne. America has its own version of champagne as well, because of a loophole in the patent. However, American brands must mention the region they were produced in, on the bottle label.

**There are 49 million bubbles** in a regular bottle of Champagne. Large bubbles are considered extremely unsightly and are not the mark of good quality Champagne. The tinier the bubble the better.

**Marilyn Monroe** once filled up her tub with 350 bottles of Champagne and took a long, luxurious bath in it!

**A Nebuchadnezzar** represents the largest quantity of a Champagne serving. One Nebuchadnezzar is equal to 20 bottles! A *Magnum* is equal to only 2 bottles while a *Split* equals one-fourth of a bottle.

# Jensen's Healthy Home News

1720 Lime Kiln Road  
Green Bay, WI 54311

**Your new December  
issue has arrived...**



## Inside:

- Christmas music for everyone
- Why cold showers are beneficial *in Healthy talk*
- The origins of candy canes shapes and stripes

**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

**The Village Grille**

801 Hoffman Road, Allouez

-or-

1390 Bellevue St., Bellevue

**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:***

*Who is credited with first decorating a  
Christmas tree with candy canes?*

- A) Judah the Maccabee B) Marilyn Monroe  
C) August Imgard D) Réveillon de Saint-Sylvestre

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



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

**SPECIAL INSERT**

**Greet your guests with fresh, clean, healthy carpet and still have money left to stuff their stockings!**



***It's that time of year again!***

Time for baking cookies and gathering with friends and family. Time for making memories. Time for passing on traditions. Time for cleaning those carpets. After all, you go to so much trouble cleaning the house, changing the bedding, preparing a beautiful spread of food, you don't want to overlook any details and greet your guests with lack-luster (or worse) dirty carpets, do you?

***"But I've got a lot of expenses this month."***

That's why in December we offer some of our deepest discounts of the year. We want you to be able to have clean, beautiful carpets to greet your guest with and still be able to stuff all those stockings. And we accept all the major credit cards so you can use your card if you want to.

Remember, your carpet is the "welcome mat" of your home. It greets your guests as soon as you do – make sure it reflects the cleanliness of your home. Plus, you can take advantage of some of our deepest discounts of the year. Just call **920-393-4062** and schedule your cleaning before December 31, 2023.

***Stuff those stockings with the money you get from these huge discounts!***

Before we forget... If you hear of any friends having holiday guests this month please be sure to call or email us and we will give them a **FREE** room of carpet cleaning in your name! Thanks!

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

***Take advantage of our biggest savings special ever!***

Call Jensen's Carpet Care & Restoration

**920-393-4062**

or email: [info@jensenscarpetcare.com](mailto:info@jensenscarpetcare.com)  
before December 31, 2023, and:

- **Save \$20 OFF Carpet Cleaning\***
- **Save 33% OFF Carpet Protection\*\***

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

*December thanks from*



Thank you for the referrals!

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

Barb Mahcon, Resource 1 Realty, Julie and Steve Pasowicz, Sarah Nowaczyk, Cathy Borlee, Angela Berna, Mary McMullen, Jon Cadieux, 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!

**Kelli Forest** - "Everything was great. The carpets and furniture came out beautiful!"

**Debbie Umentum** - "I am very satisfied. Everything went well. Tech did a wonderful job."

**Charlene Johnson** - "Very Happy! Great customer service. Cared about home. Very appreciative."

**Beth VanDenElzen** - "Everything was perfect and the carpeting looks great. Thank you."

**Shelly Thomas** - "The techs were wonderful. They were nice, polite and conscientious and did a great job. They represented your company well."

**Terry Porter** - "They did a very good job and were very efficient. The carpeting and sofa looks great this morning. Smells nice and fresh today."

**Sam Hutchison** - "The cleaning service was fantastic! We received a reminder the day before, and a call when the tech was heading over. He was thorough but quick and left our carpet looking great with no more stains!"

**Kathy Shandor** - "Cleaning was perfect. Tech was wonderful, professional and punctual."

**Lynn Schauer** - "Looks very nice and we are very satisfied."

**Gale Hannon** - "Great, nice to know you have employees that are careful, trustworthy and good at what needed to be done. Looks great."

**Carolyn Coots** - "Looks good and smells good. Tech was very polite and personable."

**Sue Larson** - "David and I were very pleased with the service that we received from your company yesterday. The people you sent to do the work were professional and did the job in a timely manner and answered any questions we might have had. I would recommend your company to anybody who is seeking services of a carpet cleaning company."

**Dennis Bushman** - "Everything was fantastic."

**Lisa Sterr** - "I was very pleased with everything!! Tech was wonderful to work with!! Thank you again and I most certainly will be contacting you again when it's time to clean again!"

Other positive comments from:

Diana Wallace, Jerry and Mary Steffen, Beverly and Tom Greunke, Cathy Olmsted, Kara Ebert, Sherry Matzdorff, Lois Dennee, Barb Lutgen, Kate Torres