

Jensen's Healthy Home News

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

Hello 2024! Happy New Year's Day Trivia

The New Year has not always begun on January 1 and it doesn't begin on that date everywhere – only for cultures that use a 365-day solar calendar. January 1 became the beginning of the New Year in 46 B.C., when Julius Caesar developed a calendar that would more accurately reflect the seasons than previous calendars had.

The Romans named the first month of the year after Janus, the god of beginnings and the guardian of doors and entrances. He was always depicted with two faces, one on the front of his head and one on the back. Thus, he could look backward and forward at the same time. At midnight on December 31, the Romans imagined Janus looking back at the old year and forward to the new. The Romans began a tradition of exchanging gifts on New Year's Eve by giving one another branches from sacred trees for good fortune. Later, nuts or coins imprinted with the god Janus became more common New Year's gifts.

In the Middle Ages, Christians changed New Year's Day to December 25, the birth of Jesus. Then they changed it to March 25, a holiday called the Annunciation. In the sixteenth century, Pope Gregory XIII revised the Julian calendar, and the celebration of the New Year was returned to January 1.

The Julian and Gregorian calendars are solar calendars. Some cultures have lunar calendars, however. A year in a lunar calendar is less than 365 days because the months are based on the phases of the moon. The Chinese use a lunar calendar. Their new year begins at the time of the first full moon (over the Far East) after the sun enters Aquarius – sometime between January 19 and February 21.

Although the date for New Year's Day is not the same in every culture, it is always a time for celebration and for customs to ensure good luck in the coming year.

see the

SPECIAL INSERT

inside...

**Stop time in it's
tracks... at least
on your carpet.**



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



Joel Jensen

Hi Joel,

Q: Party poppers were a hit at my New Year's party, but some got wet and stained our light-colored carpet. I have not tried to clean the spots for fear of setting the stains or making them worse. Any help would be GREATLY appreciated.

A: *Cleaning carpet stains left by crepe paper dyes may be possible if you act swiftly before the stain has a chance to set in. First, mix one drop of dishwashing liquid, like Dawn, and one tablespoon of white vinegar with two cups of warm water. Using a clean, white cloth, sponge the stain with the detergent-vinegar solution, blotting gently but frequently. Flush with clear water and blot until the liquid is absorbed. If the spots are still slightly visible, try rubbing alcohol in an inconspicuous area first to make sure your carpet is colorfast. Then carefully sponge the rubbing alcohol on the affected areas and blot some more to lift the stains. Finish up by sponging with plain, cold water and blotting with a clean dry white towel until the liquid is absorbed.*

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@jensencarpetcare.com

Featured Local Event:
JANUARY 2024



Frenzy on the Fox (Walk-Run-Bike)

Location:

Fox River Trail

(Start and finish at Hagemeister Park,
325 N Washington St, Green Bay)

Date/Time:

Friday, January 26 | 5:30 p.m.

This event was created in celebration of the Fox River Trail being plowed for winter recreation. Come ready to walk, run, or bike any distance you choose down the trail. There will be music, refreshments, and fun located at the halfway point of the event. All participants are invited to a post-race after-party including music, food, and drinks!

Cost: \$20

Info: allevents.in/green%20bay/frenzy-on-the-fox/
200025776184259

Client of the month:
January 2024

Jeannie Poehls

We appreciate that you have trusted us to do your carpet cleaning for many years, and for the kind words. We hope you continue to invite us into your home to serve your carpet cleaning needs.

Healthy talk

More fiber for better health



Studies show that fiber benefits more than the digestive tract. It prevents weight gain, and it reduces blood pressure and type 2 diabetes risk. The best advice: eat whole grains, fruits, vegetables, and beans every day. The Institute of Medicine recommends eating 14 grams of fiber for every 1,000 calories we consume, typically about 20 to 35 grams a day.

Water instead of coffee



If you reach for a cup of coffee at mid-afternoon, you may not be making the best choice. Moderate consumption of caffeine can increase energy levels, but more of it can cause elevated blood pressure. The American Dietetic Association says that, coupled with stress, it may increase the risk of heart disease. Try water instead. It's necessary for digestion and maintaining normal body temperature. Since mild dehydration can bring on fatigue, it's wise to reach for some nice cold-water next time you feel sluggish at work.

Orange juice may offer arthritis protection



It turns out that your morning glass of orange juice may be just the ticket for helping protect you from rheumatoid arthritis. Dr. Alan Silman at the University of Manchester in the United Kingdom conducted a study indicating that the vitamin C and carotenoids beta-cryptoxanthin and zeaxanthin found in orange juice can reduce one's risk of developing arthritis and slow its progression. So sip some juice or eat an orange for a healthy start to your day.

Quote for January

"Anger is a wind which blows out the lamp of the mind."

-Robert Green Ingersoll

Noteworthy January sports birthdays



Baseball Hall of Famer Nolan Ryan (1-31-47): a former pitcher in Major League Baseball who played for 27 years and still holds many major league pitching records, some of which are so far beyond previous marks that they are likely to stand for years and generations of pitchers to come. He was most noted for his blazing fastball and his longevity, routinely throwing pitches exceeding 100 mph, even into his forties. The media tagged him with the nickname “The Ryan Express.”



Golfer Jack Nicklaus (1-21-40): also known as “The Golden Bear,” was a major force in professional golf from the 1960s to the late 1990s, and is regarded as the greatest golfer of all time. Together with Arnold Palmer, he is credited with turning golf into the major spectator sport it has become. While Palmer brought golf into the TV era, it was the developing Nicklaus-Palmer rivalry that drove subsequent interest.



Former Heavyweight Champ Muhammad Ali (1-17-42): He is considered to be one of the world’s greatest heavyweight boxers, as well as one of the world’s most famous individuals, renowned the world over for his boxing and political activism. In 1999, he was crowned Sportsman of the Century by *Sports Illustrated*.



Hockey Hall of Famer Bobby Hull (1-3-39): is regarded as one of the greatest ice hockey players and perhaps the greatest left winger to ever play the game. He played his minor hockey in Belleville and then junior hockey for the St. Catharines Black Hawks in the Ontario Hockey Association. Bobby Hull was famous for the speed and accuracy of his 120 mph slapshot, that many others would soon try to imitate. Hull was able to have such a fast slapshot because he and his teammate Stan Mikita were the first NHL players to curve the blades of their sticks. The curved blade allows the shooter to remain in contact with the puck for a longer period of time and increase the force behind the shot.



Cool blogs, sites and online resources to check out this month!

TheOceanCleanUp.com

Founded in 2013 this non-profit is helping the economy, the environment, and everyone’s health.

theKitchn.com/collection/cooking-school

20 days, 20 lessons to help you on the journey of becoming the cook you always wanted to be.

ResumeMaker.online

Free resume and CV builder: Create your professional resume in just minutes.

GoHighbrow.com

Learn something new every day, a new 5 minute lesson each day (choose from 300+ topics).

Clockify.me/goal-tracker

All-in-one goal and time tracking app for your phone or browser beat procrastination for good.

January

Fun Facts!

- King Tutankhamun’s burial chamber was opened by Howard Carter on Feb. 16th, 1923 ~ the clearance and record taking of the tomb lasted until 1932.
- The Warner Brothers established their film studio company in April of 1923. The brothers Albert, Samuel, Jack, and Harry got a loan from banker Motley Flint, and the studio was purchased on Sunset Boulevard in Hollywood, California and formally incorporated.
- The very first issue of *Time Magazine* was published in March of 1923. Developed by journalists Henry Luce and Briton Hadden, *Time* was the first news magazine published every week in the US. The first issue featured former US Speaker of the House Joseph G. Cannon on the cover and contained a variety of short articles. It gained a large circulation and became one of the most influential and popular news periodicals of the 20th century.



Get exclusive specials when you “Like” us at www.Facebook.com/JensensCarpetCare

Jensen's Healthy Home News

1720 Lime Kiln Road
Green Bay, WI 54311

*Your new January
issue has arrived...*

Inside:

- Happy New Year's Day Trivia
- Orange juice, water and fiber *in Healthy talk*
- Noteworthy January sports birthdays

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 was on the cover of the very first issue
of Time Magazine?*

- A) Jack Nicklaus B) Albert Warner
C) Joseph Cannon D) Erma Bombeck

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

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

SPECIAL INSERT

Are you ready to stop time in it's tracks? At least on your carpet...

Dear Friend, Can you believe it's 2024 already? Wow! We're sure we don't have to tell you how fast "Father Time" is marching by. It seems like just yesterday we were ringing in 2023 now it's a thing of the past. Speaking of time marching on...



How long has it really been since you called us?

Maybe it seems like we were just out at your house "yesterday" but think about it. Has it been three months? Six months? A year? Two years? Yikes!

Don't let your carpets suffer from neglect just because time marches by so quickly. Think about all the "marching by" you and your family (and maybe the pets) have been doing since our last visit. All that foot traffic brings in carpet damaging dirt, dander, pollens, molds and more. And then there is the dust mite population that's been growing, you need to have us clean out. Yes! It's time to clean it all out and restore your carpets to their beautiful, shining glory. Besides, did you know?

January is one of the best months to clean your carpets!

Every year we have to try and turn around the "slow season" that inevitably comes right after the New Year begins. But that's what makes January the best time to clean! Because we're trying so hard to keep busy, you get our deepest discounts of the year! Plus, you have your choice of the schedule. Don't worry, your carpets will dry just as quickly in the winter because we use high-powered fans to speed the drying process. And, we'll make a special effort to keep the cold air out of your home while it's being cleaned.

Plus, think about how much time you spend inside in the winter – shouldn't you be lounging around on clean carpets? Shouldn't you be breathing clean indoor air?

Don't let another minute pass by without taking care of one of your home's most valuable investments, or before you know it more time will march by and your carpets will be in sorry shape. Just grab your phone right now and call us at 920-393-4062 or contact us by e-mail info@JensensCarepetCare.com.

Before we forget... Do you know anyone who is an off-season bargain hunter? 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!!

Are you ready for some of our deepest discounts of the year?

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

or email: info@jensenscarpetcare.com
 before January 31, 2024, and:

- **Save 15% OFF partial home carpet cleaning***
- **Save 20% OFF whole house carpet cleaning***

*Some restrictions may apply. Minimum charge always applies. Not valid with other offers.



Thank you for the referrals!

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

Melissa Samuels, Sara Johnson, Richard Austin, Judy Darling, James Albright, Bonnie VanVonderen, Angie Berna, Greg Cornell, Carol Shield, Brenda Busch, 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!

Caroline Moes - "Your (technician) did a better than excellent job. So far the stains are not reappearing. The last time the rug was clean it looked good but after it dried three big stains appeared. So far this time the carpet looks good. Thank you. I don't remember the name of the fellow who did our job but he was excellent in all aspects of the job. Keep him!"

Carrie Bohrer - "Everything went great! You guys did an awesome job as always. Thank you!"

Tesia Van Rite - "The employees were so kind and professional, and did an outstanding job. We will definitely be calling you again in the future!"

Sherry Drown - "I wanted to let you know that we are very pleased with the cleaning that was done by your company. The tile, grout and carpets look amazing."

Laurie Metzger - "Tech did an outstanding job. Thank you for not only fitting me in but sending the "A" team on top of it all. Now I can think about getting ready for the holidays."

Sherry Madsen - "Everything was fantastic. It went very well. Your technician was extremely respectful and nice. Kudos for having a great employee!"

Gary Vitse - "Techs did a great job. Cleaning was wonderful. We will call again the next time we need the carpet cleaned."

Ciprian Nedelcu - "Tech did a great job and was super nice. You guys are awesome. Thank you for following up."

Ron Garrity - "Tech did a very good job. He took his time and it turned out very nice. We are happy with the results and will certainly refer your business to anyone we know in need of carpet cleaning."

Ron Brooks - "Carpet cleaning was just great. Tech came in and did a great job."

Dennis Derricks - "Recliner turned out well. Good technician."

Sue Kinney - "Cleaning went really well. Everything went smooth, they did a nice job and I am very satisfied."

Chris Dorsch - "Everything went great, you have a wonderful crew there. Hard working and considerate, and appreciate their hard work."

Steve & Kathy Johnson - "Your Company would receive an A+. Very friendly and they did a great job."

Judy Trow - "Tech did a beautiful job! Not a shadow in sight! Tell him thank you again for me."

Audrey Leisgang - "We are extremely happy with the cleaning job done by your techs. They work so professionally."

Other positive comments from:

Linda Gentile, Linda Krosnicki, Dawn Snethen, Lana Champeau, Lew Pullen, Jeanie Ackley, Barb Schumacher, Kara Krawze, Angie Phillips, Tara Benz, Jody Trust, Sue Peot, Cindi Brawner