

Jensen's Healthy Home News

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



Back-to-school shopping remains a major household expense—projected to top \$40 billion nationally this year! Here are three tips to help you save money—and maybe a little stress—this back-to-school season.

◆ **Wants vs. Needs: Set Limits, Shop Smarter**

It's easy to get swept up in trends and wish lists, but setting a budget is still the best first step. Start by reviewing what you already have—backpacks, clothing, electronics, or supplies that may still be in good condition. Involve your kids in the sorting process to help them understand the difference between “must-haves” and “nice-to-haves.” Shop secondhand when you can.

◆ **Shop the Sales (and stack the deals!)**

Retailers know families are looking for deals—and they're ready with them. Back-to-school sales typically start in mid-July, but the deepest discounts often hit in mid-to-late August. If you're shopping online, use tools like Honey, Rakuten, or store-specific apps to apply digital coupons, cashback offers, or price comparisons. Pro Tip: Consider setting browser alerts for items you want to monitor for price drops.

◆ **Buy Ahead (future you will thank you!)**

If you can, stock up on basics—like notebooks, glue sticks, or socks—when they hit rock-bottom prices in September or post-holiday clearances in January.

Back-to-school spending doesn't have to break the bank. A little planning, price-checking and patience can go a long way. And remember—when the kids head back to class and your home gets back to normal, Jensen's Carpet Care & Restoration is here to help you freshen up the floors after a busy summer.

JENSEN'S
CARPET CARE & RESTORATION
920-393-4062
info@jensenscarpetcare.com



Joel Jensen

Hi Joel,

Q: Our family really enjoyed our recent trip to the State Fair. However, when we returned home a sticky situation developed. My daughter stepped in chewing gum at the fair and has now tracked it onto the carpet. I'm not sure what to do first. Can you help?

A: So sorry to hear about your sticky situation! But we just may have the solution. A freezing method of removing chewing gum from carpet may do the trick. You will need some ice, a plastic bag and a spoon or dull knife. First you fill a plastic bag with a few pieces of ice. Then you gently dab the ice over the gum to freeze it hard. Using the spoon or dull knife carefully scrape away the gum pieces. Dispose of the removed gum right away before it softens and sticks again. Repeat this process until all of the gum is removed.

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

**AUGUST
BACK-TO-CLEAN
SPECIAL**

**GET
\$15 OFF!
SEE PAGE 4**

Featured Local Event:
August 2025



Packers Family Night

Date & Time:

Saturday, August 2
Doors: 5:30 p.m.
Warmups: 7:00 p.m.
Practice Begins: 7:30 p.m.

Location:

Lambeau Field

Information:

Now in its 24th year, Family Night will serve as the introduction of the 2025 Green Bay Packers, in person to a capacity crowd in Lambeau Field and on television to a statewide audience.

www.packers.com/training-camp/family-night

Client of the month:
August 2025

Penny Albers

Thank you for referring a new customer to us last month!

Healthy Talk



A healthy version of kids' favorite lunch... and they'll love it!

No matter what food philosophy you follow, everyone seems to want the healthiest choices for their family. Yet, so many kids' lunch products are over-processed and packed full of food dyes and preservatives. Most experts agree that these are things that their little immune systems shouldn't have to deal with day after day.

Here is a healthier version of a popular lunch...

A healthy munch-able lunch

- 5-6 whole grain crackers or gluten free crackers
- 2-3 oz. of cheese of choice
- 2 oz. of a favorite protein, like turkey or pepperoni that is minimally processed
- 1 container of yogurt sweetened with honey or stevia
- 1 piece of fresh fruit and/or 4-5 organic baby carrots
- 1 serving of a low sugar, organic cookie like Pamela's Gluten-Free Ginger Snaps



Now that's a munchable lunch you can feel good about! What are some other ideas? Replace the crackers with raw nuts (if your child doesn't have an allergy) or include a hard-boiled egg. Or, for a dairy-free option swap out the yogurt for an almond milk pudding. The ideas are endless, but the point is to try to move toward healthier choices. Organic products are not genetically modified, don't contain artificial dyes, hormones, and preservatives, and they don't have the pesticide residues you'll find with conventional products. If you don't feel like you can afford organic check out outlet stores and wholesale warehouses that carry organic products. Be sure you know the "Dirty Dozen" and "Clean 15" to figure out the fruits and veggies for which you should spring the extra money. You'll find up-to-date lists at www.ewg.org.

*Disclaimer: These are just suggestions, we're not doctors or health specialists.

Dr. Seuss Quotes

"All the long way to school and all the way back, I've looked and I've looked and I've kept careful track, but all that I've noticed, except my own feet, was a horse and a wagon on Mulberry Street."

— Dr. Seuss, from his first published children's book, *"And To Think That I Saw It On Mulberry Street."*

"You're never too old, too wacky, too wild, to pick up a book and read to a child."

"Today you are you! That is truer than true! There is no one alive who is you-er than you!"

— Dr. Seuss, from www.brainyquote.com

Smart home business ideas for parents with kids in school



As summer winds down and the back-to-school routine returns, many parents find themselves with a quieter house—and a few extra hours during the day. If you've ever considered starting a small business from home, the school-year schedule might be the perfect time to make it happen. Whether you're looking to contribute to the family income, pursue a passion, or build something of your own, here are four flexible and low-cost home business ideas parents can launch while the kids are in class.

► **Freelance Services (Writing, Design, Virtual Assistance)**

If you have a background in writing, graphic design, bookkeeping, or administrative support, the freelance economy is booming—and looking for your skills. Websites like Upwork, Fiverr, and Freelancer connect professionals with clients around the globe. The best part? You set your schedule and workload. Many freelance jobs can be done in just a few hours a day, making them ideal for the school-day window.

Bonus Tip: Build a simple portfolio website using free tools like Canva and Wix to showcase your services. Word-of-mouth from friends and neighbors can also help you get started.

► **Tutoring or Teaching a Skill**

Are you great at math, fluent in another language, or musically gifted? Parents and students alike are always looking for local tutors or lesson providers—especially for school subjects, test prep, piano, or art. With in-person or virtual options, you can tailor sessions to fit between school drop-off and pick-up. You might even offer group classes from your home or a nearby community center.

Parent Tip: Some local school districts or homeschool networks are open to hiring part-time enrichment instructors—worth asking around!

► **Pet Services (Grooming, Walking, or Sitting)**

If your household is already full of wagging tails and squeaky toys, why not turn your love of animals into a business? Pet owners are always looking for reliable walkers, sitters, or even pet bathers. You can schedule walks or visits between school hours. Apps like Rover and Wag make it easy to find clients, or you can go old-school with flyers and local advertising.

Pet Bonus: Not only does this gig bring in money, but you also get your daily steps in and a few slobbery kisses as a perk.

► **E-Commerce and Handmade Goods**

Got a knack for crafting, sewing, painting, or woodworking? Platforms like Etsy, eBay and Facebook Marketplace make it easy to sell handmade or vintage items from home. Whether it's custom T-shirts, jewelry, or home décor, you can create at your own pace and list products when it's convenient. You might even involve your kids in the packaging and shipping process after school!

Creative Tip: Seasonal items—like fall-themed wreaths or back-to-school teacher gifts—are always in demand this time of year.



Cool Blogs, Sites & Online Resources to Check Out This Month!

COOLMATH

It's been proven that games can help kids learn faster, plus they have fun while they do it. This free website uses easy to understand lessons and games to teach Pre-Algebra, Algebra and even Pre-Calculus! Let this colorful and interactive site show the kids in your life how to do equations with names like "Horizontal Asymptotes and Slants." Heck, what did we do before the Internet? And when they get tired of the serious stuff, they can click on a link to a bunch of really fun, kid friendly free games to play.

www.CoolMath.com

NATIONAL GEOGRAPHIC KIDS

This website is full of beautiful photos and videos about animals and the world around us. After all, it is from National Geographic. This is very kid friendly and an easy to navigate site. You'll feel good about letting your kids explore and discover all it has to offer. And with tons of games, videos, articles and pictures, it's a great resource for researching school projects.

www.Kids.NationalGeographic.com



End summer on a clean note—starting with your carpet!

Hello friends and clients! We hope your summer has been filled with sunshine, memory-making and maybe even a little well-deserved downtime. But before the days get shorter and the back-to-school shuffle begins, now is the perfect time to schedule a carpet cleaning with Jensen's.

Why now? Because those warm, busy months of foot traffic, kids, pets and outdoor fun often leave behind something less fun: traffic lanes in your carpet. You might see them as dull streaks or subtle shadows, but what they really mean is that dirt is settling in—and starting to wear down your carpet fibers. Left untreated, those wear patterns can become permanent.

Don't let your carpet age before its time!

Carpets that are regularly cleaned stay looking newer, longer. We've seen 3-year-old carpets that look 15—and 10-year-old carpets that still look fresh. The difference? Maintenance and timely cleaning.

Let us help you with that—how does a \$15 discount sound?

Schedule your August carpet cleaning and mention the “August Back-to-Clean Special” to save \$15. It's our way of helping you protect your flooring investment and still have a little summer cash left over for ice cream, beach days, or one last weekend getaway.

Give us a call or email us today—and don't let summer (or your carpet's clean look) fade without a fight!



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!

AUGUST BACK-TO-CLEAN SPECIAL

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

or email: info@jensenscarpetcare.com
before August 31, 2025, and you get:

• **\$15 OFF your 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...

Penny Albers, Tom Bauer, Mark Wagner, Amy Flatlow, Lisa Mayer, 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!

Jeff Maslinski "Everything went fantastic, he did a great job."

Shaina Fiala "It went fantastic, I really appreciated that you guys were able to come out."

Kath Thiesen "It looks fabulous, our carpet looks new! Always have had a great experience every time Jensen's cleans at my house."

Joe Murphey "The tech did a great job, he is a very hard worker."

Sally Bain "Looks awesome I am very happy with it."

Cindy Dahlman "Went great, it was exactly what I was hoping for and my carpet up stairs looks brand new."

Leon Jensen "Everything looked great and the cleaners were very friendly as well."

Judy Nett "The carpet cleaning went great, it is all dry and it looks wonderful."

Marta Miciolek "Carpet cleaning went really well, and the carpeting looks great."

Barb Strutz "The carpet cleaning went really well, and the two techs were wonderful."

Sally Martin "The techs were great, and the carpet looks brand new!"

Pat Brown "The insert turned out really well, I recommend Jensen's first before attempting to clean it yourself."



Jensen's Healthy Home News

1720 Lime Kiln Road
Green Bay, WI 54311

*Your new August
issue has arrived...*

Inside:

- Maximize your back-to school budget
- Healthy version of kids' favorite lunch in *Healthy Talk*
- Smart home business ideas

Need help now? Call us!
(920) 393-4062

info@jensenscarpetcare.com

Jensen's Healthy Home News



Jensen's MEGA TRIVIA

The first six people who call our office with the correct answer will win a \$15 gift certificate for

The Ashwaubenon Bowling Alley

2929 Allied Street Green Bay, WI 54304

920-336-0400

www.ashbowl.com

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:

**What was the title of Dr. Seuss'
first published children's book?**

- A) *And To Think That I Saw It On Mulberry Street*
B) *Cat in the Hat* C) *The Lorax* D) *Green Eggs and Ham*

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