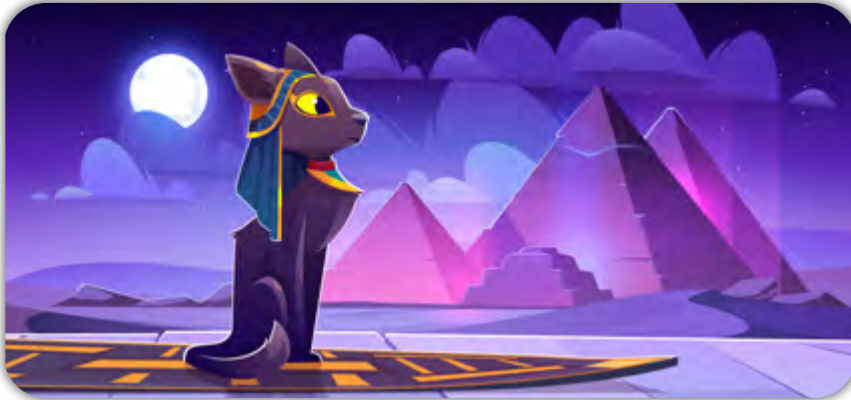


Jensen's Healthy Home News

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



September is Happy Cat Month! Purr-haps it's time to celebrate

September isn't just about back-to-school and football—it's also Happy Cat Month, a time to appreciate our furry, mysterious and often hilarious companions.

Whether your cat is a dignified sunbeam napper or a 3 a.m. hallway sprinter, there's no denying their charm. Cats have been captivating humans for centuries. In ancient Egypt, they were worshipped (some still expect to be). The goddess Bastet was even depicted as part cat—protector of home and family. In Norse mythology, the goddess Freyja rode a chariot pulled by two giant felines. Try getting yours in a carrier without drama!

And forget the old superstition about black cats being bad luck—in parts of Europe and Japan, they're actually considered good omens.

Why do we love cats so much? Maybe it's their independence, their quirky habits, or the soothing sound of a good purr. Studies show cats recognize their owners' voices and can form deep bonds—despite their cool demeanor.

So how do you celebrate Happy Cat Month? A few extra chin scratches, a new toy (or cardboard box), or a treat or two will do the trick. You could also support a local shelter—many are full of cats and kittens waiting for forever homes.

However you celebrate, make it paws-itively delightful. Because life is better with a cat curled up on your lap...or knocking your pens off the counter with attitude.

From all of us at Jensen's Carpet Care & Restoration—have a purr-fect Happy Cat Month!

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



Joel Jensen

Hi Joel,

Q: My daughter just moved out to go to college, and we discovered an orange stain on her light carpet—turns out it was sweet & sour sauce she spilled a while back. Any way to get it out?

A: It's amazing what turns up once the college stuff is gone! Sweet & sour sauce can leave behind a tough orange stain, especially if it's had time to set. Start by gently blotting the area with a solution of 2 cups warm water, a drop of dish detergent, and 2 tablespoons of white vinegar. Apply with a clean white cloth, blot—don't rub—and repeat until the stain lightens. Then rinse with water to remove any residue. If the stain remains and the carpet is very light, you can try a small amount of 3% hydrogen peroxide—but test it in a hidden spot first, as it can bleach some fabrics.

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

**SEPTEMBER
SPECIAL**

SEE PAGE 4

GET \$15 OFF
Carpet Cleaning!

GET 33% OFF
Carpet Protection!

Featured Local Event: September 2025



The BIG Event for KIDS

Date:
Saturday, September 20

Location:
Heritage Hill State Park
2640 S Webster Ave,
Allouez

Information:

As Encompass Early Education & Care's signature fundraiser, sponsor proceeds support their mission to make high-quality child care accessible and affordable to families in the community.

www.encompasswi.org/news-and-events/big-event/

Client of the month:
September 2025

Caroline Fischer

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

Healthy Talk

Fall back into a better sleep routine



As summer fades and school-year schedules return, September is the perfect time to reset your sleep routine. Long daylight hours and relaxed routines can throw off our internal clocks, leading to late nights and groggy mornings.

Experts say adults need 7–9 hours of quality sleep each night, but it's not just about quantity—it's about consistency. Going to bed and waking up at the same time each day helps your body regulate hormones, improve focus, and even support immune health.

To ease into better sleep, try limiting screen time an hour before bed, cutting back on caffeine in the afternoon, and keeping your bedroom cool and dark. If you've gotten used to late nights, gradually adjust your bedtime by 15-minute increments until you're back on track.

A good night's sleep is one of the simplest and most powerful ways to support your overall health—physically, mentally and emotionally. So this fall, don't just turn back the clocks—reset your rest, too!



Quotes for September

"Life starts all over again when it gets crisp in the fall."

— F. Scott Fitzgerald

"The future belongs to those who believe in the beauty of their dreams."

— Eleanor Roosevelt

Classical music month “Going BACH in time...”

Johann Sebastian Bach (March 31, 1685 - July 28, 1750), was a German composer and musician, proficient at the organ, harpsichord, viola and violin. His religious and secular works for choir, orchestra, and solo instruments represented the full maturity of the Baroque period. Although he did not introduce new forms, he is almost universally regarded as the greatest composer of all time.

Bach's works were revered for their intellectual depth, technical command and artistic beauty. His abilities as an organist were highly respected throughout Europe during his lifetime.

He was the youngest of eight children, born to musical parents, both of whom died when Bach was age 10. He was taken in by his older brother Johann Christop who saw to the furtherance of his musical training. As an adult and devout Lutheran, Bach composed many sacred works as his duties required when in the employ of the church. He wrote vast amounts of music for the organ (his chosen instrument), much of which is still regarded as the pinnacle for that instrument.



“When words leave off, music begins.”
— Heinrich Heine



Amazing Websites to Visit This Month:

WONDEROPOLIS

Ever wonder why leaves change color, how popcorn pops, or what causes hiccups? Wonderopolis is a delightful, educational website that sparks curiosity in both kids and adults. Every day it posts a new “Wonder of the Day”—complete with a short, engaging article, a video, vocabulary words, and even a quiz. From science and history to fun facts and how-things-work explanations, Wonderopolis makes learning a little more magical—one question at a time.

www.wonderopolis.org

September Fun Facts!

- ▶ September was originally the 7th month of the Roman calendar. Its name comes from “septem”, Latin for seven.
- ▶ The autumnal equinox (September 22) marks the official start of fall—and a day when day and night are nearly equal in length.
- ▶ Apple season peaks in September—and Wisconsin grows more than 30 varieties, from McIntosh to Honeycrisp.
- ▶ The birth flowers for September are the aster and the morning glory—both symbols of affection and new beginnings.
- ▶ Lambeau Field opened on September 29, 1957. The Packers prevailed over the Chicago Bears in what was then called City Stadium.
- ▶ Oktoberfest celebrations often begin in September, including ones in Appleton, La Crosse and other Wisconsin towns.
- ▶ The full moon in September is often called the Harvest Moon—timed with traditional crop gathering.
- ▶ Grandparents Day falls in September—this year it's celebrated on Sunday, September 7.

Can you really compare carpet cleaners like apples to apples?

Hello friends and clients! It's Jensen's Carpet Care & Restoration, your carpet cleaner here. Today we want to address a subject that occasionally comes up with some of our clients...with all the carpet cleaners in this town are you sure you have chosen the right one? How different can one carpet cleaner be from the next...can you compare us like apples to apples?

Especially in today's economic climate some of you may be tempted by "the other guy" and his rock bottom, cheap prices. But let us assure you all carpet cleaners are not equal. In fact, we can be as different as an apple and a coconut.

Over the past year we've had more than a couple clients call us and confess they decided to save a buck and called the other (cheap) guys. So why are they confessing? Because now we need to go out and clean up (literally) after them.

How do you like those apples?

The truth is, a carpet cleaner cannot offer a high quality of work and service charging super low prices. (Like the ads you've seen offering \$4 per room or \$99 for a whole house.) After all, to offer a cheap service one has to do cheap work.

We've always preferred to set our prices at a fair, but quality price point and then deliver work and customer service that will make you...



Smile so hard your cheeks hurt

Choosing the wrong carpet cleaner can leave you with carpets that are gummy, over soaked, and/or literal dirt magnets. Only through proper training can a carpet cleaner have the skills to remove stains and traffic lanes properly. We've been trained to make sure your carpets will dry quickly and trained in the pH balance of your carpets, so they don't rapidly re-soil and spots don't reappear. In fact, we've had years of training and certification courses that have taught us the science and chemistry of cleaning carpets. So, we know how to leave your carpets clean, fresh and residue free.

So, we've...

Put it all on the table

How about giving us a call and letting us show you just how clean, sparkling, and fresh your carpets can be? Here is an offer that should make it even easier...

Do you know someone who recently sent kids off to college? 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!!

SEPTEMBER SPECIAL

Call Jensen's Carpet Care & Restoration

920-393-4062

or email: info@jensenscarpetcare.com
before September 30, 2025, and you get:

- **\$15 OFF your carpet cleaning***
- **33% OFF Carpet Protection****

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



Thank you for the referrals!

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

Caroline Fischer, Kay Carpenter, Rick Austin, Brian Saharsky, Andrea Romenesko, Denise Bosar, 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!

Dale Osterberg "Techs did a great job, and I have nothing but good things to say!"

Bonnie Mason "You guys are way too nice! It is refreshing every once in a while to see such good customer service."

Marilyn Vandewettering "Everything cleaned up great and the techs were amazing!"

Kristen Smies "It turned out so good. The carpet looks brand new!"

Judy VanRyzin "The techs were wonderful and they did a great job."

Darlene Adams "The tech was so nice, and wow everything turned out amazing. I've been using you guys for years and it always is a good experience!"

Elle Armstrong "It cleaned up great. You guys have been amazing to work with."

Chloe Sims "You guys are fantastic. Everything from start to finish has been so easy. The tech was very knowledgeable and made sure we got the best cleaning possible."

Pat Ehmke "The tech did a very nice job, and I am very happy with the work that was done."



Jensen's Healthy Home News

1720 Lime Kiln Road
Green Bay, WI 54311

*Your new September
issue has arrived...*

Inside:

- Happy cat month!
- Fall back into a better sleep routine
in *Healthy Talk*
- Classical Music Month:
Going BACH in time

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

Scott's Subs

De Pere, Green Bay & Hobart locations

www.scottssubs.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:

Heinrich Heine wrote,

"When words leave off, _____ begins."

A) attitude

B) perseverance

C) action

D) music

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