

Jensen's Healthy Home News

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



Ghosts of Wisconsin: A lighthearted look at our spooky side

October is here, and that means Wisconsin is glowing with pumpkins, cider is steaming in mugs, and—if you listen closely—our ghost stories start floating through the autumn air. Sure, some folks get serious about the supernatural, but here at *Jensen's Healthy Home News*, we like our spirits friendly, our frights fun and our ghosts with just enough charm to be invited to a potluck.

Take the tale of the Mineral Point Vampire—a caped figure said to roam this old lead-mining town since the late 1800s. While no one's ever been bitten, locals swear he's been spotted leaping fences and disappearing into the night.

Then there's the Pfister Hotel in Milwaukee, where baseball players claim to have seen ghostly visitors in their rooms. The spirits there seem to have good taste—they favor luxury suites over drafty attics.

And who could forget the Witch Road near Rosendale? This short, tree-lined lane has a spooky reputation, with glowing orbs and mysterious shadows making it a Halloween-season favorite for thrill-seekers (and maybe for people who just like driving slow at night).

Of course, most of us will never bump into a ghost—but there's something about October in Wisconsin that makes the air feel alive with possibility. So whether you believe in the paranormal or not, we hope you enjoy a good ghost story with your hot chocolate this fall.

Happy Haunting from all of us at Jensen's!

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

Flooring
Q & A
with
Joel J.



Joel Jensen

Hi Joel,

Q: We just installed new carpeting, because the old carpeting had paths that looked dirty. It would clean up well, but you could always see the paths. Is there a way to avoid wear patterns?

A: The main cause of these traffic lanes or wear patterns is the dirt or soiling in the carpeting (that you may not even see). When walked on over time it grinds the carpeting down and damages the fibers. Ways to avoid soiling are: always take your shoes off before stepping on the carpeting; put a rug down at the entry; and, place an outdoor rug in front of the door. I would not suggest putting rugs over carpeting because when you move the rug, the straight wear lines at the edge of the rug will be very noticeable. The best ways to avoid soiling are vacuuming frequently and getting your carpet professionally cleaned every 6-12 months. Dirt is always going to find a way into the carpeting but these tips should help prevent wear patterns in your home.

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

**OCTOBER
SPECIAL**
SEE PAGE 4

GET \$10 OFF
**CARPET
CLEANING**

Featured Local Event:
October 2025



The Great Pumpkin Train

Dates:

Saturday, October 11
Saturday, October 18

Location:

National Railroad Museum
2285 S. Broadway
Green Bay

Tickets:

\$20 per person
(Children under 2 years old
do not need a ticket.)

Information:

Tickets includes a train
ride to the pumpkin patch
where you can find your
own pumpkin, trick-or-treat
throughout the museum
grounds, a not-so-scary
haunted house and more!

[www.nationalrrmuseum.org/
the-great-pumpkin-train/](http://www.nationalrrmuseum.org/the-great-pumpkin-train/)

Client of the month:
October 2025

Heather Zeise

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

Healthy Talk

October is National Cookie Month!

Indulge in this celebration with a
healthy spin on this classic...

Healthy Chocolate Chip Cookies

¾ Cup unsweetened apple sauce
½ Stick butter (room temperature)
¾ Cup raw honey
2 Tsp. pure vanilla extract
1 Egg
1 Egg white
1 ½ Cups white wheat flour
1 Cup rolled oats
¼ Tsp. ground nutmeg
¼ Tsp. ground cinnamon
1 Tsp. baking soda
1 Tsp. sea salt
12 Oz. package of dark chocolate chips
½ Cup chopped dried cranberries



Directions

Preheat oven to 350°. In a mixing bowl, combine apple sauce, butter, honey, vanilla, egg and egg white. Stir together with a wooden spoon. In a separate bowl, combine wheat flour, rolled oats, nutmeg, cinnamon, baking soda and sea salt. Slowly add the dry ingredients to the wet, stirring thoroughly to combine. Add in the dark chocolate chips and cranberries. Drop by the tablespoon onto a lightly grease baking sheet and bake for 12-14 minutes.

Alternatives

Don't like some of the above ingredients?

Here are some ideas for substitutions or additional ingredients:

2 mashed bananas (If you use bananas, only use ½ cup of apple sauce.)
1 cup toasted coconut flakes
½ cup chopped raisins
½ cup chopped walnuts

Quotes for October

**"There is a child in every one of us who is still a
trick-or-treater looking for a brightly lit front porch."**

— Robert Brault

"Ghosts are real, this much I know."

— Stephen King

October is national adopt a shelter dog month



October is a busy month, what with Breast Cancer Awareness, Vegetarianism Awareness and National Cookie Month, but there is another great cause in October that deserves the attention of every dog lover. It's National Adopt A Shelter Dog Month. Helping to support this cause and raise awareness brings joy to both families and dogs. Here are eight reasons why adopting a shelter dog is awesome...help spread the word!

- ♥ You could be saving a life. According to www.asPCA.org, approximately 1.2 million dogs are euthanized each year. That's a staggering number of dogs being destroyed.
- ♥ You won't be supporting puppy mills. There is cruelty in mass breeding facilities. Often, the animal spends its life in a cage producing litter after litter and is destroyed when it is no longer a profit center. Conditions are often dirty and crowded and the breeding dogs aren't getting the companionship from a loving family they crave.
- ♥ You get a dog who is already potty trained. Everyone knows what a pain it is to deal with potty training a puppy no matter how cute they are. When you adopt an adult dog from a shelter they usually have worked out the whole potty training thing and you get to skip that part.
- ♥ You get a healthy animal. Most shelters examine a dog upon arrival and make sure they are healthy and vaccinated.
- ♥ Many also spay or neuter animals when necessary.
- ♥ You know exactly what you are getting. Most shelters have observed enough about their dogs in residence to tell you the temperament of the animal and how they will do with children.
- ♥ You save money. Adoption fees are usually nominal and a whole lot cheaper than buying from an exclusive breeder.
- ♥ You set a great example to others. When you adopt a dog from a shelter you are encouraging others to do the same. Especially when they see what a cute and awesome dog you got!



Amazing Websites to Visit This Month (Ghostly Edition):

AMERICAN GHOST WALKS – "Wisconsin Weirdness" Blog

This blog offers a deep dive into haunted happenings across Wisconsin—ranging from the haunted Wisconsin State Capitol in Madison, to the eerie Maxwell Mansion in Lake Geneva, and chilling Wendigo legends rooted in Native folklore. Author Mike Huberty covers each tale with wicked fun and historical context.

www.americanghostwalks.com

October



GHOSTS ON THE GRIDIRON

- ▶ **The Gray Ghost of Gonzaga -**
Tony Canadeo, Green Bay Packers legend (1941–1952) and Pro Football Hall of Famer, earned his spooky nickname for his elusive running style.
- ▶ **The Ghost – Dave Casper -**
Chilton High School alum and NFL Hall of Famer, was famous for "The Ghost to the Post," a clutch 1977 playoff catch for the Oakland Raiders.
- ▶ **The Galloping Ghost -**
Harold "Red" Grange's dazzling runs in the 1920s helped put the Chicago Bears—and the entire NFL—on the map. Grange was also called "The Wheaton Iceman," but that nickname never quite haunted opponents the same way.
- ▶ **High School Spirit(s) -**
Nearby Kaukauna High's teams are the "Ghosts," a nickname that goes back to the 1920s inspired by Red Grange's famously light but speedy running style.

Fall for this great offer and you'll be thanking us when the holidays arrive!

Hello friends and clients! We think it is officially FALL around here. For a carpet cleaner like us, that is the season that falls between busy and busier. Sometimes there is a bit of a lull in the schedule between the frenzy of summer cleanings and the craziness of holiday cleanings. So, to keep busy this month, and to help you get ready for guests early, we're making you an offer you can't refuse.

Why not clean your carpets before your life gets REALLY busy with holiday "to-do" lists and guests?

October is really a great month to get a jump-start on your to-do lists. And remember, carpets don't have to look dirty to need a cleaning. Just everyday life with foot traffic, pets, kids, indoor pollutants, pollens, house dust, food spills and dust mites are enough to need to clean every 6-12 months. After all, once the carpet looks dirty there could be permanent wear and tear.

Many people usually postpone cleaning this time of year because they want to wait and clean right before their guests arrive, OR.... they want to wait and clean right after the holidays – to clean up the messes people make during the holidays.



But here are some even better reasons to clean NOW instead of later...

- ♦ **Reason #1** Call now and have your pick of the schedule! If you wait until right before guests arrive you may not get an appointment because everyone else had that same idea.
- ♦ **Reason #2** Call now and we'll clean any spots and spills right before the guests arrive and even after the holidays for free!
- ♦ **Reason #3**



Do you know anyone in need of a fall cleaning before the holiday chaos begins? Please have them call 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!!

Check This One Off Your Holiday To-Do List!

Call Jensen's Carpet Care & Restoration

920-393-4062

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

- **\$10 OFF your carpet cleaning***
- **PLUS-If you get a new spill spot after this cleaning we'll return to treat it for FREE.****

*Some restrictions may apply. Minimum charge always applies.
Not valid with other offers. ** Before January 1, 2026.



Thank you for the referrals!

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

Heather Zeise, Susan Ley, Amy Wagner, Cal Ferron, Tracy Feldt, Penny Albers, 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!

Georgia Stutzman "Carpet cleaning went great, everything looks good and I am happy with how it went."

Laurie Klieman "No complaints here, they were very efficient and it looks good. I appreciate the follow-up."

Pat Stewart "Cleaned up great and everything went really well."

Jerry Halaska "The techs did an amazing job, and everything cleaned up great!"

Andy Grundstrom "Everything turned great, and the guys that came in represented your company very well."

Susie Delsart "Everything was wonderful! The tech was very polite and informative when I asked questions, and everything turned out beautifully."

Karen Prierner "The guys were very efficient and it looks great!"



Jensen's Healthy Home News

1720 Lime Kiln Road
Green Bay, WI 54311

*Your new October
issue has arrived...*

Inside:

- Ghosts of Wisconsin
- National cookie month
in *Healthy Talk*
- Adopt a shelter dog in October!

Need help now? Call us!

(920) 393-4062

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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

Culver's (any location)

www.culvers.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 do people call the famous play made by NFL Hall
of Famer and Chilton High School alum Dave Casper?

- A) Hook and Lateral B) Fumblerooski
C) Ghost To The Post D) The Catch