

Jensen's Healthy Home News

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

Winter Olympics 2026: Your guide to watching and local stars to cheer



The Milan-Cortina 2026 Winter Olympics are just around the corner! From February 6–22, 2026, the world's best winter athletes will descend on Italy for 16 thrilling sports—from figure skating and hockey to ski mountaineering and snowboard cross.

How Best to Watch:

- ▶ Television: NBC will broadcast live events and nightly highlight shows.
- ▶ Streaming: Peacock offers live streaming and on-demand replays so you don't miss a moment.
- ▶ Apps & Online: The NBC Olympics app and NBCOlympics.com provide full schedules, highlights and athlete stories.

Key Dates to Bookmark

- ▶ Feb. 6: Opening Ceremony — a must-see spectacle of culture and sport.
- ▶ Feb. 8–19: Figure skating and hockey finals highlight the mid-Games stretch.

Local Athletes to Root For

- ▶ Nick Baumgartner (Iron River, MI): One of the most inspiring stories from recent Winter Games, Baumgartner is an Olympic gold medalist in mixed snowboard cross—a historic win he earned at age 40 with teammate Lindsey Jacobellis at the 2022 Beijing Olympics, becoming the oldest snowboarder ever to medal. Recent reports note he's still training hard with hopes of competing again in 2026, making him a hometown hero from Iron River to cheer for.
- ▶ Jordan Stolz (Wisconsin): The Milwaukee-area speed skating phenom is one to watch in short and long distances.
- ▶ Jessie Diggins (Minnesota): Legendary cross-country skier from Afton aiming for another strong showing.

No matter how you watch it—live, streaming, or highlights—the 2026 Winter Olympics promise excitement, memorable performances and plenty of Midwest pride!

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



Joel Jensen

Hi Joel,

Q: I accidentally spilled the water from my Valentine's Day roses on my new carpeting. I blotted it up right away but now there is a faint water stain. What should I do?

A: Surprisingly, due to the small amount of sediments, plain old water can leave a stain when it dries. Usually, these stains are easy to remove from carpets made with synthetic fiber such as nylon or polypropylene. First, mix a solution of half water and half white vinegar. The vinegar is acidic and will neutralize the alkalinity of the sediment that is making the water stain. Moisten a clean white terry towel with the water/vinegar solution, and gently blot the water spot. The objective is to get the tips of the carpet fibers wet, not to soak the carpet itself. Allow the carpet fibers to dry. If the spot is still noticeable, repeat the water/vinegar process until the stain is gone. Allow the fibers to dry between each application.

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

SPECIAL
SEE PAGE 4

February
Savings

Featured Local Event: February 2026



Community Art Night

Dates & Time:

Tues. Feb. 10, 5-7 p.m.

Tues. Feb. 24, 5-7 p.m.

Location:

Urban Cultural Arts -
Art and Event Center
906 E Walnut St
Green Bay

Information:

This is more than just painting; explore multiple creative stations at your own pace.

Pay What You Can —
no one turned away!



<https://www.urbanculturalarts.com>

Client of the month:
February 2026

**Mary
Hartzheim**

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

Healthy Talk

Secrets to getting healthier and in shape



With the New Year many people have resolved to shed some of the holiday bloat, maybe even a few extra pounds that have crept up.

However, most people feel their biggest obstacles to reaching their goals are being short on time and resources. So what is the secret to getting healthy and in shape when you work and can't afford a home chef or personal trainer? It all gets down to simple science. Eat less, move more.

Just waking up 25-30 minutes earlier each day, or just carving out 25-30 minutes on your lunch break, after work or before you go to bed to break a sweat can make all the difference in the world to someone's physical condition. It really doesn't have to be a big production, just turn on your music and dance like no one is watching, or get some cheap weights and build a little muscle, or throw on a quick DVD. Plus, there are so many awesome resources for work out ideas online like www.beachbody.com, www.dailyburn.com and free workouts galore on YouTube from the well known Fitness Blender or Blogilates.

But, everyone hates to be on a diet, so don't be. Just keep it simple and listen to your body. Most experts will agree that by simply choosing to eat real food, that means, try to limit anything from a box or can, you could reach a healthy weight. Plus, by eliminating empty calories and making it a goal to eat more veggies and fruits, and consume less sugar, you'll naturally shed pounds. Especially if you listen to your body and stop eating before you feel full. Plus, these days healthy food ideas and recipes are abundant for free online.

Quote for February

"February is the shortest month, so if you're having a miserable month, try to schedule it for February."

— Lemony Snickett

Clean green... it's healthy, simple and cheap!

Many people want to clean green, but don't realize just how easy it is to make the switch to green products. Making your own cleaning supplies is your easiest and most cost effective way to start cleaning green, plus it's easier than you think to do.

Recipe for All Purpose Cleaner:

4 Tablespoons Vinegar
2 tsp. Borax
32 oz. hot water
Mix and store in a spray bottle.

Recipe for Window Cleaner:

1 Cup Vinegar
3 Cups Water
Mix and store in a spray bottle. Use a cotton rag or newspapers.

Recipe for Cleaning Wood Floors:

¼ Cup White Vinegar
1 Quart Warm Water
Mix in spray bottle. Use sparingly and be careful not to over wet the wood. Use a cotton mop.

A Couple of Notes:

Always test a surface before you clean it with any product. For a pleasant scent, add a few drops of an essential oil to your homemade cleaning products. Try lavender, lemon, or tea tree oil.

Also, part of "green" cleaning is reusing your cleaning supplies. Opt for reusable, washable rags over sponges and paper towels. Now clean to your heart's content – all of the recipes above are non-toxic and are safe for you and the planet.

Just think about how your grandmothers and your great grandmothers were cleaning green and didn't even know it! They didn't have all these fancy, chemical laden cleaners to choose from. They had simple, non-toxic recipes that they used. Their homes were clean and non-toxic – "green" before it was the trend. And when you think about how long their generations lived – could there be a connection to their longevity and their lack of exposure to harmful chemicals in cleaning supplies and food? It's certainly food for thought.

Disclaimer: These are just suggestions, always test surfaces before you try a new product. Keep out of the reach of children.



Cool blogs, sites & online resource to check out this month:

Cleaning Family Fun

If you want activity ideas or printable games about cleaning that are family-friendly and entertaining, check out these interactive articles:

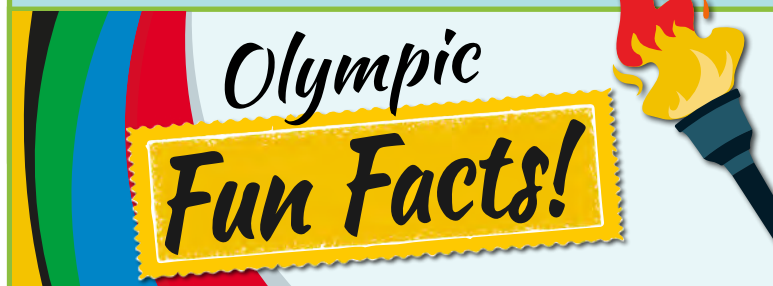
Scholastic's Clever Cleaning Games for Kids

Creative ways to make cleaning tasks into games and playful activities.

<https://www.scholastic.com/parents/family-life/parent-child/clever-cleaning-games.html>

7 Fun Cleaning Games for Kids

Timed races, music challenges, and before/after fun.
shreveport.macaronikid.com



- The Winter Olympics began in 1924 in Chamonix, France — with just 16 events in 6 sports. Today there are over 100 events!
- Norway has won more Winter Olympic medals than any other country, proving you don't have to be big to be mighty on snow and ice.
- Speed skaters can reach speeds over 35 miles per hour — faster than many city speed limits!
- The Olympic bobsled can weigh over 1,300 pounds with its crew onboard and can hit 90 mph on icy tracks.
- Figure skating was once part of the Summer Olympics — before the Winter Games even existed.
- Snowboarding made its Olympic debut in 1998, and quickly became one of the most popular events to watch.
- Curling is often called "chess on ice," because strategy matters just as much as strength.
- The coldest Winter Olympics ever recorded were in Lillehammer, Norway in 1994, where temperatures dropped below -20°F.

Why February is a surprisingly great time to clean your carpets

Hello friends and clients! It's your favorite carpet cleaners from Jensen's Carpet Care & Restoration. After many years in this business, we've noticed something interesting: a lot of people shy away from carpet cleaning in February. We get it. It's cold outside, the holidays are long gone, and cleaning doesn't exactly scream "winter fun."

But here's the truth—February might just be the best month of the year to freshen up your floors.

For starters, our schedule is wide open....

February is our quiet season, which means you're not fighting for appointment times. In fact, there's a good chance we can fit you in the same day or the next. No long waits. No juggling your calendar.

It's also a wonderful way to support a local business when it matters most. When our neighbors choose to clean in February, it helps us keep our team working and allows us to continue supporting other local businesses in our community. It really does create a "circle of local business life."

Another big plus? Your carpets tend to stay cleaner longer this time of year. With snowy boots parked at the door and shoes coming off more often, less dirt gets tracked inside. That means your freshly cleaned carpets look better for longer.



And let's be honest—

...by February, those holiday spills, muddy paw prints and mystery spots are starting to stare back at you. A winter cleaning can transform your home from dull to dazzling when you need it most.

One more bonus: February is our "off-season," so you can take advantage of special discounts listed below.

Worried about cold air getting in while we work?

Don't be. We take extra care during winter cleanings to minimize heat loss and keep your home warm and comfortable.

So don't wait for spring—February is the perfect time to bring your carpets back to life.

Do you know anyone headed on vacation this month? It's a great time to come home to a fresh clean house. Please have them call us and we will give them a **FREE** room of carpet cleaning in your name (up to 200 sq. ft. of carpet, new clients only). Thanks!

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

February Savings

Call Jensen's Carpet Care & Restoration

920-393-4062

or email: info@jensenscarpetcare.com
before February 28, 2026, and you get:

• **\$15 OFF General Carpet Cleaning***

*Not valid with other offers. Minimum charge always applies.



Thank you for the referrals!

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

Molly Paider, Mary Hartzheim, Melissa Gagnon, Linda Gentile, Lisa Mellote, Tom Teitz, Zoe VanOss, 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!

Lori Beggs "The cleaning went great, the tech went above and beyond."

David Wheeler "I'm very satisfied, the techs were a class act!"

Mary Kreuser "The cleaning went marvelous!"

Bonita Parrott "The team was very nice and did a great job."

Carol VanGompel "The cleaning went great and the carpeting looks much better."



Jensen's Healthy Home News

1720 Lime Kiln Road
Green Bay, WI 54311

***Your new February
issue has arrived...***

Inside:

- Winter Olympics viewing guide
- Health and fitness ideas
in *Healthy Talk*
- Clean green... it's healthy,
simple and cheap!

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

Grapevine Cafe'

2058 Allouez Avenue, Green Bay
www.grapevine-cafe.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:

**In what year and country were the first
Winter Olympics held?**

- A) 1920, Belgium B) 1924, France
C) 1932, United States D) 1928, Switzerland

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