

Jensen's Healthy Home News

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

Spring cleaning meets spring pest-proofing



As the days get longer and Wisconsin finally starts to thaw, many homeowners feel the pull of spring cleaning. But there's another important job that should go hand in hand with carpet cleaning and decluttering your closets: pest-proofing your home.

Warmer temperatures act like an alarm clock for insects and other unwanted guests. In early spring, common invaders include ants (especially carpenter, pavement and odorous house ants), termites, spiders, springtails and cockroaches. Mild or wet winters — something we've seen more often in recent years — can mean pests show up earlier and in greater numbers because moisture and warmth create ideal living conditions indoors.

The good news? A few simple habits added to your spring cleaning routine can help keep them out.

Remove shelter

- ◆ Keep soil at least one inch below wood siding.
- ◆ Pull mulch back at least 15 inches from your foundation.
- ◆ Seal cracks and gaps along the base of your home.
- ◆ Trim tree branches and shrubs away from siding and rooflines.
- ◆ Repair torn window and door screens.

Remove food

- ◆ Keep trash cans clean and tightly sealed.
- ◆ Don't let dirty dishes sit overnight.
- ◆ Wipe counters and vacuum floors regularly.
- ◆ Pick up pet food once your furry friend is done eating.

Remove water

- ◆ Fix dripping faucets and check for puddles under sinks.
- ◆ Use a dehumidifier in damp basements or crawl spaces.

A cleaner, drier, well-sealed home is less inviting to pests — and healthier for your family, too. Make pest-proofing part of your March cleaning checklist and enjoy a fresher, bug-free start to spring.

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

Flooring
Q & A
with
Joel J.



Joel Jensen

Hi Joel,

Q: On St. Patrick's Day we spilled some Irish Cream dessert onto the carpet. How should we clean it so we don't have an odor or stain?

A: Working quickly will be the key. Start by carefully dabbing the stain using a clean white towel to remove as much of the liquid as you can. (Don't rub the stain or you could damage the fibers.) Next, spray the stain and a little beyond using a mixture of cool water and two drops mild dish soap in a spray bottle. Gently dab with dry white towel. Repeat this process several times. The stain should appear to be visibly gone, but do continue to the next step and sprinkle some baking soda on the spot and leave it for 5-10 minutes. Carefully vacuum the area. Sprinkle it again with baking soda and leave it overnight to make sure no smell lingers. The next day there should be no milky smells coming from the stain, and it should feel clean to the touch. Feel free to vacuum the area once again.

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

**Extend the
life of your
carpet!**

Featured Local Event: March 2026



Maple Syrup 5K

Dates & Time:

Sat. Mar 28, 7:45 - 11 a.m.

Location:

Brown County
Reforestation Camp
4418 Reforestation Rd, Suamico

Information:

Celebrate a 5K with a stack of pancakes and maple syrup waiting at the finish line! The Maple Syrup 5K is a fun, seasonal run on the wide, well maintained trails at the Brown County Reforestation Camp with a suitable route for road and trail runners to enjoy.



<https://runsignup.com/Race/Info/WI/Suamico/MapleSyrup5K>

Client of the month:
March 2026

**David
Barbara**

*Thank you for the
excellent review!*

Healthy Talk

Go green and feel great this St. Patrick's Day

This month, we're featuring a recipe that's festive, satisfying, and good for you — plus a great way to make greens the star of your St. Paddy's table.

Healthy Shamrock Smoothie

Ingredients (serves 2):

- 1 cup fresh spinach
- ½ cup fresh mint leaves
- 1 medium banana, frozen
- 1 cup unsweetened almond milk (or your favorite plant-based milk)
- ½ cup Greek yogurt (optional for extra protein)
- 1 tablespoon chia or flax seeds (optional boost of fiber & omega-3)

Directions:

- Add spinach, mint, banana, almond milk, and Greek yogurt (if using) to a blender.
- Blend until smooth and vibrant green.
- Sprinkle chia or flax seeds on top before serving.

Why it's healthy: This Shamrock Smoothie packs leafy greens for vitamins and antioxidants, banana for potassium and natural sweetness, and optional Greek yogurt for protein and probiotics that support gut health. Using whole, minimally processed ingredients means you

get nutrition without extra sugar — a festive twist that's both delicious and nourishing.



Quote for March

"May you have walls for the winds, a roof for the rain, and a warm cup of tea by the fire. Laughter to cheer you, those you love near you, and all that your heart might desire. May joy and peace surround you, contentment latch your door, and happiness be with you now and bless you ever more."

— An Irish Blessing

Affordable spring break ideas for families in Northeast Wisconsin

Great getaways you can reach on one tank of gas



Spring Break doesn't have to mean expensive flights or crowded resorts. From Northeast Wisconsin, your family can reach dozens of fun, affordable destinations on a tank of gas — perfect for a quick road trip that won't break the budget.

Wisconsin Dells, WI

Known as the "Waterpark Capital of the World," Wisconsin Dells is a spring break classic. Many indoor waterparks offer mid-week deals in March, and free attractions like Riverwalk, Mirror Lake State Park and downtown fudge shops make it easy to have fun without overspending.

Door County, WI

Door County in March is quiet, charming and affordable. Explore Peninsula State Park or the Door County Maritime Museum, hunt for lighthouses or enjoy cozy family meals in Fish Creek. With fewer crowds, lodging prices are often far lower than summer rates.

Chicago, IL

A big-city adventure doesn't have to be costly. The Lincoln Park Zoo is free, the Field Museum of Natural History is unforgettable, and Millennium Park offers iconic photo ops. Look for budget hotels in the suburbs and take the train into the city.

Upper Peninsula, MI

Marquette combines outdoor adventure with small-town charm. Walk the Lake Superior shoreline, hike Presque Isle Park or explore local museums. Snow may still linger, making it a fun mix of winter and spring activities.

Madison, WI

Tour the State Capitol, stroll the UW campus, visit the Geology Museum and enjoy scenic walks near Lake Monona.

With gas prices still unpredictable, staying within a tank of gas makes spring break simple, affordable and stress-free — and reminds us that some of the best family memories are made just down the road.



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

Money Under 30 —

Personal Finance Help for Young Adults

Why it's cool:

Money Under 30 is a practical, friendly personal finance site designed for young adults — especially those navigating their first steps into paying bills, budgeting, saving, and planning their financial lives.

It's a great resource for young readers who may not yet feel confident in managing money and want clear, down-to-earth guidance that meets them where they are.

Ideal for: Young adults (late teens through 20s) and parents who want to help their kids build financial confidence

www.moneyunder30.com

March Fun Facts!

March 1 — World Compliment Day. Spread kindness! Giving someone a genuine compliment can boost happiness and reduce stress.

March 8 — International Women's Day. Honors achievements of women worldwide and promotes gender equality.

March 10 — National Pack Your Lunch Day. A great reminder to prep healthy meals at home — it can save money and improve nutrition!

March 14 — Pi Day. $3.14 = \pi$! Fun for math lovers and a perfect excuse for a slice of pie.

March 17 — St. Patrick's Day. Originally a religious holiday honoring Ireland's patron saint; now widely celebrated with green everywhere!

March 20 — First Day of Spring (Vernal Equinox). Day and night are nearly equal — spring cleaning season officially begins!

March 22 — World Water Day. Highlights the importance of freshwater and sustainable water resources.

March 27 — World Theatre Day. A celebration of the performing arts and the impact of theatre around the world.

Could your best friend be your carpet's worst enemy? How to easily remove spots...before they turn into stains!

Hello friends and clients! Many of our clients have beloved pets that have accidents, and it's very important that these are cleaned up properly to prevent odors and stains, but even if you don't have any pets, unless your home is draped in plastic, you get spots and spills...

"Oops! He did it again..."

Three common spills and spots and how to properly remove them:

Spot #1 Food Spills: From greasy pizza to cherry cobbler... how to remove food spills. If you have a fresh spill make sure all of the food is off the carpet, and if it's an older spill, gently scrape all the dried food off of the carpet. Next, put a bit of mild detergent into a spray bottle filled with HOT tap water. (Dish soap will do, just make sure it does NOT contain bleaching agents. And go easy with the detergent; a ratio of 2 drops of detergent to 2 cups of water is all you need.) Then spray the area, without soaking it, and begin to blot, while being very careful not to rub or scrub the carpet. (NOTE: Damage and/or fraying of the carpet fibers can occur if you rub the carpet.) Try to use a clean, white towel when cleaning the spot; a colored or printed towel could transfer unwanted color to the area. Continue this action of spraying and blotting until your desired results are reached and the carpet feels almost dry to your touch.

Spot #2 "Natural" Drinks: Coffee, tea, or red wine? For natural drink spills that have the ability to dye your carpet follow these steps. (All other drink spills simply follow Spot #1's directions). First, firmly blot and absorb up as much of the spill as you can. Next, get your detergent solution (2 drops detergent to 2 cups HOT water, no bleaching agents!) and mix 1 part of this solution to 2 parts hydrogen peroxide. Spray the spill (without over wetting) then place a piece of plastic wrap over the area so the hydrogen peroxide solution can have a chance to do its job. Let it sit like that for approximately 2 hours. Next, remove the plastic and go through the rinse/blot (outlined above) until the spot is gone.

Spot #3 Pet Accidents (Urine): This is probably the #1 problem area for pet owners with carpet. If the spot is fresh, cover the area with baking soda (synthetic fibers only) and let the area dry completely. Then vacuum it up. The baking soda pulls the stain out and works amazingly. If the spot is older and already dry, use the same method described for "Spot #2, removing the drinks."



Please note: treat your carpet gently, like a delicate fabric. When you clean it by hand, always be moderate with your cleaning agents and apply gentle but firm blotting so you don't break down the fibers. And remember, you can always call us to come over and clean it up for you, especially because for 90 days after your next cleaning we will do it for free.

Do you know anyone with a pet that could use our services? 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!!

Save money while you extend the life of your carpet!

MARCH SAVINGS

Call Jensen's Carpet Care & Restoration

920-393-4062

or email: info@jensenscarpetcare.com
before March 31, 2026, and you get:

• **\$20 OFF 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...

Chris & Rick Mattes, Katie Schock, Linda Monsoon, Melisa Brauer, Mike & Sue Wendtland, Ian Schmechel, Damon Bradley, August Haven, 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!

Kate Elwell "Oh my gosh! The techs did such a wonderful job, they were so polite and my carpeting looked new once they were done!"

Cheryl Havens "Everything looks wonderful. You guys do such a great job!"

Sarah Maas "The cleaning was wonderful and you guys are wonderful! I'm so happy with the way it all turned out."

Joey Schroeder "Carpet stretching and cleaning went great. Everything looks absolutely beautiful,"

Karolyn Holtz "You guy's are amazing! Everything turned out great!"

Bonny Bobka "Everything went great, the techs did a wonderful job and they were very kind!"

Rita Drewieske "The carpet cleaning went great, it looks wonderful today."



Jensen's Healthy Home News

1720 Lime Kiln Road
Green Bay, WI 54311

*Your new March
issue has arrived...*



Inside:

- Spring pest-proofing
- Go green shamrock smoothie in *Healthy Talk*
- Affordable spring break ideas on one tank of gas

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

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:

**How far from your home's foundation
should you keep mulch?**

- A) Exactly 1 inch B) 5 to 10 inches
C) At least 15 inches D) More than 2 feet

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