

Jensen's Healthy Home News

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

Happy Father's Day!

To the dads who can grill in any weather, fix things with "leftover parts," and somehow know the fastest backroad in Wisconsin—this one's for you. Thanks for the laughs, the life lessons, and the legendary one-liners. Have a fantastic Father's Day!



The surprisingly young holiday

Mother's Day became an official U.S. holiday in 1914—but Father's Day had to wait a little longer. It wasn't officially recognized nationwide until 1972, when Richard Nixon signed it into law. That means Father's Day is one of America's "younger" national holidays.

The idea actually began much earlier. In 1910, a woman named Sonora Smart Dodd wanted to honor her father, a Civil War veteran who raised six children on his own after his wife passed away. She believed fathers deserved a day of recognition too—and her idea eventually grew into the holiday we celebrate today.

Over the years, Father's Day has become less about neckties and toolsets and more about something far more valuable: time together. Whether it's breakfast on the deck, a day on the water, a backyard cookout, or simply sharing stories around the table, the best Father's Day gifts are often the memories we make.

So this June, as we celebrate the dads, grandpas, stepdads and father figures in our lives, remember—you're taking part in a tradition that's more than a century in the making.

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



Joel Jensen

Hi Joel,

Q: To celebrate Father's Day, my husband and our daughter went fishing and caught a few nice bluegill. We fried them for dinner, but some of the fish slid from the pan and our cat swiftly grabbed a piece. She ran into the living room with it and now we have a smelly fish stain on the carpet. Any suggestions?

A: It's best to act quickly if you can. For a simple home remedy to remove oily fried fish residue and odor, start by mixing 1 part vinegar and 1 part spring water in a spray bottle. Saturate the area where the spill occurred on the carpet. Let the vinegar and water mixture sit for about 15 minutes. Blot up the excess moisture with a clean white cloth. After the cleaning and when the carpet has dried sprinkle baking soda directly onto the affected area of the carpet. Allow it to sit for at least 24 hours and then vacuum well. This should take care of any lingering fish smells.

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

**COULD YOU
USE A GOOD
DISCOUNT?**

**Special
Offer!
SEE PAGE 4**

Featured Local Event: June 2026



Taste of Summer

Date & Time:

Wed. June 10, 4p.m. - 6p.m.

Location:

The Children's Museum
of Green Bay
1230 Bay Beach Road

Admission:

FREE

Information:

Kick off summer with an evening of fun, food, and play at our Taste of Summer event.

Join us for a family-friendly celebration filled with hands-on activities and plenty of ways to enjoy the season.



www.greenbay.com/event/taste-of-summer/8482/

Client of the month:
June 2026

**Kathy
Desmarais**

*Thank you for the
referral last month!*

Healthy Talk



Hooked on healthy eating

According to the American Heart Association, fatty fish like salmon are rich in omega-3 fatty acids, which may help support heart health, reduce inflammation and provide high-quality protein. The AHA recommends eating fish at least twice a week. So this Father's Day—or after a successful day on the water—try this simple, heart-smart recipe:

Grilled Lemon Pepper Salmon

(Adapted from the Mayo Clinic Healthy Living Program)

Ingredients (Serves 2):

- 2 salmon fillets (about 4 oz. each)
- ½ teaspoon sea salt
- ½ teaspoon fresh ground black pepper
- 1 lemon, sliced
- Optional: fresh dill or parsley for garnish

Directions:

1. Heat grill or grill pan to medium heat.
2. Lightly coat grill surface with cooking spray or brush with olive oil.
3. Season salmon with salt and pepper.
4. Grill for about 6–8 minutes per side, depending on thickness, until fish flakes easily.
5. Serve with grilled lemon slices and fresh herbs.

Why is it healthy? Salmon is packed with protein, vitamin D and heart-friendly omega-3 fats. Pair it with grilled vegetables or a fresh salad and you've got a meal that tastes like summer while doing your body good.

Quotes for June

**"Any man can be a father, but it takes
someone special to be a dad."**

— Anne Geddes

**"Many men go fishing all of their lives without
knowing that it is not fish they are after."**

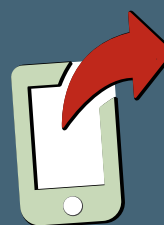
— Henry David Thoreau



If your idea of a perfect Wisconsin summer includes a quiet lake, a tackle box and maybe a little fish story, mark your calendar! Wisconsin's annual Free Fishing Weekend is set for June 6–7, 2026, giving residents and visitors the chance to fish state waters without a fishing license, trout stamp or salmon stamp. It's part of Wisconsin's annual "Free Fun Weekend," when state park admission fees and many trail passes are also waived.

It's a great chance to introduce kids or grandkids to fishing, dust off that old rod in the garage, or simply spend a peaceful morning by the water. All regular fishing rules still apply, including bag limits, size limits and species restrictions—so it's still fishing, just with one less excuse not to go!

No gear? No problem. The DNR provides free tackle loaner gear at nearly 60 sites, including many state parks, to encourage beginners to try fishing without needing to buy a license or equipment. So gather the family, head for your favorite Wisconsin shoreline and make a few summer memories—whether the fish are biting or not.



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

Mad Dog & Merrill

www.maddogandmerrill.com

If Dad loves the outdoors, grilling, or telling a good story around the campfire, he'll get a kick out of Wisconsin's legendary "Grillologists." This entertaining website serves up backyard recipes, grilling tips, TV episodes, event schedules and plenty of Midwest humor.

Field & Stream

www.fieldandstream.com

A classic outdoor website packed with fishing tips, lake stories, gear guides, recipes and family outdoor inspiration. Great for dads, grandpas and anyone who loves time on the water.

Fishing

Fun Facts!

- ▶ The largest fish ever caught on rod and reel was a great white shark weighing over 2,600 pounds, caught off the coast of Australia in 1959.
- ▶ Fish have been on Earth for more than 500 million years—long before dinosaurs ever roamed the planet.
- ▶ Some fish can actually "talk"! Species like croakers and catfish make sounds by vibrating muscles or grinding bones together.
- ▶ The largemouth bass is one of the most popular sport fish in United States—including right here in Wisconsin.
- ▶ Fish don't sleep the way humans do, but many species rest by slowing down and staying in one spot.
- ▶ The fastest fish in the ocean is believed to be the sailfish, capable of speeds approaching 70 mph.
- ▶ Some fish can recognize human faces after repeated encounters—showing they may be smarter than many people think.
- ▶ Anglers in ancient times used hooks made from bone, shells, and even thorns before metal hooks were invented.
- ▶ The longest freshwater fish in North America is the lake sturgeon—a species that still swims in parts of Wisconsin today.
- ▶ Fishing isn't just fun—it can be great exercise, reduce stress and provide quality time with family and friends.

Could you use a good discount? Then just remember these four little words

Hello friends and clients! Don't you just love getting a little extra off a service? Especially when you weren't expecting it. Do you know what else is fun? Helping your friends and family, and making them feel happy! Here is how you can do both of these "fun" things at the same time....

Everybody loves it when you do this!

When was the last time you told a friend, family member or coworker about a really great restaurant, book or movie? And, when they took your recommendation and were so happy that you pointed them in the right direction. Didn't that feel great?

People love it when you do the "footwork" and find something great for them. You save your friends and family time, money and possible disappointment when you show them the way to a good experience. You do this when you recommend good books, movies, doctors, hairstylists, restaurants or...even your carpet cleaner.

It's not easy to find great companies. And carpet cleaners are no exception. Do you know how many "professional carpet cleaners" don't have much more experience than pushing a vacuum? Do you realize how many carpets are left over-wet or with residue? Or how many "pros" don't understand how to properly and permanently remove spots? These errors lead to rapid re-soiling and perpetuate the myths that carpet cleaning "doesn't work."

It's hard to find a cleaner with a thorough knowledge in the chemistry of cleaning, with a 100% satisfaction guarantee on all their work, five star service and someone who handles your home with "kid gloves!" But you managed to find us!



Try my
carpet
cleaner

Four little words to remember...

You see where we're going with this don't you? Now you have the chance to help your friends and family find a great professional cleaner. Plus, we will send a \$10 referral Jensen's gift card for each and every referral sent our way that becomes a client. That equals a chance for you to help people, while you look really cool and get a great discount! All because you simply remember to say these four little words, "Try my carpet cleaner." Jensen's Carpet Care & Restoration, of course!



Listen For These Chances To Refer My Company:

- ☒ Moving
- ☒ New Baby
- ☒ Guests
- ☒ Parties
- ☒ New Furniture
- ☒ New Pet
- ☒ Pet Accident
- ☒ Spots Or Spill

SPECIAL OFFER

Call Jensen's Carpet Care & Restoration

920-393-4062

or email: info@jensenscarpetcare.com
before June 30, 2026, and you get:

- \$20 OFF 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...

Liz Spratlin, James Coshenet, Jane Jadin, Laura Delwiche, Andy Grundstrom, Kathy Desmarie, 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!

Mary Sue Banks "The techs were excellent and worked great together."

Craig Brown "The guys did a great job, the tile looks fantastic."

Allie Williamson "Everything was wonderful! My carpeting looks and feels like new."

Lori Greaf "My carpeting looks beautiful. I can really feel the difference."

Andrea Miller "Everything went great and my chairs look brand new!"

Steven Kieffler "Everything went very well. I have no complaints and I am very happy we decided to go with your company."

Kathy Desmarais "Carpet cleaning went great and my brother is going to be calling you soon to clean his home."



Jensen's Healthy Home News

1720 Lime Kiln Road
Green Bay, WI 54311

*Your new June
issue has arrived...*



Inside:

- Happy Father's Day!
- Hooked on healthy eating
in *Healthy Talk*
- Gone fishing

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 Village Grille

801 Hoffman Road, Green Bay

www.villagegrillegreenbay.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 is the longest freshwater fish in North America?

- A) Northern Pike B) Walleye C) Muskellunge
D) Lake Sturgeon E) Jumbo Perch

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