

Jensen's Healthy Home News

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

Camping adventures close to home



Summer is camping season, and one of the best things about living in Northeast Wisconsin is that some outstanding camping destinations are just a short drive away. Whether you're looking for sandy beaches, towering pines, scenic hiking trails, or family-friendly campgrounds, there are plenty of options that can easily be reached within a tank of gas.

Head north and you'll find the natural beauty of Door County, where campgrounds near Peninsula State Park offer stunning views of Green Bay, miles of hiking and biking trails, and unforgettable sunsets. It's a favorite destination for families who want a blend of outdoor adventure and small-town charm.

Looking for a beach getaway? Consider a trip to Kohler-Andrae State Park near Sheboygan. This Lake Michigan gem features beautiful dunes, sandy beaches, and peaceful campsites nestled among the trees. It's a perfect place to relax, swim or simply enjoy the sound of the waves.

If you're seeking a true Northwoods experience, destinations such as the Nicolet National Forest offer endless opportunities for camping, fishing, kayaking and wildlife viewing. The forest's quiet campgrounds provide a great escape from the hustle and bustle of daily life.

For campers who enjoy combining outdoor recreation with local attractions, Wisconsin's state parks offer plenty of choices. Devil's Lake State Park near Baraboo is famous for its dramatic rock formations and hiking trails, while Governor Dodge State Park near Dodgeville features lakes, waterfalls and scenic woodland campsites.

Of course, camping doesn't have to mean traveling far. Some of the best camping discoveries are found close to home. Check your county parks department website or do a quick online search for campgrounds in Brown, Oconto, Marinette, Door, Kewaunee, and Shawano counties. You may be surprised by the number of affordable campgrounds offering fishing, hiking, boating and beautiful natural surroundings just a short drive away.

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

Flooring
Q & A
with
Joel J.



Joel Jensen

Hi Joel,

Q: After a bonfire in the back yard, one of our little ones brought in a melted marshmallow and accidentally dropped it on the carpeting then stepped on it. How do we get it out?

A: A sticky situation! Marshmallow residue can look like a disaster, but don't panic. First, gently scrape away as much of the marshmallow as possible using a spoon or dull knife. Avoid rubbing, which can push the sugary mess deeper and damage the carpet fibers. Next, mix a small amount of mild dish soap with warm water. Using a clean white cloth, lightly blot the affected area. Continue blotting — not scrubbing — until the sticky residue begins to lift. You may need several clean cloths as the sugar transfers out of the carpet. Once the spot is gone, rinse the area lightly with plain water and blot dry with towels. If any stickiness remains, repeat the process.

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

**BEAT THE
HEAT CARPET
PROTECTION**

**Special
Offer!**

SEE PAGE 4

Featured Local Event: July 2026



Festival Foods Fire Over the Fox

Date & Time:

Saturday, July 4
3 p.m. - 10:30 p.m.

Location:

Ray Nitschke Bridge, City
Deck & Leicht Memorial
Park, and Neville Public
Museum grounds

Admission:

FREE

Information:

Green Bay's vibrant
downtown waterfront comes
alive as thousands gather
to celebrate America's
Independence Day.



[www.downtowngreenbay.com/explore/
broadway-events/fire-over-the-fox](http://www.downtowngreenbay.com/explore/broadway-events/fire-over-the-fox)

Client of the month:
July 2026

**Shelby
Yatsenko**

*Thank you for the
referral last month!*

Healthy Talk

Campfire nutrition made easy

Camping season is one of Wisconsin's best summer traditions. Whether you're headed north for a weekend getaway or spending a night at a local campground, meals don't have to revolve around hot dogs and chips. With a little planning, you can enjoy simple foods that taste great and help you feel energized for hiking, biking, swimming, or relaxing around the campfire.

One easy idea is to prepare meals ahead of time and pack them in a cooler. Foods rich in lean protein, whole grains, fruits and vegetables travel surprisingly well and help keep energy levels steady. Healthy meals also tend to leave you feeling lighter and more comfortable during outdoor activities.

Campfire Chicken & Veggie Foil Packs (Serves 4)

Ingredients:

- 2 boneless chicken breasts, cubed
- 1 zucchini, sliced
- 1 red bell pepper, chopped
- 1 cup baby potatoes, halved
- 2 tablespoons olive oil
- Garlic powder, salt, pepper and Italian seasoning
- Heavy-duty foil



Directions:

Toss everything together in a bowl before your trip and store in a sealed container in the cooler. At the campsite, divide the mixture onto foil sheets and seal tightly into packets. Cook over a campfire grate or grill for about 20–25 minutes, turning occasionally, until the chicken is fully cooked and the potatoes are tender.

Why is this meal healthy? Chicken provides lean protein to help muscles recover after outdoor activities, while the vegetables supply fiber, vitamins and antioxidants. Olive oil contains heart-healthy fats, and potatoes offer lasting energy without relying on heavily processed foods.

Best of all, cleanup is simple — just toss the foil when finished and get back to enjoying the campfire!

Quotes for July

**“A bad day camping is still better than
a good day working.” — Unknown**

**“Some people hike for exercise. I hike so I can
eat snacks at the top with a view.” — Unknown**

**“If camping is so great, why are the bugs always
trying to get in your house?” — Jim Gaffigan**



Smokey Bear: Prevent wildfires this summer

Few symbols of summer safety are as recognizable as Smokey Bear. First introduced in 1944, Smokey was created to remind Americans that “Only YOU can prevent wildfires.” More than 80 years later, his message is just as important—especially during peak camping and outdoor recreation season.

Wildfires can start in seconds and spread quickly, often from simple oversights like unattended campfires, discarded cigarettes, or sparks from equipment. Smokey’s message is a timeless reminder that most wildfires are preventable.

If you’re heading to the campground or enjoying time in your backyard this summer, remember a few Smokey-approved habits: keep campfires small and contained, never leave them unattended, and always fully extinguish fires with water until they are cold to the touch. Store matches and lighters safely away from children, and check local burn restrictions before lighting any fire.

Fireworks also deserve extra caution. Always follow local laws and use fireworks only in permitted areas. Keep a bucket of water or hose nearby, never relight a “dud,” and avoid using fireworks on dry grass or near homes, trees, or structures. Even small fireworks can spark dangerous fires if handled carelessly.

Smokey’s advice is simple but powerful: be careful with fire, respect nature, and take responsibility for preventing wildfires. A few extra moments of caution can protect forests, wildlife, homes, and communities—making sure everyone can continue to enjoy the outdoors safely for generations to come.



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

www.GoCampingAmerica.com

If you want to camp this summer you’ll love this website. With a fun interactive search tool you can search by location, amenities, recreation, site, options, lifestyles and more.

www.BeyondTheTent.com

This is a blog run by a family with five young kids who love to camp. The website looks and feels very cool, plus it’s jam packed with tons of super helpful and fun camping tips for the whole family.

July

Fun Facts!

- ✦ July is National Ice Cream Month — the perfect excuse for a campsite ice cream treat!
- ✦ The first organized Fourth of July celebration took place in Philadelphia in 1777.
- ✦ Wisconsin has more than 6,000 campsites in state parks and forests.
- ✦ Mosquitoes are most active at dawn and dusk — just when campers love campfires!
- ✦ The world’s largest firework shell weighed over 2,800 pounds.
- ✦ S’mores became popular in the 1920s and were originally called “Some Mores.”
- ✦ Fireflies light up summer nights using a natural chemical reaction called bioluminescence.
- ✦ Americans eat about 150 million hot dogs on the Fourth of July each year.
- ✦ Wisconsin’s state park camping tradition dates back more than 100 years, with some parks welcoming campers since the early 1900s.
- ✦ Smokey Bear’s famous wildfire prevention slogan debuted in 1947.

You wouldn't go into the hot summer sun without sun protection would you?

Hello friends and clients! Of course, we know the importance of protecting our skin during the heat of summer. Well, just like you protect your skin from the sun's harmful rays, you also need to protect your carpet, one of your home's most expensive investments, from the harmful effects of daily wear and tear.

What is "Carpet Protection"?

When your carpet was new from the factory, each fiber was protected with a product that created a resistance to stains, soils and oils. Just as your sun protection extends the life and beauty of your skin, this Carpet Protection helps extend the life and beauty of your carpet.

Even though your carpet came with a coating of factory applied protection, this finish gets reduced with time, wear and cleanings. The result? Your carpet fibers become as vulnerable as a baby's soft skin on a hot day at the beach. And you have a carpet that's at the mercy of stains, breakdown from soils and permanent traffic lanes. Now, you can't find this kind of protection at the corner drugstore, but you can get it from your favorite professional carpet cleaner. After your cleaning, we can reapply a factory approved product that will keep your carpet looking and performing as good as new.

If you don't want to end up with tired looking carpets that look old before their time, it is necessary to reapply Carpet Protection. And of course, we can work with you and tailor a program that keeps your carpet fully protected without busting the family budget. We'll assess your family's needs and we'll write you the perfect "prescription" for protecting your carpet.



How do I know if the Carpet Protection is working?

You want your carpet to perform as it did when it was new from the factory. But remember, nothing makes your carpet "bullet proof." Just like sunscreen has its limitations, so do the protective products for your carpet. But if a good quality product is applied properly, you will have carpet that resists stains and wear and tear. Besides, that's why we guarantee everything - even the performance of our carpet protection - with a 100% money back guarantee. So don't let your carpets "age" prematurely, get professional Carpet Protection from us.

Do you know anyone in need of a cleaning before their summer vacation? Please have them call us and we'll 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!

BEAT THE HEAT SPECIAL!

Call Jensen's Carpet Care & Restoration

920-393-4062

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

- **\$15 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...

Jean Schultz, Shelby Yatsenko, Tyler Vandenberg, Shana Zeitler, Ron Matty, Connie Kreager, Tracy Hogan 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!

Sharon Wilson "(The tech) did a great job like he always does."

Jeff Gibson "Everything went great, all my furniture is back in place and the carpet dried well."

Jeff Taylor "I was very impressed with the techs. They did a great job!"

Steve Pipp "The cleaning was great the tech was very efficient and the carpeting looks great!"

Twila Meo "The service was great and I am always impressed with your company's communication skills."

Kim Joski "The cleaning went very well, and the technician was wonderful!"

Gladys Schommer "The two techs were so nice and respectful, and everything turned out amazing."



Jensen's Healthy Home News

1720 Lime Kiln Road
Green Bay, WI 54311

*Your new July
issue has arrived...*



Inside:

- Camping adventures close to home
- Campfire nutrition made easy
in *Healthy Talk*
- Smokey Bear: prevent wildfires!

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:

**Approximately how many hot dogs do
Americans eat on the Fourth of July each year?**

- A) 15 million B) 50 million
C) 95 million D) 150 million

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