

# Jensen's Healthy Home News

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



## Labor Day

Monday, September 7

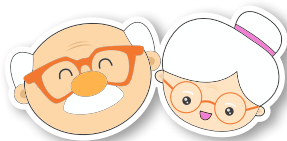
If you've decided to have a relaxing and restful Labor Day, you've got the right idea. That's exactly what the holiday's original promoters envisioned in 1882, when the Knights of Labor organized a parade in New York City on the first Monday in September and resolved to make it an annual event. The idea quickly spread, and after a decade of growing celebrations, Congress officially recognized Labor Day as a national holiday in 1894. Canada also observes Labor Day on the same day.

Samuel Gompers, president of the American Federation of Labor, viewed Labor Day as a day when workers could "lay down their tools of labor for a holiday" and "touch shoulders and feel the stronger for it." In other words, the holiday was created to honor working people and celebrate the contributions they made to the nation.

Although it began as a celebration of workers, Labor Day has also become the unofficial end of summer, marking the close of vacations, the end of pool season and the start of a new school year. So whether you spend the day relaxing or enjoying one final summer outing, you're celebrating a tradition that has honored America's workers for more than 140 years.

## Grandparents' Day

Sunday, September 13



Grandparents' Day, celebrated annually on the first Sunday after Labor Day, was designated a national observance in 1978. It is now celebrated by hundreds of thousands of people across the United States and Canada. September was chosen to represent the "autumn years" of life. The day has three purposes: to honor grandparents, to give them the opportunity to show their love for their grandchildren, and to help children recognize the wisdom, guidance and life experience older generations can offer. It is also a time to discover family roots and strengthen relationships across generations.

Today, many people become grandparents in their 40s and 50s and may not identify as senior citizens. On Grandparents' Day, honor your grandmother and grandfather by calling, visiting, or preparing a special dinner. They will appreciate the thought and attention, and you will have the satisfaction of celebrating the important role they play in your family.



**920-393-4062**

[info@jensenscarpetcare.com](mailto:info@jensenscarpetcare.com)



**Joel Jensen**

Hi Joel,

**Q: Combine a rainy day, a muddy garden, a curious dog and carpeting and you'll have our problem. Is there a way to get the muddy paw prints out of the carpeting?**

**A: Yes there is!** The best way we've found is to follow these steps: First, dry the mud. Mud is very annoying to deal with but when it dries and becomes dirt it is a lot easier to remove. In the summer, it helps to turn on the A/C. For fall and winter, turn up the heat. If you have any ceiling or portable fans, they will help too. Patience is the going to be important. When the mud dries to just dirt, a vacuum will remove it easily. If it's still wet, you're going to have a bigger mess. Vacuum thoroughly and slowly. This should remove about 90 percent of soiling. For any dirt still in the carpeting use a light cleaning solution (spray bottle with a tablespoon of dish detergent). Spray and dab area with a white clean rag until gone.

### 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](mailto:info@jensenscarpetcare.com)



## Featured Local Event: September 2026



**HALL OF FAME &  
STADIUM TOURS**

### Hands on History Shamrock Series

Put on the curator's gloves and get up close to some of our most unique artifacts - themed around Notre Dame, Wisconsin and the Packers.

#### Date & Time:

Friday, Sept 4  
5 p.m. to 7 p.m.

#### Location:

Green Bay Packer  
Hall of Fame  
1265 Lombardi Ave.

#### Admission:

\$25 (+ tax)  
Free to annual members



[www.packershofandtours.com/engage/hands-on-history](http://www.packershofandtours.com/engage/hands-on-history)

Client of the month:  
September 2026

**Shelly  
Preston**

*Thank you for the  
referral last month!*

## Healthy Talk

### Change your *mood* with food



Not only does what you eat impact your weight and health, studies show it can effect your mental and emotional states as well.

- ♥ Need a boost? Protein will perk you up. Norepinephrine and dopamine, found in protein-rich foods, increase concentration and alertness. Sources: Beans, lean poultry, red meat or cheese.
- ♥ Anxiety keeping you up? A small, carbohydrate-based snack may be just what you need to relax and ease into sleep. Serotonin has been shown to have a calming effect, and production can be boosted by eating carbohydrates. Sources: A small bowl of fiber-rich cereal with skim milk before bed can help give you a good night's sleep.
- ♥ Nervous? Foods that stimulate the release of dopamine may produce pleasant feelings, translating to a more approachable persona. Sources: Bananas, milk and leafy greens.
- ♥ Depressed? Fish is more than just brain food. Recent studies have shown that the omega-3 acids found in fatty fish may help ease symptoms of depression by raising the levels of serotonin in the brain. Sources: Fatty fish such as salmon, herring, tuna or sardines.
- ♥ In a bad mood? Several studies have linked low levels of selenium with tendencies towards anxiety and irritability, so load up on this nutrient to shake your foul mood. Sources: Sunflower seeds, whole grain cereals and Brazil nuts.

## Quotes for September

**"Life starts all over again when it gets crisp in the fall."**

— F. Scott Fitzgerald

**"The secret to getting ahead is getting started."**

— Mark Twain

**"Happiness is homemade."**

— Unknown

## Signs you are no longer a kid

- ◆ Your back goes out more than you do.
- ◆ You are proud of your lawn mower.
- ◆ You can go bowling without drinking.
- ◆ You would rather go to work than stay home sick.
- ◆ You constantly talk about the price of gasoline.
- ◆ You quit trying to hold your stomach in, no matter who walks into the room.
- ◆ You consider coffee one of the most important things in life.
- ◆ You no longer think of speed limits as a challenge.
- ◆ People call at 9 p.m. and ask, "Did I wake you?"
- ◆ You know what the word "equity" means.
- ◆ You have a party and the neighbors don't realize it.
- ◆ You get excited when your favorite grocery item goes on sale.
- ◆ You check the weather forecast before deciding what to wear tomorrow.
- ◆ You have a favorite brand of paper towels.
- ◆ You leave a room and forget why you went in there.
- ◆ You think a Saturday at the hardware store sounds like fun.
- ◆ You actually enjoy getting new socks as a gift.
- ◆ A quiet evening at home sounds better than just about anything else.
- ◆ You get genuinely excited about a new vacuum cleaner.
- ◆ You stretch before reaching for something on the top shelf.
- ◆ You think finding a good parking spot is a major victory.
- ◆ You smile when someone compliments your clean carpets. 😊



## Why the Harvest Moon shines so bright

As summer fades into fall, one of nature's most beautiful displays appears in the Wisconsin sky—the Harvest Moon.

The Harvest Moon earned its name because it gave farmers several evenings in a row with bright moonlight soon after sunset. Before electricity, that extra light made it easier to harvest crops late into the evening.

Today, the Harvest Moon is less about harvesting crops and more about enjoying one of autumn's simple pleasures. Whether you're taking an evening walk, relaxing around a backyard fire pit, or driving through the countryside, the golden moon rising over colorful trees is a spectacular reminder that fall has arrived.

If the skies are clear, don't miss this year's Harvest Moon the evening of Saturday, September 26—it may be a highlight of the season.



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

### Laughing Squid

[www.Laughingsquid.com](http://www.Laughingsquid.com)

Laughing Squid may become a favorite blog to check out just for all the wacky, inspiring and unbelievable stuff you can find there. You can find all sorts of highly visual posts about art, culture and technology on this site, most of which are photos and videos. It's updated with several new posts a day featuring the newest, freshest content. Posts are kept pretty short too, making it perfect for browsing casually.

## September

## Fun Facts!

- ▶ Labor Day has been a federal holiday since 1894.
- ▶ The Harvest Moon (September 26) is the full moon that falls closest to the autumnal equinox.
- ▶ The "no white after Labor Day" fashion rule isn't a law—it's an old social custom that most people no longer follow.
- ▶ Many monarch butterflies begin their incredible migration to Mexico during September.
- ▶ September is National Honey Month.
- ▶ The September birth flowers are the aster and the morning glory.

## Isn't September too early to clean for the holidays?

**Hello friends and clients!** It's time to get on board with a really special offer. With the kids headed back to school there is only a small window of opportunity for you to clean before the holiday rush.

The last thing anyone wants is to have the house sparkling clean, ready for company and to look down and say "Uh oh! What are those dark dingy 'traffic lanes' forming? What are those spots all over the living room carpet? When did the couch get so dirty?"

So now is the perfect time to call us for a thorough cleaning that will resurrect dingy carpets and upholstery without leaving any dirt attracting residue or reappearing spots.

### Don't miss out...this offer is gone September 30, 2026!

We know you may think it's a little early to clean for the holidays but hear me out on this one. If you clean now instead of later you'll have these benefits.

- ☑ You will beat the holiday "rush". Every year we get calls from desperate homeowners who put off their carpet cleaning and need an appointment - now. But, that's the time of year when we are sometimes booked a couple of weeks in advance. As much as we try to accommodate – often there are only cancellation lists available at that point.
- ☑ You will get our best pre-holiday savings. When we are trying to fill our schedule (like now) it benefits both of us for us to offer some of our best savings of the year. (Check out the offer below for carpet and upholstery cleaning specials!)
- ☑ You get 33% off carpet protection to make sure your carpets stay clean longer!

So don't miss out on this incredible offer. Like we said, this offer expires September 30, 2026.

**Call us today at 920-393-4062.** Don't wait until it's too late and the holiday rush is upon us.

Call today and take advantage of this great offer that saves you money.



Do you know someone who recently sent kids off to college? If they have never used 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!!

### SEPTEMBER SPECIAL

Call Jensen's Carpet Care & Restoration

**920-393-4062**

or email: [info@jensenscarpetcare.com](mailto:info@jensenscarpetcare.com) before September 30, 2026, and you get:

- **\$15 OFF your 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...***

Addison DeWinter, Ann Fenn, Shelly Preston, Patty Lindbo, Jann Charette, 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!**

**Sherri Oswald** "The cleaning was wonderful! The techs were amazing and our carpets are sparkling clean!"

**Mary Lou Bartoletti** "The technician was a delight. He was a very nice young man."

**Gail Demuse** "The two gentlemen that came over were very polite, and my carpeting looks beautiful."

**Venessa Mommaertt** "Your team did an amazing job with the carpeting. There were stains that you were able to get out that I thought would be there forever."

**Jill Hanna** "The carpet cleaning went amazing we will be calling back when they need to be cleaned again."

**Dan Rose** "It went great, it was money very well spent."

**Jill Fuss** "The tech was very thorough and did a great job as always."

**Debbie Wright** "(The tech) did a great job and I am very happy with everything. Thank you."

**Liz Ochs** "A+, I would recommend you guys to anyone."



# Jensen's Healthy Home News

1720 Lime Kiln Road  
Green Bay, WI 54311

*Your new September  
issue has arrived...*



## Inside:

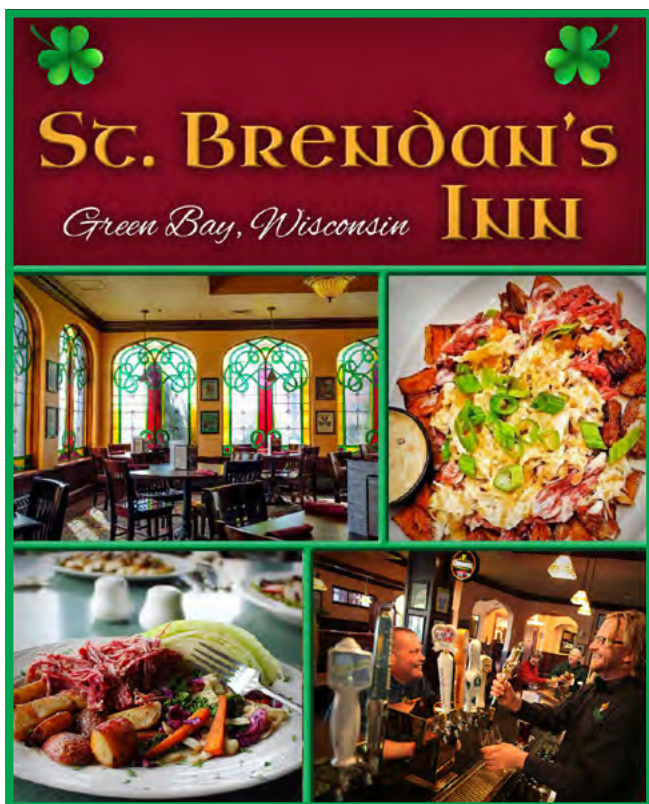
- September celebrations!
- Change your mood with food in *Healthy Talk*
- Signs you are no longer a kid

**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

### St. Brendan's Inn

234 S. Washington St., Green Bay  
[www.saintbrendansinn.com/irish-pub](http://www.saintbrendansinn.com/irish-pub)

**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:

**If you're in a bad mood eat this:**

- |                    |            |
|--------------------|------------|
| A) Pizza           | B) Popcorn |
| C) Sunflower Seeds | D) Bacon   |

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