

Jensen's Healthy Home News

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

The octo-problem

There's an octopus taking over our October cover—and for once, it has nothing to do with Halloween! So what does an eight-armed sea creature have to do with the 10th month of the year? More than you might think.

The word October comes from the Latin octo, meaning eight. Which raises an obvious question: If octo means eight, why is October the 10th month? It wasn't always.

The ancient Roman calendar originally had just 10 months, beginning with March. That made September the seventh month, October the eighth, November the ninth and December the tenth. In fact, the names still give away their original positions: septem means seven, novem means nine and decem means ten.

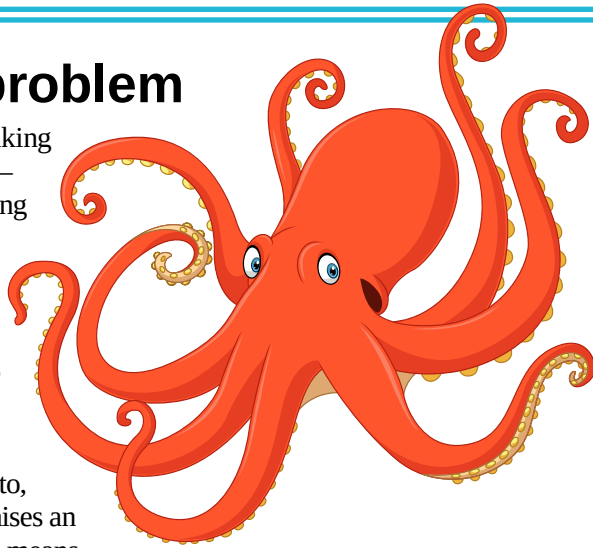
Then came January and February. They were added to the beginning of the calendar, pushing October into the 10th spot. But nobody bothered to change the names. And that's how we ended up with a 10th month called "the eighth month."

The candy bar that changed the kitchen

On October 8, 1945, major defense contractor, Raytheon, filed a patent for a new way of cooking with microwaves. The idea came about when engineer Percy Spencer was working with radar equipment and noticed something strange: a candy bar in his pocket had melted.

Curious, Spencer started experimenting. He discovered that microwaves could heat food remarkably quickly. One of his first experiments involved popcorn—and it worked. His egg test didn't go quite as well. The egg exploded!

The first microwave ovens were enormous compared with today's models, but the technology eventually found its way into kitchens everywhere.



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

Flooring
Q & A
with
Joel J.



Joel Jensen

Joel:

A little break from our usual Q&A format here. In honor of our "octo" October theme, let me give you eight things that shouldn't be left sitting on a carpet. Here we go:

1. *Wet towels and wet clothing.* Moisture trapped against carpet can lead to odors and potential mold or mildew problems.
2. *Shoes and boots.* What's on your shoes can quickly become what's in your carpet.
3. *Food.* Crumbs are one thing, but dropped food can leave behind oils, dyes and stains.
4. *Drinks.* Deal with spills promptly. Blot—don't rub.
5. *Potted plants.* Use a waterproof tray underneath plants.
6. *Candles.* Besides the obvious fire hazard, melted wax can end up on the carpet.
7. *Newspapers and colored paper.* If they get wet, ink or dyes can transfer to carpet.
8. *Pet accidents.* This one deserves immediate attention. The longer urine or other messes remain in carpet, the harder they are to completely remove.

Joel says:

My best advice? Don't let problems sit. The sooner you deal with a spill, moisture or mess, the better chance you have of preventing a permanent stain or lingering odor. If you need help, give us a call. We'll take a look and give you a free quote.

Email your flooring question for Joel to:

info@jensenscarpetcare.com

**Special
Offer**



**HOLIDAY
TO-DO
LIST**

SEE PAGE 4

Featured Local Event:
October 2026



AUTOberfest

Come and join us for our German-only car show! Dress in your finest dirndl or lederhosen and enjoy incredible German automotive engineering and amazing German food and beverages.

Date & Time:

Sat, October 3
2 p.m. to 6 p.m.

Location:

Automobile Gallery
& Event Center
400 S Adams Street
Green Bay

Admission:

\$15



[www.theautomobilegallery.org/
event/autoberfest/](http://www.theautomobilegallery.org/event/autoberfest/)

Client of the month:
October 2026

**Rebecca
Register**

Thank you for the
referral last month!

Healthy Talk

Don't toss those pumpkin seeds!



When you carve a pumpkin this month, don't be too quick to toss the seeds! Pumpkin seeds are a surprisingly nutritious snack, providing protein, fiber, healthy fats and minerals including magnesium and zinc. You can eat them whole, shell and all, or use the green, shelled seeds known as pepitas.

And they're not just for snacking. Sprinkle roasted seeds over salads or soups, stir them into oatmeal or yogurt, add them to trail mix, or use them as a crunchy topping for roasted vegetables.

Easy Cinnamon-Sugar Pumpkin Seeds

You'll need:

- ▶ 1 cup cleaned pumpkin seeds
- ▶ 1 tablespoon olive oil
- ▶ 1 teaspoon cinnamon
- ▶ 1 teaspoon brown sugar
- ▶ Pinch of salt

Directions: Heat oven to 350°F. Rinse and thoroughly dry the seeds. Toss with olive oil, cinnamon, brown sugar and salt. Spread in a single layer on a baking sheet and roast for 15–20 minutes, stirring halfway through, until golden and crisp.

A delicious way to turn a pumpkin-carving leftover into a healthy little treat!

Quotes for October

“Pieces of eight! Pieces of eight!”

— Long John Silver's parrot, in *“Treasure Island”*
by Robert Louis Stevenson

“I'm so glad I live in a world where there are Octobers.”

— L. M. Montgomery, *“Anne of Green Gables”*

The amazing Apollo 8

On December 21, 1968, astronauts Frank Borman, James Lovell and William Anders blasted off aboard Apollo 8, becoming the first humans to leave Earth's orbit and travel to the Moon. Just three days later, they became the first people to orbit another world.



Apollo 8 spent about 20 hours circling the Moon, completing 10 orbits. But the number eight is still an important part of its story: Apollo 8 was the eighth crewed Apollo mission and the first crewed flight to use the enormous Saturn V rocket.

While orbiting the Moon, the astronauts saw something no human had ever seen before: Earth rising above the lunar horizon. Bill Anders captured the moment in the now-famous "Earthrise" photograph, showing our blue-and-white planet against the darkness of space.

On Christmas Eve, the crew also broadcast live from lunar orbit, sharing images of the Moon and Earth with millions of people back home.

Apollo 8 returned safely to Earth on December 27 after a six-day journey. It proved that humans could travel to the Moon and back—and paved the way for Apollo 11's historic Moon landing just seven months later.

Welcome to the Octagon!

If you hear the word Octagon, you probably think of one thing: mixed martial arts fighters battling it out inside the UFC cage. And there's a very good reason for the name—the UFC's famous fighting arena has eight sides.



When the UFC debuted in 1993, it introduced the eight-sided enclosure that became known as the Octagon. The unusual shape wasn't just for looks. The fencing helps prevent fighters from falling out, while the angled sides eliminate the sharp corners found in a traditional ring. That makes it harder for a fighter to simply back into a corner and stay there.

The Octagon also gives fighters a relatively neutral space, allowing them to use both striking and grappling techniques without one particular style having an obvious advantage.



Amazing Websites to Visit This Month!

Ten Wild Facts About Octopuses

Think our eight-armed friend is fascinating? The Smithsonian has even more strange and surprising facts about one of the ocean's most unusual creatures.

www.smithsonianmag.com/science-nature/ten-wild-facts-about-octopuses-they-have-three-hearts-big-brains-and-blue-blood-7625828/

NASA: Apollo 8 and the "Earthrise" Photograph

Want to see what the Apollo 8 astronauts saw? NASA takes you back to that historic moment when three astronauts rounded the Moon and saw Earth rising above the lunar horizon.

<https://science.nasa.gov/resource/the-story-behind-apollo-8s-famous-earthrise-photo>

October

Fun Facts!

October 1, 1908: The Model T Ford goes on sale.

October 4, 1957: Sputnik, the first artificial satellite, launches.

October 6, 2010: Instagram is born.

October 8, 1871: The Peshtigo Fire and the Great Chicago Fire both happened on this day.

October 14, 1912: Theodore Roosevelt gets shot in Milwaukee. Fortunately, Roosevelt survived.

October 16, 1923: The Walt Disney Company is founded.

October 23, 2001: The Apple iPod is introduced.

October 28, 1886: The Statue of Liberty is dedicated.

It's that time of year already! Don't miss out...this offer is gone after Halloween!

Hello friends and clients! Believe it or not, the holidays will be here before we know it—and that means our cleaning schedule will be filling up fast. If you're planning to have family and friends over for Thanksgiving, Christmas or holiday parties, October is the perfect time to get your carpets cleaned.

Why? Because November and December are when everyone starts thinking, "I'd better get these carpets cleaned before the holidays!" Before you know it, our schedule is packed.

Why wait until the holiday rush when you can get a head start now?

And if you're worried that your carpets won't stay clean until the holidays, we've got you covered! When you have your carpets cleaned in October, we'll come back and clean up any spots or spills that happen before your holiday guests arrive—FREE! That's a \$60 value.

Think of it as getting your carpets cleaned twice before the holidays! You'll enjoy bright, clean, fluffy carpets now—and they'll be freshened up again just in time for your guests.

Don't wait until November or December!

Waiting until the last minute doesn't guarantee we'll be able to fit you in on your preferred date. Our November and December schedules fill quickly with homeowners getting their homes ready for holiday gatherings.

We'll always do our best to accommodate everyone, but once those appointments are gone, they're gone!

Beat the holiday rush. Call Jensen's today at 920-393-4062 and get your holiday cleaning on the calendar!



Do you know anyone in need of a fall cleaning before the holiday chaos begins? Please have them call 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!!

Check This One Off Your Holiday To-Do List!

Call Jensen's Carpet Care & Restoration

920-393-4062

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

- \$10 OFF your carpet cleaning*
- PLUS-If you get a new spill spot after this cleaning we'll return to treat it for FREE.**

*Some restrictions may apply. Minimum charge always applies.
Not valid with other offers. ** Before January 1, 2027.



Thank you for the referrals!

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

Rebecca Register, Adam Grasse, 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!

Fran Stager "The carpet cleaned up great. I looked all over and couldn't find a single spot."

David Siegel "Everything cleaned up better then I expected it could."

Pam Laabs "Your company did a wonderful job and the tech was very caring."

Debbie Wright "I was extremely happy with the service I was provided with."

Carol Nimmer "It went very well and we would refer you to anyone."



Jensen's Healthy Home News

1720 Lime Kiln Road
Green Bay, WI 54311

*Your new October
issue has arrived...*



Inside:

- The octo-problem
- Don't toss the pumpkin seeds
in *Healthy Talk*
- The amazing Apollo 8

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

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:

Which historical event happened on October 8?

- A) 1908 — The Model T Ford went on sale.
- B) 2010 — Instagram was born.
- C) 1871 — The Peshtigo Fire and the Great Chicago Fire.
- D) 2001 — The Apple iPod was introduced.

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