

# Target Window & Door's Home & Family News! "News You Can Use Around Your Home"

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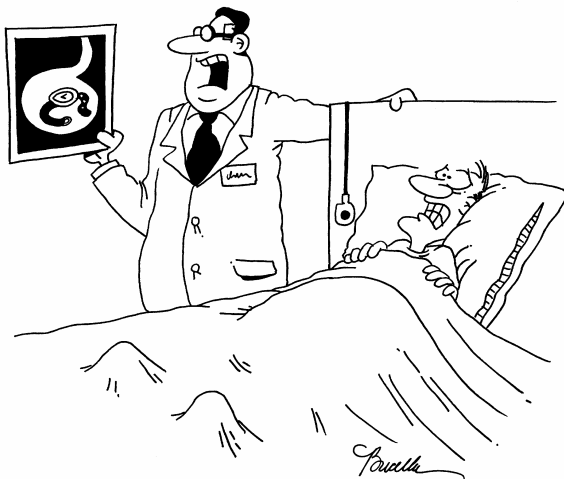
June 2004

## INSIDE THE JUNE ISSUE:

- **Amazing Uses for Tea Bags!**
- **Is Fish Really Safe to Eat?**
- **Curb Cancer With This Sundae Topping!**
- **Never Lose Your Car Keys Again! Find Out How!**

## JUNE'S CELEBRITY BIRTHDAYS

- Actor Morgan Freeman – June 1, 1947
- Therapist Dr. Ruth – June 04, 1928
- Entrepreneur Donald Trump – June 14, 1946
- Actress Courtney Cox – June 15, 1964
- Singer Paul McCartney – June 18, 1942
- Comedian Mel Brooks – June 28, 1926
- Boxer Mike Tyson – June 30, 1966



"I'll have to open you up again. That was a Father's Day gift."

## THOUGHT FOR THE MONTH

*"I honestly think it is better to be a failure at something you love than to be a success at something you hate."*

---George Burns

## THOSE LAZY, HAZY DAYS OF SUMMER BRING FOOD RISKS!

Display these tips on the fridge and avoid summer stomach upsets!

- Cold foods are safest below 39 degrees F. Hot foods are safest above 140 degrees F.
- Foods in between these temperatures are vulnerable. Never keep foods at room temperature for long.
- To cool down big batches of hot food quickly, divide into small containers and leave in ice-cold water until ready for the fridge.
- Frozen juice boxes keep lunch bags at safe temperatures and thaw by lunchtime.
- Keep a cooler in the car. When you're not going straight home after grocery shopping, store refrigerated and frozen foods safely inside the cooler.

# THANK YOU! THANK YOU! THANK YOU!

Thanks to YOU the word is spreading! Thank you to all of our clients who graciously referred us to their friends and neighbors last month! Our success is because of good friends like you. We just couldn't do it without *you*! **Thank you for your referrals:**

**\*\*\* Bruno Moro \*\*\***

**\*\*\* Phyllis Zimmerman \*\* Terri Hamilton \*\*\***

**\*\*\* Joan Robinson \*\* Jack & Francis McGuinn \*\*\***

## **IS FISH SAFE TO EAT?**

Due to the recent scares of Mad Cow Disease and The Chicken Flu, many people have been concerned about the food they eat. Most recently, fish has been drawn into the controversy.

Fish and shellfish contain high-quality protein and other essential nutrients, are low in saturated fat, and contain omega-3 fatty acids. A well-balanced diet that includes a variety of fish and shellfish can contribute to heart health and children's proper growth and development.

However, nearly all fish and shellfish contain traces of mercury. For most people, the risk from mercury by eating fish and shellfish is not a health concern. Yet, some fish and shellfish contain higher levels of mercury that may harm an unborn baby or young child's developing nervous system.

In addition, fish also contains polychlorinated biphenyls (PCBs), toxic industrial compounds that were banned in 1976, but that persist in the environment. Fish absorb PCBs from contaminated sediments and from their food. You can limit exposure to PCBs simply by trimming, skinning and cooking your catch to reduce fatty tissue. But, unlike mercury, which you can eliminate from your body over time, PCBs are stored in body fat for many years. Fish offers benefits in heart health. So don't give up fish completely, but eat it in moderation about two times a week.

## **DON'T LET THE BUGS BITE!**

Mosquitoes carry a number of organisms that cause dangerous illnesses, including West Nile virus, encephalitis and malaria. While chemical repellents are effective, they carry their own health risks.

If you prefer not to use chemical based insect repellents, try these natural ways to repel the bugs:

**Eat foods that are rich in vitamin B-1 (thiamine).** These include sunflower seeds, Brazil nuts and fish. Or pop a 25 to 50 milligram B-1 supplement three times a day starting two weeks before your expected exposure to mosquitoes.

**Plant marigolds wherever possible or line your yard with potted geranium plants** to keep mosquitoes away from your porch, patio, yard or pool.

## **Are YOU This Month's Trivia Contest Winner? Guess Who Won The May's Trivia Question?**

Target Window & Door is pleased to announce the Grand Prizewinner of last month's quiz. And, the winner is Bernard Daniels. His \$50.00 check is on the way! He was the first to correctly answer this quiz question:

**What body of water has the distinction of being the largest lake by surface area?**

**(a) Lake Superior (b) Lake Victoria (c) Caspian Sea (d) Aral Sea (e) Lake Huron**

The answer is **C! The Caspian Sea** is actually considered to be a lake, not a sea, despite its name. It can be found in Asia, surrounded by a number of countries, including Russia, Iran and Kazakhstan.

## **JUNE'S MEGA TRIVIA QUESTION!**

**Trivia is one of the most fun features of our newsletter! We love challenging you with questions that will leave you puzzled and we love receiving your answers and feedback. Each and every month brings a brand new question, and a chance for you to win!**

As always, YOU have a chance to win EVERY month! The first correct answer faxed to 818-846-1112, mailed to 146 W. Cypress Ave. Burbank, CA 91502 or emailed to [mari@targetwindowdoor.com](mailto:mari@targetwindowdoor.com) will be the winner of:

**!!! 50.00 CASH !!!**

**What item did Christopher Cockerell invent in 1956?**

**a. Hangers b. Hovercraft c. Hotdogs d. Hula-hoops**

## **IS TV GOOD FOR YOUR PRE-SCHOOLER?**

The good news: Children who watch educational programs for preschoolers, like "Blues Clues" and "Sesame Street," have better problem-solving and reading skills than kids who never watch these shows at all.

Now the bad news: Studies reported in *Pediatrics* link television with attention problems in children. A big part of the problem is the fact that grown-up shows are blaring in the background while kids play, and that may be the real culprit. It is strongly recommended that kids age two and under should not be exposed to TV noise.

The study showed that the more television kids were exposed to at a young age (especially hearing it blaring in the background), the more likely their parents were to notice attention problems in their kids by age seven.

Researchers say programs like "Sponge Bob Square Pants" and "Scooby-Doo" can be enjoyed as an occasional diversion without being harmful.

# **WELCOME TO NEW CLIENTS!**

Here are a **FEW** of our new clients who became members of our “remodeling family” this past month. We’d like to welcome you, and wish you **ALL** the best!

**Anita ReBollar from North Hollywood.  
(Referred by Bruno Moro - THANKS !!!)**

**Mario ReBollar from North Hollywood.  
(Referred by Bruno Moro - THANKS !!!)**

**Haley Trivoli from Glendale.**

**Doug Jones from Studio City.**

**Nancy & Ryan Cowan from Valencia - REPEAT CLIENT!**

**Brian & Susan Chaffin from Camarillo.**

**Terri Swanson from La Crescenta.  
(Referred by Phyllis Zimmerman - THANKS !!!)**

**Carl & Alice Miller from Anaheim.**

**Mel & Diane Stanley from Canyon Country.**

**Bob & Amy Heaster from Rossmoor.  
(Referred by Terri Hamilton - THANKS!!!)**

**Robert & Trenae Dial from Downey.**

**Shirley Colburn from Saugus - REPEAT CLIENT!!!**

## **THANKS FOR THE KIND WORDS**

*"Excellent!" The Windows have exceeded my expectations. Your Target Staff is wonderful.*

*Sincerely,  
Ms. Karen Weimer from Pacoima*

## AMAZING USES FOR TEA BAGS!

When you've finished your cup of tea, don't throw out that tea bag!

**Had a tooth out? Get out the tea!** A tea bag soaked in cold water helps stop bleeding. Just press it gently on the affected area. Recommended by dentists!

**Hide new scratches in old wooden floors!** Brew your tea and wipe the cooled tea bag over the area to stain the scratches golden brown.

**Reduce puffy eyes!** Leave two used tea bags in the freezer until icy cold. Lie down and place one bag on each eye. Relax for 15 minutes and get up looking - and feeling - like new!

**Say goodbye to painful stinging!** A wet tea bag on an insect sting reduces pain and swelling.

**Antique white cotton and lace!** Add brewed tea bags to water and soak the fabric until desired color is reached. Very tasteful!

## WILD AND WEIRD TRIVIA

- The glue on Israeli postage stamps is certified kosher.
- The housefly hums in the middle octave, key of F.
- If your eyes are six feet above the surface of the ocean, the horizon will be about three miles away.
- Los Angeles' full name is "El Pueblo de Nuestra Senora la Reina de los Angeles de Porciuncula."
- Only one person in two billion will live to be 116 or older.
- The band Duran Duran got their name from an astronaut in the 1968 Jane Fonda movie "Barbarella."
- Ben and Jerry's send the waste from making ice cream to local pig farmers to use as feed. Pigs love the stuff, except for one flavor: Mint Oreo.
- Al Capone's business card said he was a used furniture dealer.

## NEVER LOSE YOUR CAR KEYS AGAIN!

Misplacing your car keys when you're in a hurry can be one of the most frustrating things in the world.

Well, that's about to change!

Car keys were invented about 100 years ago to foil thieves. Since that time, it has been mostly car owners who are locked out on cold, rainy nights.

That could all change if carmakers adopt the Passive Start/Entry Systems offered by Siemens AG.

When the driver reaches for the door handle, the car sends a radio signal that "looks" for a plastic card or fob in the person's wallet or purse. The card sends back a coded signal to unlock the doors and, in some cases, start the engine.

The card can do more. Seats, mirrors, radio stations, and other settings readjust to the positions associated with that particular driver.

To keep bad guys away, both the car and card change codes each time the system is activated.

# BIZARRE NEWS

**Hartland, ME** - A 23-year-old man in Hartland, Maine, was hospitalized in March after apparently attempting to commit suicide by crucifying himself. According to an account in the *Portland Press Herald*, he built a wooden cross, placed it on the floor, and nailed one hand to it. "When he realized that he was unable to nail his other hand to the cross, he called 911," said the officer who took the call. "Although I wasn't sure if the call was for an ambulance or for someone to come help him nail his other hand."

**Grand Island, NE** - If you're willing to pay the price, the Rev. Jim Keyser will say something nice. . .at your funeral. The pastor of Trinity United Methodist Church felt a tad out of place when trying to think of something work-related that he could auction at Saturday's Rotary Radio Auction. So, while bidding on gas grills, DVD players, and sprinkler systems, auction goers could also place their bid for a compliment-packed eulogy. "For an extra \$50, I'll say some really nice things," Keyser said. His eulogy offer began as a joke, but soon became a popular item. The auction has even added a package that includes a funeral urn and cremation service.

## THE SMALL CHERRY PACKS A BIG PUNCH!

Few foods pack the nutritional and healing powers of the delicious, remarkable cherry. To begin with, they are packed with vitamins C, E, and A. They are one of the best natural sources of vitamin E, and they're loaded with potassium. These are some of the amazing components that cherries contain:

**Perillyl alcohol** in cherries has been shown to block the formation of a variety of cancers, including those of the breasts, lungs, stomach, liver, and skin, according to studies at Indiana University School of Medicine and other research centers. Even in small amounts, cherries play an important role in cancer prevention.

**Quercetin** in cherries is a powerful antioxidant. It may significantly reduce the risk of stroke and cancer.

Folklore is full of reports of how cherries "cure" gout. Even today, just six cherries per day are said to relieve its pain and complications, according to *The Doctor's Book of Food Remedies* (Rodale).

When selecting cherries, look for fresh ones with green stems. Buy only the quantity you will use and don't wash them before storing.

To get the most from cherries, eat them raw, although they still have plenty of power after being heated. Try these recipes using cherries:

Cherry burgers - Ground beef mixed with diced tart cherries is catching on as a delicious health food. The burgers are juicier and have 70 percent fewer carcinogens.

Cherry topping, for pancakes, waffles, and yogurt (from *The Doctor's Book of Food Remedies*) - Combine 1 T cornstarch with 3/4 C apple juice. Heat and stir in 2 T honey and 1/2 t vanilla. Add 3 1/2 C pitted Bing cherries and 1/4 t cinnamon. Cook 4 to 5 minutes until sauce thickens. Serve warm.

## EMAIL ETIQUETTE – THE KEY RULES!

More and more of us are using email nowadays. But it's surprising how many people still don't understand basic email etiquette.

Follow these simple rules and avoid unknowingly being rude to friends or, even worse, to the boss or a client!

**DO** keep emails short and to the point without being too abrupt which can be misinterpreted.

**DO** reply promptly. If you don't have time for a proper reply, send a note to say you've got their email and will get back to them shortly.

**DO** use the bcc (blind copy) option if you're sending out a mass mailing to acquaintances. This lets you email numerous people at the same time but hides names and email addresses from view. Many people don't want the whole world to know their email address.

**DON'T** write in capitals. It's seen as SHOUTING and is considered very rude!

## COULD YOU USE \$100.00

In the past, many of you have graciously referred your friends and neighbors our way. And for that, we thank you. For your generosity, thank you. And now, in addition to our gratitude, you'll also get a token of our appreciation!

### Here's how it works:

For every referral you send our way that becomes a client, you will receive

**\$100.00 CASH!!**

By referring your friends and neighbors to us, you've helped our business grow. Offering these special rewards is our way of saying, "**thank you, you're the best!**"

Without you, we couldn't do what we do. To take advantage of our Referral Reward Program, just fill out the enclosed referral sheet and either fax or send it in. That's all there is to it!

Well friends, that's it for this month! As always, feel free to call us with any questions you may have concerning your home! We'll see you in a few weeks!

Thanks from all of us,

Target Window & Door, Inc.

P.S. Don't forget to check out our special Referral Sheet on the last page so we can help your friends and family with their window remodeling needs.

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# Here's Your Chance To...

## WIN! WIN! WIN!

Simply fill out the following information, fax or mail it in, and you'll be entered to win our monthly Trivia Challenge.

**Your Name:** \_\_\_\_\_

**Your Phone:** \_\_\_\_\_

**Your Answer (check one):** \_\_\_(a) \_\_\_(b) \_\_\_(c) \_\_\_(d) \_\_\_(e)

And don't forget the:

## Referral Reward Program!

**Fax To: 818-846-1112    Mail To: 146 W. Cypress Ave Burbank, CA 91502**

If you use this form, we will be able to make sure you get credit for all of your referrals when they become clients. If you have any questions, just give us a call at **1-800-956-7722**.

**Client Name:** \_\_\_\_\_ **Phone #** \_\_\_\_\_

**Referrals:** If you run out of room you can write on the back.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_

**Yes!** Feel free to use my name as a reference when you contact the referrals!