

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

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

800-956-7722

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## INSIDE THE DECEMBER ISSUE:

- ☞ **An Easy and Inexpensive Way to Improve Indoor Air Quality.**
- ☞ **Are You Being Spied On? Here's How to Find Out!**
- ☞ **How a \$20 Device Prevents Dangerous Auto Accidents!**
- ☞ **How to Forecast the Weather!**

## DECEMBER'S CELEBRITY BIRTHDAYS

- ✓ Comedian Richard Pryor – December 1<sup>st</sup> 1940
- ✓ Pop star Britney Spears – December 2<sup>nd</sup> 1981
- ✓ Entertainer Andy Williams – December 3<sup>rd</sup> 1930
- ✓ Basketball star Larry Bird – December 7<sup>th</sup> 1956
- ✓ Actor David Carradine – December 8<sup>th</sup> 1936
- ✓ Singer Connie Francis – December 12<sup>th</sup> 1938
- ✓ Rocker Ted Nugent – December 13<sup>th</sup> 1948
- ✓ TV news anchor Lesley Stahl – December 16<sup>th</sup> 1941
- ✓ Writer William Safire – December 17<sup>th</sup> 1929
- ✓ Movie director Steven Spielberg – December 18<sup>th</sup> 1946
- ✓ Golf pro Tiger Woods – December 30<sup>th</sup> 1970

## Thought for the Month

"Enthusiasm is the greatest asset in the world. It beats money, power and influence."

-Henry Chester

## HOW TO FORECAST THE WEATHER!

Predicting the weather can be a fun and educational experience for your whole family! To get started, you only need a basic barometer, which can be purchased at most hardware, garden, and discount stores.

Here's how to forecast the weather:

**Barometric pressure:** typically, rising barometric pressure indicates the weather is improving or that the weather will stay clear. A drop in barometric pressure indicates deteriorating conditions.

**High, wispy clouds:** if you notice these clouds forming on a sunny day, inclement weather could arrive within 6 to 12 hours.

**Scattered puffy clouds:** usually indicates fair weather. If, however, they begin to form in the late morning, a storm may develop in the late afternoon.

**Sky color:** based on U.S. weather patterns, a reddish sky at night usually means decent weather for 12 to 18 hours. A reddish sky in the morning indicates a storm could be on the way.

For even more information on weather forecasting, go to [www.intellicast.com](http://www.intellicast.com) and click on "Dr. Dewpoint".

# 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:**

**\*\*\* John & Christine Murray \*\* Linda Smith \*\*\***

**\*\*\* Ray & Josie Gonzales \*\*\***

**\*\*\* Steve & Meri Bisch \*\*\***

## **TREAT A COLD OR FLU** **THE NATURAL WAY!**

Unfortunately, modern science has not produced a cure for the common cold or the flu. When a cold or the flu hits, most folks opt for over-the-counter remedies.

Instead of resorting to expensive pills or syrups, here are a few tips on how to treat your symptoms the natural way:

Tip #1 - Not all symptoms should be treated. Annoying symptoms like a fever are part of the natural healing process. When you have a fever, your body is killing the virus and allowing germ-killing proteins in your blood to circulate faster. If you can endure a *moderate* fever 24 to 48 hours, you may get better faster. Coughing can also be a positive symptom. It clears your breathing passages of thick mucus that can spread germs throughout your body.

Tip #2 - Believe it or not, there's a specific way you should blow your nose! If you blow too hard, the pressure can carry germ-filled phlegm back into your ear passages causing further discomfort. The proper nose-blowing technique is to press one finger over one nostril while you gently clear the other nostril.

Tip #3 - Flush your nose with warm salt water. Warm salt water will ease nasal congestion and remove virus particles from your nose. Here's an excellent homemade remedy: mix ¼ teaspoon of salt and ¼ teaspoon of baking soda in 8 ounces of warm water. Using a bulb syringe, gently inject the solution into each nostril. Let it drain. Treat each nostril 2 or 3 times.

**You can find more natural remedies on page 3!**

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

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

**What was the only Elvis Presley movie that his parents appeared in?**

(a) Loving You (b) Blue Hawaii (c) Jailhouse Rock (d) Viva Las Vegas

You might be pretty "blue" if you thought the correct answer was *Blue Hawaii*... the winning answer is (a) *Loving You*. Don't forget to take this month's trivia challenge.

## **DECEMBER'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 was the name of the first Space Shuttle launched into space?**

(a) Challenger (b) Discovery (c) Endeavor (d) Columbia

## **IS SOMEONE SPYING ON YOU?**

If you're not familiar with the term *spyware*, you need to be! Spyware is a form of computer program that secretly installs itself onto your computer via the Internet. When you are online, the spyware is tracking your every move.

It sends messages to advertisers about what websites you are viewing and how long you are viewing them. If you've ever had "pop-up" ads appear on your computer while you are online, chances are good spyware is on your computer.

Fortunately, you can fight back! Simply log on to [www.safer-networking.org](http://www.safer-networking.org) and have your computer scanned for spyware. If spyware is detected, safer-networking's program will remove it for you. And the good news is this won't cost you a penny! Do the safe thing and have your computer checked today.

# **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!

- ❖ **Francois & Patricia Atallah from Murietta (REPEAT CLIENT!)**
- ❖ **Martha Eagar from Los Angeles.**
- ❖ **Mary McElwee from Ontario.**
- ❖ **David & Lou Listberger from Corona Hills.**
- ❖ **Lee & Lisa Lizarraga from Ventura ( REPEAT CLIENT!)**
- ❖ **Dave & Lori Gillem from Ventura.**
- ❖ **Carter & Tara Dyal from North Hollywood.**
- ❖ **Jim & Acension Burrell from Mission Viejo (REPEAT CLIENT!)**
- ❖ **Ayesha Lumpkin from Los Angeles.**
- ❖ **Mark & Christine Armstead from Topanga.**
- ❖ **Lee & Salley Rosenfeld from Saugus.**
- ❖ **Jason & Connie Fieffer from Garden Grove.**
- ❖ **Richard & Terrie Penticoff from Huntington Beach.**
- ❖ **Wade & Lois Hustin from Lakewood.**
- ❖ **Marlene Miranda from Cypress.**

## IS THE AIR IN YOUR HOME SAFE?

You might find this hard to believe, but studies have shown that indoor air can be more toxic and hazardous than the air outdoors. One easy and inexpensive way to improve the quality of air in your home is to regularly replace your furnace filter. Replacing the filter once or twice a year is not enough. Not only will you have unhealthy indoor air, but you could be shortening the life of your furnace.

If your furnace filter is dirty, unhealthy microscopic particles can be released into the air in your home. A dirty filter can also block the airflow in your furnace, causing the motor to overheat.

To keep your furnace running right and the air in your home clean, inspect your furnace filter every month. Hold it up to the light. If you cannot clearly see light through your filter, replace it with a new filter. If you do not replace your filter every month, replace it at least every three months.

Here are the most common types of furnace filters:

- **Panel filters** – this type is a 1-inch filter made from fiberglass. These filters are used in approximately 85% of homes, but they do little to minimize the amount of unhealthy particles that are released in the air. These filters mainly protect the furnace fan. They cost about 50 cents each.
- **Reusable panel filters** – these filters are designed to be washed and reused. Washing them, however, cannot get them completely clean, which can restrict airflow. They also do very little to catch small particles.
- **High efficiency pleated filters** – this type is designed with an electrostatic charge that catches small particles and allergens like mold, pollen, dander, smoke, etc. 99% of the unhealthy particles found in a home are less than one micron in size. These filters are 30 times more effective at catching those particles compared to panel and reusable filters. One of the top high efficiency filters on the market is 3M's *Filtrete* furnace filter.

The other type of filter on the market is the HEPA filter, which blocks sub-micron particles. HEPA filters do not fit every furnace type and often require installation by a licensed heating and air contractor.

**Installation tip** – when you install your new filter, make sure the arrow on the filter edge is pointing towards the blower motor. If the filter is installed backwards, it will decrease efficiency.

Furnace filters can be purchased at your local home improvement store.

## MORE COLD AND FLU TIPS!

**Continued from page 3...**

Tip # 4 – Instead of taking an over-the-counter syrup for your sore throat, try gargling first. Gargling will moisten a sore throat and bring relief. Take a cup of warm water, add a teaspoon of salt and gargle four times daily.

Tip # 5 – Take a hot, steamy shower. The steam will moisturize your nostrils and relax your body. If you're suffering from the flu, a steamy shower will do wonders for you!

Tip # 6 – Eat infection-fighting foods. Here's a list of healing foods: bananas, bell peppers, blueberries, carrots, chili peppers, cranberries, onion, horseradish, rice, and green tea.

Tip # 7 – Place an extra pillow under your head while you are sleeping. This will relieve congested nasal passages.

Source: Charlotte E. Grayson, MD

## **BIZARRE NEWS**

**East St. Louis, IL.** – A man and a pay phone were rushed to the hospital after he managed to get his finger firmly wedged in the coin return slot. The man was attempting to retrieve his change. Doctors gave Emanuel Fleming a painkiller and pried his middle finger loose using a wooden device and a lubricant. Fleming was trying to call his wife from the phone, but the line was busy. Fleming used his free hand to call 911. Emergency crews and a representative of the company that owns the phone arrived at the scene, but were also unable to free Fleming. Ambulance crew members cut the phone off at the base and carried the pay phone and Fleming to the hospital.

**Brussels, Belgium** – Former ambulance driver Leo Van Aert was able to use his handy first aid skills to save the life of one of his pond fish. Leo was enjoying a party at his residence when his wife noticed the fish – a spotted Japanese carp – floating on the surface of the garden pond. The koi was “acting funny,” swimming and jumping before coming to a dead halt in the water. Worried that the fish was having a heart attack, Van Aert pulled the fish out of the pond and gave it heart massages followed by mouth-to-mouth resuscitation. “After 15 minutes, the fish started to move again so I put him back in the pond. But when he fell over, I again applied mouth-to-mouth and heart massages,” Van Aert said. “That’s when the fish recovered.” Van Aert was so delighted that his cherished koi had survived, he wanted to name it after one of his grandchildren.

### **Unbelievable Laws!**

- In Oregon, people are required to remove their socks before entering the Pacific Ocean.
- Golfing with chicken heads is illegal in 17 states, frowned upon in 32 and heavily taxed in Florida and the District of Columbia.
- Beards more than two and a half feet long are forbidden by law in Altoona, Pennsylvania.
- In Rumford, Maine, it is against the law to bite your landlord.
- In Fairfield, Alabama, it is illegal to go down Gary Avenue in a rowboat.
- Fights between dogs and cats are prohibited by statute in Barber, North Carolina.
- In Oak Park, Illinois, you are forbidden to fry more than a hundred doughnuts in a single day.
- In Racine, Wisconsin, it is against the law to wake a fireman while he is asleep.
- It is illegal to catch a whale in the inland waters of the State of Oklahoma.
- Minneapolis law forbids keeping goats in an apartment, although mules may be kept.

### **THE \$20 DEVICE THAT PREVENTED 37,000 AUTO ACCIDENTS!**

About 10 years ago the Canadian government passed a law that required motorists to have their lights on in the daytime. A few years later, several Scandinavian countries caught on and passed similar legislation. Since passing the law, these countries have seen a whopping 40% drop in daytime accidents.

Recently, General Motors has equipped many of their vehicles with daytime running lights even though they are not required to do so by law. The result? The GM daytime running lights have prevented 37,000 crashes since the lights were added to their vehicles! Plus, there has been a 28% drop in pedestrian fatalities.

Daytime running lights make sense. At a cost of about \$20 per car, this is one of the most inexpensive ways you can protect yourself and your vehicle. Most auto stores even sell do-it-yourself kits. It’s a wise investment that could save your life!

## *Weird & Wild Trivia*

- Kermit the Frog is left-handed and has eleven points on his collar.
- The windmill originated in Iran in A.D. 644. It was used to grind grain.
- In ancient Rome, it was considered a sign of leadership to be born with a crooked nose.
- *Chase and Sanborn* was the first coffee to be sold in sealed tin cans in the United States in 1879.
- The custom of serving a slice of lemon with fish dates back to the Middle Ages. It was believed that if a person accidentally swallowed a fish bone, the lemon juice would dissolve it.
- Napoleon suffered from ailurophobia, the fear of cats.
- Reportedly, Virginia Woolf wrote all her books while standing.
- The surface of Venus is actually hotter than Mercury's, despite being nearly twice as far from the Sun.
- The Jif plant in Lexington, Kentucky, is reportedly the largest peanut butter factory in the world.
- The first successful parachute jump to be made from a moving airplane was made by Captain Berry in St. Louis, Missouri, in 1912.

## **COULD YOU USE ~~\$100.00~~ \$250.00?**

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!

**NOTE: Reward has increased to \$250.00 if received between November 15<sup>th</sup>, 2003 to February 1<sup>st</sup>, 2004.**

### **Here's how it works:**

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

## **\$250.00 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!