

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

www.targetwindowdoor.com

800-956-7722

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INSIDE THE JANUARY ISSUE:

- **Protect Your Family from Dangerous Carbon Monoxide**
- **How to Give Your Child A Longer Life**
- **Lift Heavy Furniture without Ruining Your Floor**
- **Avoid Being Victimized By Computer Viruses, Hoaxes and Legends**

**** DON'T FORGET- THE REFERRAL REWARD HAS **
INCREASED FROM \$100 TO \$250 THRU
FEBRUARY 1ST, 2004.**

THOUGHT FOR THE MONTH

*"The thing always happens that you really believe in;
and the belief in a thing makes it happen."*

Frank Lloyd Wright, Architect

JANUARY'S CELEBRITY BIRTHDAYS

- ✓ American Patriot Paul Revere – Jan. 01, 1735
- ✓ Writer J.R.R. Tolkein – Jan. 03, 1892
- ✓ News Reporter Katie Couric – Jan. 07, 1957
- ✓ Musician Dave Matthews – Jan. 09, 1967
- ✓ Indy Car Racer A.J. Foyt – Jan. 16, 1935
- March of Dimes – January, 1938

New Year's Resolutions

Don't try everything at once! There's a temptation, with the New Year, to run off a list of everything you have ever wanted to change. Don't fall for it! You'll have better luck fulfilling one or two goals rather than fifty. You can always add new resolutions to your list later. Take one thing at a time.

FROM ALL OF US AT

Target Window & Door, Inc.

We would like to wish you and yours:
**A Healthy, Happy
&
Prosperous New Year!**

BIZARRE NEWS

Washington Co., GA - Angela Bridges filed a lawsuit in June against the Regional Medical Center and a doctor for failing to clean her wound properly. She fell into some shrubbery in her yard, cut her leg, and reported to the emergency room for cleaning and suturing. Nine months later, another physician found that a small boxwood twig, with five thriving green leaves, had broken through the sutured skin.

Oakland, CA – The Oakland Tribune reported in November 2003 that a City of Oakland Building Inspector's employee, fired in February 2002, took a government car (with logo) with her when she left. No one noticed it was missing for 18 months, until the ex-employee had accumulated \$1,500 in traffic tickets. At that point, the owner of the car was called to get the car out of the impound lot.

Springfield, IL (AP) The former Raymond Allen Gray, Jr. shall now be known as Bubba Bubba Bubba. He has been referred to as "Bubba" since he was a child so he feels the name change won't be hard to get used to.

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:**

***** Alejandro & Socorro Vasquez ** Alex Gamboa *****

***** Elizabeth French & Laurel Fisher ** Lee Rosenfeld *****

***** Bruno Moro *****

HOW TO GIVE YOUR CHILD A LONG LIFE

According to the Wall Street Journal, the health decisions parents make now could determine whether their kids live to 50, 80 or beyond. Doctors have found fatty streaks forming on the aorta in children as young as age three. And, by age 10, there may be damage to coronary arteries.

In some cases, childhood presents the only opportunity to markedly influence certain aspects of adult health. Growth and cell division in many parts of the body occur only in childhood. This is why foods and nutrients that children consume in their early years can influence lifelong health – a concept known as “metabolic programming.”

Eating behavior and food preferences are perhaps the biggest determinants of long-term health, and are primarily decided in childhood and adolescence. What we eat as adults has already been strongly programmed by our experiences in childhood, making us resistant to change as adults.

Kids sometimes turn up their noses when offered nutritional food. Stay with it. Infants normally need to be offered a food two or three times before accepting it. Toddlers need to be offered a new food 5 to 10 times before showing a preference. Stick with the “rule of 15” suggests Susan Roberts, Tufts University Nutritionist and co-author of “*Feeding Your Child for Life Long Health.*” Offer a food at least 15 times, giving your child time to develop a taste for it. Wait a few days or weeks and continue offering the healthy food.

There's a strong argument that childhood exercise can affect longevity. Kids who exercise are less likely to be overweight at a young age, which can influence health later in life.

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Are YOU This Month's Trivia Contest Winner?

Guess Who Won The December's Trivia Question?

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

What was the name of the first Space Shuttle launched into space?

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

Did you "Discover" that the great "Endeavor" was not the Columbia but was the Challenger? The Challenger was launched on January 28, 1986 at 11:38 a.m. EST.

JANUARY'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 will be the winner of:

!!! 50.00 CASH !!!

Who said "When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years."?

(a) Winston Churchill (b) Nicholas Cage (c) Mark Twain (d) Dr. Phil

DID YOU KNOW?

You can check out current information on computer viruses, net hoaxes, and legends. If you are suspect of e-mails that you are receiving, check out the websites at www.urbanlegends.com

Your office microwave has all kinds of interesting smells and stains. People often think that cooking something in a microwave kills germs because it "radiates" the food, and the heat kills the germs. These microwaves are havens for germs. When food gets splattered on the walls and ceiling, it can fall into your food later. You may find yourself with an upset stomach, or even worse, in the emergency room.

So, to keep your microwave clean, make a solution of 1 cup of water and 2 tablespoons of baking powder in a four-cup microwave-safe container. Let the mixture boil in the microwave for 4 to 6 minutes, then wipe walls and door clean with sponge or cloth.

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!

- ❖ **Florencio & Vangie Reyes from Los Angeles.
(Referred by Bruno Moro – THANKS!)**
- ❖ **Betsy Hatfield and Betsy Arter from Garden Grove.**
- ❖ **Karen Weimer from Pacoima – (REPEAT CLIENT!)**
- ❖ **Catalina Soria from Piru.**
- ❖ **Karen Harwood from Los Angeles – (REPEAT CLIENT!)**
- ❖ **Pat & Dee Alcorn from Sierra Madre.**

Your Day’s Not So Bad!

- A woman found her husband shaking frantically in the kitchen with what looked like a wire running from his waist towards the electric kettle. Intending to pull him away from the deadly current, she whacked him with a handy plank of wood by the backdoor, breaking his arm in two places. Until then he had been dancing while listening to his Walkman.
- The average cost of rehabilitating a seal after the Exxon Valdez oil spill in Alaska was \$80,000. At a special ceremony, two of the most expensively saved animals were released back into the wild amid cheers and applause from onlookers. A minute later they were both eaten by a killer whale.

When Is It Time To Get A New Appliance?

How long should you hold onto an appliance before you replace it?

Old appliances are costly to run and much less efficient than newer models. Even if your old appliance is working properly, you could be throwing hundreds of dollars down the drain in wasted energy each month.

You should replace your appliances as they reach these ages: refrigerator 14 years, washer about 11 years, dryer 13 years, dishwasher 13 years, and a hot water heater every six years.

You will save money on utility bills and you will get to enjoy the latest features on these new models.

IS THIS ODORLESS DANGER LURKING IN YOUR HOME?

You can't see or smell it, but it has the potential to make you very ill or even worse.

Carbon monoxide is present whenever any fuel such as gas, oil, kerosene, wood or charcoal is burned. If appliances that burn fuel are maintained and used properly, the amount of carbon monoxide is usually not hazardous. On the other hand, if appliances are not working properly or are used incorrectly, dangerous levels of carbon monoxide may build up in your home.

The following will help ensure your family's safety:

- * Know The Symptoms Of Carbon Monoxide Poisoning
 - Moderate Levels: Severe headaches, dizziness, mental confusion nausea, or fainting.
 - Low Levels: Shortness of breath, mild nausea and mild headaches.
- * What To Do If You Think You Have Been Exposed To Carbon Monoxide
 - Get fresh air immediately. Open doors and windows and turn off combustible appliances and leave the house.
 - Go to the emergency room. It can often be diagnosed by a blood test.
- * Prevention Is The Key To Avoiding Carbon Monoxide Poisoning
 - Have your home inspected by a trained professional at the beginning of the heating season.
 - Whenever possible, choose appliances that vent their fumes to the outside.
 - Check out these links EPA's IAQ INFO Clearinghouse or the Consumer Product Safety Commission for more information.

When placing carbon monoxide detectors in your home, consider them protection, not replacement, for proper use and maintenance of fuel-burning appliances. It is important to know that the technology of carbon monoxide detectors is still developing. Look for UL certification on any detector you purchase.

Before purchasing a detector for the first time or replacing an old one, know the real facts. Log onto consumersunion.org, www.ul.com, and www.aga.org - so that you can make an informed decision.

MORE HEALTHY EATING TIPS

Continued from page 2...

Take control without controlling by following the suggestions listed below.

- Guide, don't dictate.
- Bring in sodas, snack foods, fast foods on special occasions and allow the kids to have control over eating what and how much they want.
- Food is neither a punishment nor a reward
 - Don't send a child to bed hungry
 - "Dessert if you eat all your vegetables" sends the wrong message
- Fill cupboards and refrigerator with healthy foods.
- Don't watch TV while eating.
- Gradually limit TV and computer time.
- Exercise
- Take those walking shoes out of the closet and start with a fifteen minute family walk each day.
- Parents who exercise are more likely to have kids who exercise.

Weird & Wild Trivia

- More than 2,500 left-handed people are killed every year from using right-handed products.
- The average person will spend 2 weeks over their lifetime waiting for traffic lights to change.
- In ancient Rome, gold salves were used for the treatment of skin ulcers. Today, gold leaf plays an important role in the treatment of chronic ulcers.
- In trucking circles, a "bumper sticker" is a tailgater who is following another vehicle too closely.
- The king of hearts is the only king without a moustache on a standard playing card.
- The military salute is a motion that evolved from medieval times, when knights in armor raised their visors to reveal their identity.
- To clean tarnished copper bottoms pots and pans, spread a little ketchup onto the bottom. Let it sit for about one minute. Wipe it clean and rinse.
- It takes a lobster seven years to weigh one pound.
- Actress Veronica Hamel was the first choice to play Kelly Garrett on TV's *Charlie's Angels*. Hamel rejected the part, and Breck shampoo model Jaelyn Smith was ultimately hired.

STUDENT LOAN DEBT FORGIVEN

The federal government is willing to help you get rid of your student loans.

Congress passed a bill that will forgive student loan debt up to \$10,000 per year and \$60,000 over your career if you work for the federal government.

The U.S. Department of Education has eligible schools all around the country that will eliminate a portion of your student loan for each year that you teach.

If government work or teaching is not the route you are considering then check out several of the volunteer organizations such as AmeriCorps, Peace Corps or VISTA.

Many law schools forgive the loans of students who serve in public interest or non-profit positions.

And, let us not forget those who serve in our military forces. There are student loan programs for the military that forgive up to \$10,000. The military and veterans' associations offer scholarships and tuition assistance.

Check out www.finaid.org for all the paths to forgiving student loans.

GREAT BUYS

Lifting Lever Raises Furniture Without Ruining Floor

Lifts up your heavy appliance or furniture so you can clean, fix the rug, or slip a few sliding pads underneath. Raises up to 250 lbs. 2" off the floor without straining just step on it! Heavy duty steel lever includes a pivoting base plate with foam pad that helps prevent marring of floor. Foot pedal also pivots. \$7.99

Expandable "Fat" Hangers Keep Shape Of Sweaters & Knits As They Drip-Dry

You can't use a regular wire, plastic or wood hanger to drip-dry or hang a sweater, knit or silk blouse it leaves unsightly stretch marks and bulges in the shoulder areas. Instead, these wide, expandable, polypropylene hangers feature broad, rounded ends that support without making a "lasting impression"! Plus, holes allow for faster drying. Expand from 14-3/8" to 21" wide. Buy 2 or more sets for \$8.99 each.

For more Info check out improvementscatalogue.com

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 15th, 2003 to February 1st, 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!