

Air Travel Tips

Thinking of taking a winter vacation? Or visiting your family for the holidays? Well, if you are—you're not alone. Winter is typically a busy time for the airlines and this year should be no exception.

Here are some tips to help make your air travel pleasant and stress free:

- **Get to the airport early**—preferably two hours before your flight. If you have excess luggage, tack on an extra 15 minutes.
- **Dress for the security check.** Choose clothing without metal pieces like grommets, metal zippers or metal buttons. This also includes your shoes. Eliminate costume jewelry if possible—in short, eliminate anything that might cause the “beeper” to go off.
- **Keep a close eye on your belongings.** If you have a long layover and you don't want to “lug” your carry-on with you, look for a coin-operated locker.
- **Dress in layers and dress comfortably.** Remember, you will be going from the airport, to ground transportation to your destination, exposing you to varying temperatures and climates.
- **Bring paperback books or magazines.** Since personal cassette and CD players with headphones are allowed on the plane, consider bringing music or books on tape. They will help to pass the time.
- **Increase your water intake 48 hours before flying.** Flying is very dehydrating, so consider carrying a bottle of water with you



on the plane. Another good idea is to bring chapstick for your lips.

- **Focus on breathing for five minutes each hour.** Remember to breathe in and out. This will help to relax any tense muscles.
- **Stretch.** Get up and walk around when possible. Wiggle your fingers and toes. Gently shift your weight from one side to the other, then to the center. Relax your head down to your chin, gently shrug your shoulders and release. You don't have to be obvious but doing these little exercises will help relieve any stiffness you might experience.

Air travel can be stressful but following these tips should keep your stress level down and your energy level up! ♦



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In & About . . . Dwight & Sons

SPECIAL PROJECTS

Dwight & Sons teams up with Habitat for Humanity!

Always ready to reach out and lend a hand to the community, Dwight and his crew (including Dwight's own two sons) recently assisted with siding the second home in an 11-lot *Habitat for Humanity* subdivision off the Kancamagus Highway, Conway, New Hampshire.

"We're donating the labor and the material is being done at a reduced cost from Alcoa and Applicator Sales, the distributor," said Dwight Kimball, during the project. Dwight plans to be involved with other *Habitat for Humanity* homes in the future. "I just think it's a good way to help give back and help out in the community," he said, in a recent newspaper interview. ♦

TAKING THE NEXT STEP

Dwight & Sons attend Training Conference.

In early October, Dwight & Sons attended the "4 P's of Success" conference held in Chandler, Arizona. The conference was hosted by the Certified Contractors NetWork (CCN), an international organization dedicated to the development of professional business practices for its construction contractor members. CCN provides its members with training in sales, production and administrative activities via quarterly national meetings.

"We attended the fall conference even though it's our busy season because we recognize the importance of developing the skills that make us

better at providing the services and products to our customers' needs and wants," said Dwight Kimball. "It's what gives us the edge on our competition in delivering these services."

CCN members are contractors who have taken the next step to becoming strong, sound providers of the highest caliber service through on-going customer relationships. CCN member businesses take a pledge to observe the highest standard of integrity, frankness and professional responsibility in dealing with their clients by:

- avoiding false promises in their advertising claims
- maintaining all required licenses and strictly adhering to applicable local codes
- certifying their installers through manufacturer training
- providing product and labor warranties
- and being responsive to customer service calls.

Just another part of Dwight and Sons' commitment to 100% Customer Service Satisfaction. We're here for you, so call us anytime for a free consultation. **1-800-238-1137**. With Dwight and Sons, you'll do it once and do it right. Because we do it right—the *first* time. ♦

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Look for us on the web at www.dwightandsons.com.

Get tips and news about the latest trends in exterior home improvement. Log on, learn something new or get direct answers to your questions about your home! ♦



Around the House

Q "Oh, no! Someone spilled red wine on my carpet. How will I ever get the stain out?"

A Don't despair...here are a few home remedies that should help you get rid of that stain.

- Sprinkle a generous amount of salt on the spill, then vacuum.
- Blot the stain with a clean cloth and sponge with water. Apply

carpet shampoo to a sponge and work it into the stain. Then sponge again with clean water. Repeat until the stain disappears.

- For stubborn stains, apply glycerin diluted in equal parts warm water. Let it stand for one hour, then sponge with clean water and blot.
- A few drops of denatured alcohol on a sponge should remove old stains.

A word of caution, though—always spot-test an area first. ♦

Winter Safety On Wheels

With the onset of winter comes a concern about travel safety, especially travel by automobile. Snow and below freezing temperatures add up to icy roads and treacherous driving. There are a few simple precautions that you can take, however, to minimize your safety risk.

■ **Service your car now before winter gets too strong a hold.** This includes a tune-up, if needed, checking your battery and charging system, checking the cooling system to make sure that your anti-freeze meets the temperature requirements for your area and making sure that your windshield wipers are in good working order.

■ **Keep your gas tank full.** If you get stuck or stranded, the engine will be your only source of heat. Of course, don't forget to crack the window in this situation. Also, warm daytime temperatures will fill the empty space in the tank with moisture. The moisture, in turn, will condense during the cold night. The water will eventually sink to the bottom and sooner or later cause the gas tank to rust. Not a good thing!

■ **Make sure your windshield washer reservoir is full.** You need to see where you are going and you use your windshield washer more in the winter than in the summer. Consider keeping an extra bottle in the trunk for emergencies.

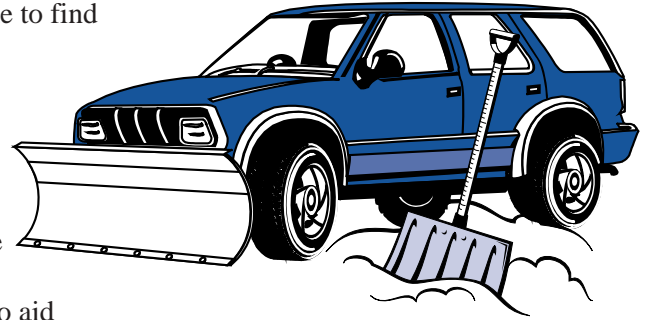
■ **Make sure your rear window defroster works.** Driving in the middle of a snow-

storm is not the time to find out.

■ **Carry basic supplies in case of an emergency.**

Snow brush and ice scraper, a bag of sand or kitty litter to aid with traction, a shovel, extra winter clothes, boots and a blanket. Of course, your car should always be equipped with an "emergency kit"—flares, battery cables, flashlight, etc., as well as a first aid kit.

■ **Make sure you have your cell phone and that it is charged.** And that you have



your adapter. Have your phone programmed so that #1 on the speed dialer connects to 9-1-1.

Following these tips this winter should alleviate some of that *winter travel concern* and leave you prepared for any emergency! ♦

Are You Ready?

The Old Farmer's Almanac says 'brace yourself for a long, cold winter!' Saving our customers energy, money and adding beauty and value to their homes has become a Dwight & Sons' *Tradition of Excellence*. We have another "exclusive" to keep our valued customers warm and cozy all winter long...

SPECIAL LIMITED TIME OFFER

Get 0% interest and no payments for 12 months when we install your choice of a beautiful *Great Lakes Bay or Bow window* in your home! This is a limited time offer on approved *Great Lakes Window credit applications only*. Offer ends **December 15, 2002**.

Dwight and Sons is proud to be the *Mount Washington Valley Area's Exclusive Dealer for Great Lakes Window, Inc.*, the nation's premier maker of custom vinyl windows and

patio doors. These vinyl windows and doors are unsurpassed in design, energy efficiency and functional beauty.

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- Crafted with elegant detail
- Built for maximum security
- Engineered for energy efficiency
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- Performance guaranteed to last
- Available in colors and wood grain finishes to beautifully complement any decor, from traditional to contemporary

Don't wait—call today! ♦
1-800-238-1137



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Best Wishes

for a

*Happy and Healthy
Holiday Season*

from

All of Us at Dwight & Sons!