

UNDER CONTROL DIRECT

Organizing News to get you out from under and the products and services to move you ahead

Fall/ Winter 1998

UNDER



CONTROL

LETTER FROM THE PUBLISHER

Welcome to the new format for **UNDER CONTROL DIRECT!**

For regular readers of my newsletter, you will notice a change. I hope you enjoy the new layout. For new readers, I also hope you find it useful. In any case, you know I love feedback, so keep those calls and notes coming in. As usual you can reach me at 914-923-1057 or send me a fax at 914-923-4073. One of these days, I'll get online. However, "snail-mail" still works. Send your notes to:
UNDER CONTROL
5 Pocantico Road
Ossining, NY 10562

If there is anything special you would like me to cover in future issues, I want to know that, too. In the meantime, enjoy the fall foliage and stay warm as the temperature drops when winter rolls in.

And remember to get **Under Control** when it all seems out of control.

Marcia Sloman, Publisher

X The 11th Hour

*** CONTEST ***

There were **two winners** of last issue's contest for the origin of the expression "11th hour".

Pat Kaufman of Mahopac says it is from the Bible: Matthew 20 verse 1-16.

Kathy Albano of South Salem says it is from the World War I Armistice signing, at the 11th hour, on the 11th day, the 11th month.

Then, what does the "11th hour" mean? Caller #1 wins a gift from UNDER CONTROL.

Stressless Packing for your Holiday Travel by Marcia Sloman

Soon, the holiday season will be near and many of you are planning to "get away." Whether your vacation is with or without children, **packing** always seems to add a certain amount of stress into the travel package. Even if you are a last minute packer, you need not be a last minute **planner**. With some planning, even last minute packing goes faster, more easily and with less stress.

To start, a checklist is always helpful. Modify this checklist to suit your travel plans:

- Toiletries in leak proof container
- Bathroom amenities such as towels
- Reading material, Travel log/diary
- Directions, luggage tags
- Travel Entertainment
- Camera, adapters, converters
- Glasses/ Sunglasses
- Special cleaning supplies, Iron
- Swimwear, footwear and coverups
- Sleepwear, robe
- Undergarments
- Outfits including leg/footwear, accessories, handbags, shoes, boots
- Jewelry
- Jackets, outerwear, gloves
- Clock
- Umbrella, rainwear
- Exercise-wear
- Travel Comforts such as neck pillow
- Health kit/ First Aid Kit with pain relievers, thermometer, bandaids, prescriptions, tweezers, tissues, sunscreen
- Emergency provisions such as flashlight, batteries, sewing kit
- Spare duffel bag to carry home gifts and other shopping spree items
- Zip lock bags for wet items, Plastic bags for laundry and/or garbage

(continues in next issue....stay tuned)

5

POCANTICO
ROAD

OSSINING, NY
10562

TEL
914.923.1057

FAX
914.923.4073