

What's Inside This Month?

Thoughts from Tim Puliz

- Funny Signs
- Pantry Revised
- Four Tips for a Safe Thanksgiving Meal
- Too Much Stuff
- Get Out of Your Slump
- Win \$20 gift card to Starbucks!*
- November SPECIALS!*

Fight Depression with Vitamin D

Researchers in the Netherlands found that lower levels of vitamin D were strongly associated with depression among older people. This connection was strong even when corrected for age, gender, smoking, general health, physical activity, and geographic location. Those seniors in the study who reported either minor depression or major depressive disorder had blood levels of vitamin D that were 14 percent lower than those in the study who were not depressed.

Low levels of vitamin D are common, especially among the elderly. A majority of women (57%) and many men (39%) have low levels of this vitamin. Researchers suspect that vitamin D helps transmit nerve messages in the brain. A low level of vitamin D could lead to a negative change in the way the brain processes these messages, which could lead to depression. There is strong evidence that extra exposure to sunlight, which increases levels of vitamin D, helps treat some types of depression. Supplements may also help.

If you think you might have a low level of vitamin D, talk to your doctor. You can have your blood level checked. If it is low, your doctor can suggest the best way to increase your intake of this vitamin.

Travel Tip

Although an infant can sit on your lap during a flight, the safest way for a baby to travel is in a car seat. Before bringing your seat to the airport, be sure to check the base or back of the seat for an FAA approved sticker. If you don't see one, you will have to contact the manufacturer to find out if your seat is approved for airplane use.

Thoughts from Tim Puliz

Does *your* dog talk? Seems a preponderance of precocious pooches are popping up weekly on the news, caught by "Mom" or "Dad" saying such nuggets as "I love you," "Mama" and the ever-common, "Where's the beef?"

Okay, maybe not the later, but give these doggies (and their amazingly-persistent teachers) time and I wouldn't be surprised to find it's true. It's not just our canine pals, either. Felines, as well, are filmed for their vocalizations and antics and "YouTubed" for the world to enjoy; and enjoy it we do -- by the millions.

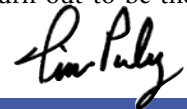
The way I see it, it's nice to take a break from a stressful day and spend 60 seconds with a Miniature Pinscher or a Siamese diva and their variety of vocal ramblings. I defy you not to smile; let alone, laugh out loud.

There's something about these heart-felt tail-waggin' clips that rejuvenate us and remind us not to take life too seriously. Often we derive as much delight from the critter's eagerness to please and adorability factor as we do from the yippy pronunciation of pronouns.

Interestingly, it seems that parrots and parakeets are pretty much old news on the pet-yapping front unless they can also juggle at the same time or serve coffee (what do you want to bet that both of these scenarios actually exist)?

You know in all the hoopla that rushes in this time of year, it is easy to begin to feel overwhelmed. We are here to conveniently help you deal with your data and storage issues so you can relax on that front, but it's also nice to take a few moments here and there and appreciate those furry and/or feathery pals in our lives -- whether they are in our laps or on our computer screens.

Meanwhile, may your November turn out to be the cat's meow!



Have A Question For Us?

We love to hear from all our good friends and clients who enjoy reading our monthly newsletter. If you have a question related to off-site document storage, shredding, or media vaulting, please feel free to give us a call or send us an email - info@pulizrecords.com.

702.331.8206 -Las Vegas • 775.332.2949 -Reno

***** PURGE COUPON *****

1st 10 BOXES FREE

with every Purge over 50 boxes in November!

Funny Signs

In a restaurant: "Open seven days a week and weekends."

On a ski lift in Taos, New Mexico: "No jumping from the lift. Survivors will be prosecuted."

At a Santa Fe gas station: "We will sell gasoline to anyone in a glass container."

On a Maine shop: "Our motto is to give our customers the lowest possible prices and workmanship."

At a zoo in Budapest: "Please do not feed the animals. If you have any suitable food, give it to the guard on duty."

On the grounds of a private school:
"No trespassing without permission."

A poster on a bulletin board: "Are you an adult that cannot read? If so, we can help."

Fitness center sign: "Self esteem is feeling good about yourself--regardless of the facts."

At an optometrist's office: "If you don't see what you're looking for, you've come to the right place."

At a car dealership: "The best way to get back on your feet--miss a car payment."

Outside a muffler shop: "No appointment necessary. We can hear you coming."

A sign in a maternity clothes store:
"We are open on Labor Day."

Two signs found on top of one another in a diner:
"Restrooms to the left. Please wait for the hostess to seat you."

A sign in front of a macadamia nut factory in Hawaii:
"Caution: Nuts crossing road."

On a plumber's truck: "We repair what your husband fixed."

At a pizza shop: "7 days without pizza makes one weak."

To love oneself is the beginning of a life-long romance.
— Oscar Wilde

You yourself, as much as anybody in the entire universe,
deserve your love and affection.
— Buddha

Green Living

Your garage can harbor a buildup of hazardous substances in the air. These can include carbon monoxide from vehicle engines, and fumes from pesticides, paints, and other hazardous household chemicals. To protect your family, inspect the seal on the door connecting your garage and your home. If there is any leaking air, install weather stripping to the door frame. You can also install a rubber sweep to the bottom of the door to prevent air leakage.

November Events

- 1 National Authors' Day
- 2 Plan Your Epitaph Day
- 3 Cliché Day
- 4 Use Your Common Sense Day
- 5 Sadie Hawkins Day
- 6 Daylight Saving Time Ends
- 7 Job Action Day
- 8 National Parents as Teachers Day
- 10 Guinness World Records' Day
- 11 Veterans Day
- 13 World Kindness Day
- 14 World Diabetes Day
- 14 World Orphans Day
- 15 I Love to Write Day
- 16 International Day for Tolerance
- 17 Great American Smokeout
- 17 Homemade Bread Day
- 19 Family Volunteer Day
- 20 Universal Children's Day
- 21 World Television Day
- 24 Thanksgiving Day
- 25 Native American Heritage Day
- 29 Electronic Greetings Day
- 30 Computer Security Day
- 30 Stay Home Because You're Well Day

Astrological Sign:

Scorpio (Oct 24-Nov 22) &
Sagittarius (Nov 23-Dec 22)

Flower: Chrysanthemum
Birthstone: Topaz



November is also:

- American Diabetes Month
- Aviation History Month
- Banana Pudding Lovers Month
- Diabetic Eye Disease Month
- Gluten-Free Diet Awareness Month
- Lung Cancer Awareness Month



Internet Non-Retail

If you are looking to save money, one website you should not miss is RetailMeNot.com. This easy-to-use site lets you search through online coupons to find great deals. There are even coupons you can print and use at stores like Target and Old Navy. Retail Me Not is easy to navigate and gives you the ability to search by store or category. Users report back on whether the coupon was successful, giving each coupon a success ranking and the average saved. Be sure to check this website every time you are making a purchase online.

SAVINGS

RetailMeNot.com

Check Your Engine

Since 1994, cars and trucks have been required to have an on-board diagnostics system to ensure proper emission-control system operation. If your vehicle shows any signs of having an emission problem, your "Check Engine" or "Service Engine Soon" light will glow. It is intended to inform the driver that a problem has been detected and vehicle service is needed.



It can be tempting to ignore this light. After all, your vehicle continues to drive in what seems like a normal fashion, and there seems to be no immediate need to take it in for service. A steady warning light indicates that something is amiss and the vehicle should be brought in for service as soon as is convenient. It is not an emergency situation, but should be addressed within a few days. However, a blinking warning light should be heeded immediately. A vehicle with this light flashing should be taken in for service at the earliest opportunity.

Possible causes of warning light activation include an overheating catalytic converter, an oxygen sensor malfunction, a fouled spark plug, a loose gas cap, or up to a hundred other causes. The glitches that activate this light are usually those which a driver would not detect. They can often lead to other problems if not addressed promptly, including fuel inefficiency, a shortened engine life, or expensive repairs.

Your best bet is to take a reasoned response. It is not a cause for panic, but should not be ignored either.

Pantry Revised

Is your pantry getting away from you? It may be time to do a purge and clean. Discard items that are expired or stale. If you haven't used something in three months, you probably are not going to use it. Plan some meals that use the rest of the food in your pantry to give you a clean start. Once you've gotten rid of the lingering items, you can focus on stocking up on food that you use more often.

Four Tips for a Safe Thanksgiving Meal

1. Buy your foods from a reliable source. All perishables should be promptly and properly refrigerated.
2. Clean your hands and all surfaces that have been in contact with raw meat or eggs before touching anything else. This includes cutting boards, knives, utensils, and countertops.
3. Your turkey should not be stuffed until right before entering the oven, and your oven temperature should be set to no lower than 325 degrees.
4. Promptly refrigerate all leftovers in tightly covered containers. If food has been left out longer than two hours, it should be discarded. Refrigerated stuffing should be eaten within two days; refrigerated turkey should be consumed within three to four days.



Win \$20 gift card to Starbucks!

Each month we'll give you a new challenge of some type. All those who reply with a correct answer are eligible to win. At the end of the month we'll draw a lucky name.

Here is this month's challenge:

Riddle: What occurs once in every minute, twice in every moment, yet never in a thousand years?

Last Month's Answer to: *I'm light as a feather, yet the strongest man can't hold me for much more than a minute. What am I?*

BREATH

Email your answer to info@pulizrecords.com



*** VAULT COUPON ***
1st Month FREE
for every new Vault customer!

Too Much Stuff

Most people today have too much stuff. We all know that it takes up space in our homes, but we don't often consider how much money it costs us as well. There are many hidden costs associated with the accumulation of items. Most obviously are storage costs. Since 1970, the size of the average American house has increased nearly 40 percent--not because of increasing family size, but because of an increase in household goods. Not only does this require a larger house payment, but also results in higher taxes, higher heating bills, larger cooling bills, and increased upkeep costs.



To curb these buying habits, it is important to think ahead. Before venturing out to shop, make a list of exactly those items you need to purchase. Ask yourself if each one is a need or a want. If it is a want, try to delay it until you absolutely need it, or until you've saved up the funds to buy it without using credit. You may also try shopping with a set amount of cash, keeping this limit in mind to help prevent impulse buying. During the month, keep track of your spending, so that you know how much you've spent on non-necessities. A budget made ahead of each month can also help curb these types of purchases.

So how do you break the cycle of too much stuff? It takes a reality check and some determined self-examination. Many of us purchase things because of what we see around us--our neighbors, family, and friends are buying new things, renovating their kitchens, purchasing a boat--and this leads to a desire to do the same. We may also be attracted to convenience or be prone to impulse shopping.

Most importantly, consider each purchase carefully. By stopping and evaluating your purchases before you make them, you will often find that you could forgo a purchase and still be content with what you have.

Get Out of Your Slump

If you find that you are suffering from neck soreness and tightness, shoulder pain, headaches, or even migraines, you may need to examine your posture. Researchers have found a definite link between poor posture and headache frequency. Poor posture can lead to muscle tension and spasms. Because your head can weigh up to ten pounds, any imbalance found on top of your neck and shoulders will lead to spinal and muscular tension, resulting in muscle tightness. This pain is then referred to the back of your head. Research into the causes of migraines has shown a connection between neck pain and these types of headaches as well. Doctors believe that irritation in the neck and upper shoulder area can trigger migraines.

Many people are genetically and structurally predisposed to migraines. However, if you find that you are having headaches at the end of the day, you may need to evaluate your posture. In clinical trials, people who did posture and strengthening exercises reduced the frequency of their headaches.

It only takes a few simple steps to improve your posture. Start by "checking-in" to evaluate your posture several times a day. If you find you are slumping or slouching, focus on aligning and lengthening your spine. When walking, try to maintain a tall posture, stretching your spine up through your back, shoulders, and neck. Try imagining a string at the top of your head that you can pull up to balance your head over your shoulders and to straighten your spine.

When at work, sit tall without hunching over. Regular breaks away from your computer will help you release stored tension. Incorporate some simple stretching routines into your day. For example, you may try stretching your neck by tilting your head from side to side and then forward and backward. To stretch your shoulders, pull them towards your ears, and then drop them down in a relaxed position, repeating this several times. By improving your posture and using some concentrated relaxation techniques, you can reduce the chance that you will leave work with a stiff neck, tight shoulders, or an aching head.



BITS and PIECES is a free monthly newsletter from your friends at

1095 Standard Street Reno, Nevada 89506; 775.785.2365

3833 Octagon Road, N. Las Vegas, Nevada 89030; 702.643.7667

