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*Win \$20 gift card to Starbucks!
December SPECIALS!*



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Traveling Babies

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.

Poinsettia and Latex

Despite its popularity, the poinsettia plant has a reputation as a poisonous plant. A recent poll of 1,000 Americans found that 50 percent of those polled believed poinsettias are toxic if eaten.

- Ohio State University conducted tests on all parts of the plant, including the leaves and sap. Researchers there concluded that the poinsettia is non-toxic to both humans and pets.

Although it hasn't been shown to be toxic, poinsettia plants still should not be eaten. For some people, especially children, ingesting the leaves can cause discomfort. The milky white sap of this plant is also irritating to the skin, so be sure to wash your hands if there is any exposure to this liquid. Those allergic to latex may also find that their skin is irritated by contact with the plant, as poinsettias belong to the plant family that is associated with latex.

Thoughts from Tim Puliz

I'm willing to bet that December is the month with the most "To Do" lists. This year it's occurred to me that I should make a "To Don't" list as well. Yep, you read that right.

The "To Don't" list will be there to remind me not to get overwhelmed by the "To Do" list. On my "To Don't" list of what I won't do this December, for starters, is to not worry too much about holiday decorations. As far as I'm concerned, if we've got a tree, or a menorah or a wreath, we're officially in the game.

Another thing on my "To Don't" list is to not expect to find that perfect gift for anyone. I firmly believe that each year there are only 17 people on the planet that bestow perfect gifts. So I must be mindful that the odds are very low that I'll be the perfect gift-giver this year . . . ah, I feel less stress already.



I will do my best this year, like always, but I will make another point on my "To Don't" list: Don't worry about it! The things we most remember about past holidays are being surprised when an unexpected cousin or sibling appeared at our front door, the fun we've had kibitzing about the years gone past, oh – and the time Aunt Betty burned the cranberry sauce but rescued the bird!

We hope you enjoy your season—if not with an official "To Don't" list, then at least with a little less on your "To Do" list this year. Oh, one thing you can scratch off your "To Do" list is any concern you have over information security. We've got that "To Done" for you!



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.

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Tracking Santa's Sleigh

Since 1955, the North American Aerospace Defense Command (NORAD) has been using their radar system to track Santa's whereabouts as he travels on Christmas Eve. Today, sophisticated tracking equipment monitors the infrared heat signal being emitted by Rudolph's nose. To learn more about how to track Santa, along with holiday history, music, and other fun, visit Noradsanta.org. Also, beginning at 7:00 am MST on December 24th, Santa trackers will be available to personally talk with you toll-free at 1-877-HI-NORAD.

Frugal Christmas

A boy in a poor family had asked his father every year for a Christmas tree. This year was no different. The boy begged and begged, but his father only said, "I just don't want to have to pay for a tree."

Finally, the father was unable to stand his son's whining, so he picked up an axe and went out the door. He returned in an hour with a large, beautiful Christmas tree.

"Where did you cut it down?" asked the boy.

"I didn't cut it down," replied his father. "I got it at the tree lot."

"Then what did you need the axe for?" his son asked.

"Because I didn't want to pay," explained the father.

Scams Targeting Seniors

Seniors are often contacted by companies or individuals offering services and support. While many of these are legitimate, it is important to be aware of scams targeting seniors. Many of these scammers call themselves "senior specialists." They claim expertise in providing financial services to those 55 years and older. Often they will offer seminars where they review seniors' assets and suggest alternatives to the investments currently held by those individuals.

If you or a loved one is approached by a "senior specialist," be cautious. Ask to see their credentials or license. You should also never make an investment decision if you feel pressured to act quickly. Always review paperwork before signing anything. If you are unsure of the legitimacy of the person or company that contacted you, get a second opinion from a trusted financial advisor. If you have any doubt, be sure to contact the Better Business Bureau. They can tell you if there have been complaints against the company.

Finally, if you are having difficulty understanding your financial situation, get the assistance of a trusted friend or family member. Have them review all of your information and help you keep track of your assets, investments, and accounts.

December Events

- 1 World AIDS Day
- 2 Special Education Day
- 3 International Day of Persons with Disabilities
- 4 National Dice Day
- 6 National Miner's Day
- 7 National Pearl Harbor Remembrance Day
- 7 International Civil Aviation Day
- 9 National Salesperson's Day
- 10 Human Rights Day
- 10 International Shareware Day
- 11 International Mountain Day
- 15 Bill of Rights Day
- 16 Underdog Day
- 17 Wright Brothers Day
- 18 International Migrants Day
- 20 International Human Solidarity Day
- 21 Humbug Day
- 22 National Haiku Poetry Day
- 22 First Day of Winter
- 24 Christmas Eve
- 25 Christmas
- 26 National Thank You Note Day
- 29 Tick Tock Day
- 30 No Interruptions Day
- 31 Make Up Your Mind Day
- 31 New Year's Eve

Astrological Sign:

Sagittarius (Nov 23-Dec 22)
& Capricorn (Dec 23-Jan 20)
Flower: Narcissus
Birthstone: Turquoise



December is also:

- Bingo's Birthday Month
- National Drunk and Drugged Driving Prevention Month
- National Write a Business Plan Month
- Safe Toys and Gifts Month
- Spiritual Literacy Month
- Worldwide Food Service Safety Month

Sugar-Sugar

Brown sugar can harden quickly once the bag or box is opened. To keep it fresh as long as possible, store it in a cool area in an airtight container. If your brown sugar does get hard, add a fresh apple slice, the peel of a lemon, or a slice of bread to the container. Let it sit overnight. The sugar will reabsorb the moisture from the apple, lemon, or bread, making it soft again. If you are in a hurry to use your hardened brown sugar, spread it on a baking pan. Place it in an oven heated to 225 degrees until soft. This can take up to ten minutes, but be sure to watch it carefully, as it can become very hot.

*Yesterday's the past, tomorrow's the future, but today is a gift.
That's why it's called the present. -- Bil Keane*

Travel Tip

If you lose a bag when flying, you should file your claim before leaving the airport. If the airline does not find your bag after 14 days, you will need to file a claim in writing. You only have about 21 days to file your claim, so it is best to do it as soon as possible after the 14 days have passed. If you miss the deadline, you will be out of luck, as the airline is not responsible if you don't file a written claim.

Green Living

Many household contaminants are brought into your home on the bottom of your shoes. To reduce these harmful substances in your home, you should have good, durable mats at all entrances of your home. Encourage your children and guests to wipe their feet well before entering your home. You can also place cotton rugs inside your doors to collect dust from the outside. Don't forget the door to your garage as well. For even better protection, consider becoming a shoe-free household. You can set up an area near the entrance of your home for shoe storage.

The only rock I know that stays steady, the only institution I know that works, is the family. – Lee Iacocca

The informality of family life is a blessed condition that allows us to become our best while looking our worst. – Marge Kennedy



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 do you have in December that you don't have in any other month?

Last Month's Answer to: *What occurs once in every minute, twice in every moment, yet never in a thousand years?*

THE LETTER 'M'

Last month's Winner:
SANDRA ERWIN

Email your answer to info@pulizrecords.com

Treating the Sniffles with Cold Hard Facts

Everyone would love a miracle cure for the common cold. Many remedies are touted as helpful, including echinacea, zinc, vitamin C, and other supplements. But are they really doing the job? Research has found that echinacea does not prevent or help cold symptoms, as reported in a recent study in *The New England Journal of Medicine*. In fact, in study after study, it has been found that no supplement can prevent or cure a cold.

There are some studies that show there is a reduction in some cold symptoms with the use of zinc and vitamin C, however. But these benefits are limited and do not reduce the severity or duration of colds more than 20 percent. And taking too much of a supplement can cause problems of its own, including an actual suppression of the immune system and gastrointestinal distress.

So what should you do to help with your cold symptoms or even prevent a cold? Your best line of defense against the cold virus is to wash your hands often with soap and water, and to get an annual flu shot. Avoid overexercising during the winter months or lack of sleep, both of which can lower your immune system response. If you do come down with a cold, get plenty of rest and drink lots of fluids, especially warm liquids like tea and chicken soup. Antihistamines may alleviate some symptoms, but they are not effective in reducing the duration of your cold. With or without treatment, your cold will probably run five to seven days and should clear up on its own.

There is no doubt that it is around the family and the home that all the greatest virtues, the most dominating virtues of human society, are created, strengthened and maintained. – Winston Churchill

What???
Last year's letters???
Shoot . . . I should have
shredded
these!



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Eliminate Office Clutter for the New Year

If you find that you can't find anything on your desktop, or that your towers of papers are about to topple over, these tips are for you. Using these simple ideas can help cut down on office clutter, making you more organized and productive.

1. Clean out and organize your office files. File cabinets have a tendency to become overstuffed, making finding your documents a challenge. Purge your file drawers of old, unused files and of documents that no longer need to be kept. Shred any sensitive information to help prevent identity theft.

2. Clear your desk of unused items. Knick-knacks, old letterhead, extra coffee cups, and any other items you don't need for the day-to-day work you do should be removed or placed into a supply cabinet.

3. Throw away outdated reading material. It is easy to hold onto magazines, trade journals, newspapers, and sales material, hoping that you will one day have time to read them. However, most of the time, they just end up taking up precious space on your desk. Either toss them altogether, or organize them in storage boxes on a shelf. You can keep dated materials safely stored in area storage facilities.

4. If your desk is consumed by your computer monitor, try moving it. Place it on a computer stand to give you space underneath for storage. Even better, consider upgrading your monitor to a slimmer flat LCD screen, which takes up a third of the space of a traditional monitor. Christmas is close, so there are many sales on the flat LCD monitors.

5. Mount shelving near your desk to allow you to place items from your desk out of the way but still within reach. Space under your desk can be utilized with a file cabinet or other storage unit.

6. If you have multiple pieces of office equipment, such as a fax machine, printer, and scanner, consider investing in a multifunction unit that can handle all of these tasks with much less space needed. Condensing for efficiency and space.



Poinsettia Care Tips

With proper care, your poinsettia plant can last long past the holiday season. Begin by choosing a plant with small, tightly clustered buds in the center. The foliage should be crisp, bright, and undamaged. When bringing your poinsettia home, plan on going straight there, in order to prevent the plant from remaining in your car for a long period of time. To transport your poinsettia from the store to your car, wrap it carefully to protect from any wind, and unwrap it as soon as you arrive home.

Poinsettia plants should be watered when the surface soil is dry to the touch. Water until water flows from the drain holes. Any excess water in the drainage saucer should be discarded. To maintain color in the leaves, your poinsettia should be kept close to 60 degrees at night and 70 degrees during the day. These plants also enjoy an environment of high humidity and daily bright, indirect light exposure. If your home is very dry, mist your poinsettia daily. Also remember to keep your plant out of drafts, especially cold winds coming from outdoors or hot air from heater vents.



Your poinsettia can be encouraged to rebloom next year by following some simple steps. Once the flowers have faded, cut the stems back to about eight inches above the soil line. Continue to water regularly and lightly fertilize once a month. As outdoor temperatures begin to rise, your plant can be placed outdoors. Gradually move your poinsettia from indirect to direct sunlight over several days. In the middle of the summer, you will need to cut back any new growth stems and repot your plant if it has grown substantially. During September, move your plant back indoors, but still provide for six or more hours of direct sunlight each day. Beginning in October, place your plant into complete darkness for fourteen hours each day, allowing it ten hours of natural light each day. This process, which takes about ten weeks to complete, will allow your plant to reflower and turn red again.

Making a List - As a little girl climbed up onto Santa's lap, he asked the usual question, "What would you like for Christmas?"

The girl gasped open mouthed and exclaimed, "Didn't you get my e-mail?"

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

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