

What's Inside This Month?

Thoughts from Tim Puliz

Beating the Chronic Pain Cycle

A Healthy Lunchbox

Eating Better as You Age

Learn What to Shred

Should You Buy Pet Insurance?

Win \$20 gift card to Starbuck's!

January SPECIALS!

MEET THE TEAM

Charlie Pearson



Born and raised in San Antonio TX. Moved to Reno in the summer of 1998. Started working for the company in Sept. of 2001 as a warehouse/Delivery Driver. In 2005 I was promoted to Customer Service Manager and in 2008 was given the Operations Manager Position. I am a avid bowler and sports nut.

Married going on 9 years. I have three children 2 girls ages 7 and 20 months and a boy 5 years old.

Eating Better as You Age

As you get older, physiological changes can occur that can cause a decline in taste and smell. This can affect nutritional intake and general health. If food doesn't taste or smell appetizing, we are less likely to want to eat. This is especially true if your diet is limited because of the need to reduce salt, sugar, or fat intake.

To help overcome some of these limitations, look for foods that offer new flavors. You can also add additional seasonings to your favorite foods. There are many low-sodium seasoning options that use herbs to liven things up. Choose foods are that fresh and flavorful to begin with. Vegetables should be eaten when they are fresh and cooked by steaming to retain their flavor and texture.

But you do need to take care. While spicy foods can taste better, they can also sometimes cause digestive upset. Balance your need for more flavor with what your body can handle without any added discomfort.

Thoughts from Tim Puliz

"The secret to a rich life is to have more beginnings than endings."

—a quote by Dave Weinbaum

I don't know who he is, either, but he's on the money, don't you think? And seems to me that January is the ideal month to tackle something new. A perfect time to figuratively expand your horizons (as many of us have literally expanded our clothing size over the last month).



It's a great time to start a new hobby, take a class, volunteer at the local school or non-profit in your neighborhood. Hey, how about starting your own cable access show? Your imagination and interests are your only limits. Think about what your talents are and how you can use them in a different way than you are now.

Sure, this is the time of shorter days and longer nights; also a nifty time to put your dreams and ideas into plan and execute mode.

It's a good example for those around you as well. We are, whether we want to admit it or not, creatures who watch each other's actions and ponder whether we might want to consider trying something out of the box, as well. Why not?

Speaking of boxes, you know, of course, that we've got all of your data and storage needs taken care of and that we, too, are constantly on the look out for the most effective, secure and trustworthy systems out there; keeps us on our toes.

Speaking of toes . . . have you ever thought about taking up ballroom dancing? Me neither. But there are many other options out there. Regardless, we thank you for your patronage and wish you an invigorating, amazing and productive 2011!

Happy New Year!



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 • 775.332.3949 -Reno

Puliz would like to offer any existing records storage client ONE FREE MONTH OF SHREDDING if they allow Puliz document destruction to become their shredding vendor.

(This offer will expire January 31, 2011.)

*** Client of the Month ***

NV ENERGY

Beating the Chronic Pain Cycle

If you find that you are suffering from aches and pains every day, you may be in a cycle that develops over time. Many people ignore the daily pains that come from working at a computer, being on your feet all day, or other occupational hazards. But if these pains are not addressed, you can end up with irreparable damage to your body.

There are many causes of daily pain, including body positioning at work, too much sitting or standing, injuries from workouts, or even stress. To help alleviate some of these concerns, try these techniques:

MOVE AROUND.

Getting up and moving around during the day helps your circulation and keeps your muscles healthier. If you have a sedentary job, try to get up at least once every two hours for a short walk or some moderate stretching.

CONSIDER YOUR POSTURE.

Poor posture can easily lead to chronic pain. When sitting, don't slump your shoulders forward. You should also have an ergonomic workspace if possible. If you are behind the wheel for much of the day, you still need to concentrate on good posture. Place your seat in a position that allows you to easily reach the pedals without having the steering wheel too close to your chest. Sitting up straight, even in the car, can help with those aches and pains.

TALK TO YOUR DOCTOR.

If you find that you are doing everything right (a good workstation, frequent breaks, good posture, stretching before exercising) and you still are suffering from daily pain, you should talk to your doctor. He or she can help develop a plan to give you the tools you need to cut back on the stress on your body and begin to heal before more damage is done.

Winter Travel

Traveling by air during the winter months can lead to delays or problems due to weather. To ensure that you minimize your chances of getting stuck, try to get a non-stop flight. This way you eliminate your chance of missing connecting flights. If you must fly with a connection, give yourself enough time between flights to account for delays. Book your first leg as early in the morning as possible. This way, if your flight is delayed, you have more options for alternate flights without having to spend the night in an airport.



January Events

- 1 New Year's Day
- 1-7 Diet Resolution Week
- 2 National Motivation and Inspiration Day
- 2-8 Someday We'll Laugh About This Week
- 3 Fruitcake Toss Day
- 3-9 New Year's Resolutions Week
- 4 Trivia Day
- 6 Cuddle Up Day
- 7 I'm Not Going to Take It Anymore Day
- 8 Show-And-Tell Day at Work
- 9-15 Home Office Safety and Security Week
- 10 National Clean Off Your Desk Day
- 12 National Pharmacist Day
- 14 Dress Up Your Pet Day
- 15 National Hat Day
- 16 Religious Freedom Day
- 16-22 Healthy Weight Week
- 17 Martin Luther King, Jr. Day
- 18-25 Week of Christian Unity
- 20 Get to Know Your Customer Day
- 21 National Hugging Day
- 22 Celebration of Life Day
- 23 National Pie Day
- 24 National Compliment Day
- 24-28 Clean Out Your Inbox Week
- 26 Spouse's Day
- 27 Punch the Clock Day
- 28 Fun at Work Day
- 29 National Seed Swap Day
- 30 Inane Answering Message Day
- 31 Bubble Wrap Appreciation Day



Astrological Sign:

Capricorn (Dec 23 - Jan 20)
& Aquarius (Jan 21 - Feb. 19)
Flower: Snowdrop
Birthstone: Garnet
Full Moon: Jan 19



January is also:

- Celebration of Life Month
- Financial Wellness Month
- International New Year's Resolution Month for Business
- National Be On Purpose Month
- National Clean Up Your Computer Month
- National Get Organized Month

Twice the Amount- Half the Time

When you are making a home cooked meal from scratch, plan to make double the amount you normally would. When you are finished with your meal preparation, pack up the second meal into freezer containers and place them in your freezer. You really are not doing much extra work by cooking both meals at the same time. This way you will have another great meal waiting for you to reheat on a busy day.

A Healthy Lunchbox

Packing your lunch can save you lots of money in the long run. It also allows you to eat healthier during the week, but only if you pay attention to what goes into your lunchbox. It is easy to throw in processed food or chips and candy to fill out your lunch. There is a better way, however. With these easy ideas, you can boost your nutrition during the week without a lot of extra work.

First, think about increasing veggies. Spend a few minutes on the weekend to cut up some fresh vegetables into bite-sized portions for the entire week. Carrot sticks, broccoli, and peppers are great with a small container of dip. You can also add shredded veggies to tuna or chicken salad. Top your sandwiches with a lettuce leaf and a tomato slice for an easy addition.

Next, think about your beverage choice. Instead of throwing in a can of high-calorie soda, bring a bottle full of water or flavored tea. Even juice is a better choice. If you want some fizz in your drink, pack a can of sparkling water and some fruit juice.

Healthy Living

Knowing your health history can be the key to understanding your risk for certain diseases. With this knowledge, you can do all you can to help prevent disease or to detect it early. Make it a resolution this year to gather information from your family members about their health and conditions. Document this and share this information with your doctor. He or she may want to do some specific testing based on this information and will be able to share lifestyle changes with you that can be helpful.



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 bird can be heard at mealtimes?

Last Month's Answer to: *Which reindeer knows Morse code?*

DASHER

Last month's Winner:

JOY LYN

SMITH AND HARMER, LTD.

Email your answer to info@pulizrecords.com

Tax Tips for the New Year

What better New Year's resolution can you make than getting your finances in order? Take time this January to do a few simple things that can go a long way towards making your tax filing time easier than ever.

ORGANIZE BETTER

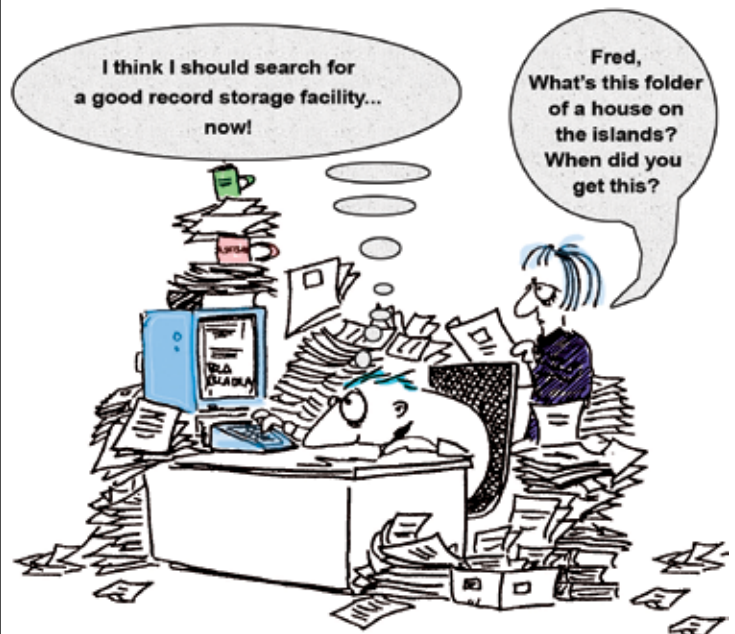
Instead of keeping your tax records and receipts stuffed into shoeboxes, take some time this year to organize your records better. A large accordion file may be all you need. Label the slots with different categories, like medical expenses, donations to charity, and other deductions. Every time you pay your bills, drop your receipts into the appropriate slot. When tax time comes around, you'll have everything at your fingertips.

LEARN MORE ABOUT THE TAX LAWS

You don't need to make the tax code your bedside reading, but it is helpful to become more knowledgeable about the tax laws that might affect you. If you are unsure about what deductions you may qualify for, or what tax consequences you may incur from investing decisions, consider talking to a qualified accountant.

LOOK INTO YOUR TAX SAVING OPPORTUNITIES

Ask your employer about ways to maximize your tax-sheltered savings potential. Consider increasing your contribution to your employer's 401(k) plan to take advantage of all of the tax benefits available to you. Also ask about any "flexible spending arrangements" that you may qualify for to pay for child-care and medical bills.



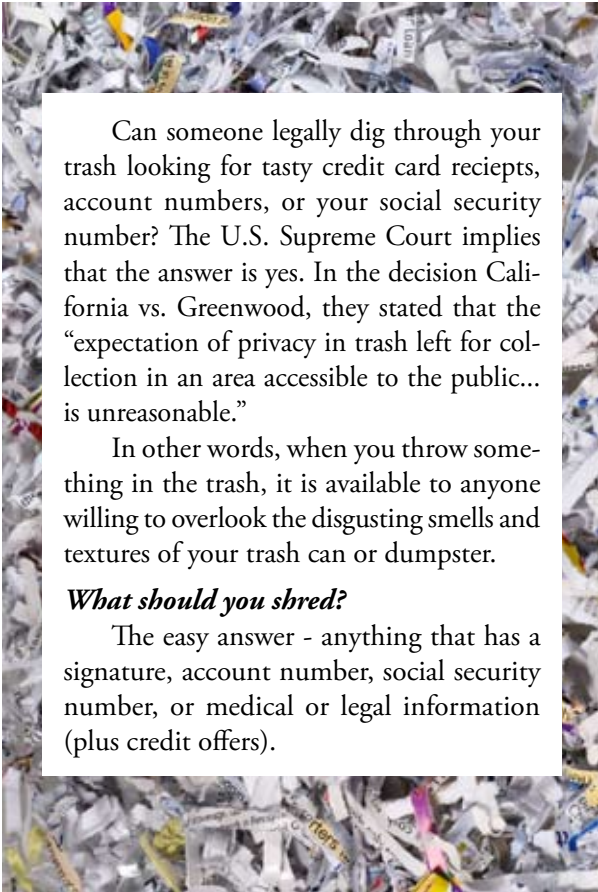
First 3 Pickups FREE

with a newly placed Shredding Console in January!

Learn What to Shred

The answer - see below.

To Shred or Not to Shred. That is the Question.



Can someone legally dig through your trash looking for tasty credit card receipts, account numbers, or your social security number? The U.S. Supreme Court implies that the answer is yes. In the decision California vs. Greenwood, they stated that the "expectation of privacy in trash left for collection in an area accessible to the public... is unreasonable."

In other words, when you throw something in the trash, it is available to anyone willing to overlook the disgusting smells and textures of your trash can or dumpster.

What should you shred?

The easy answer - anything that has a signature, account number, social security number, or medical or legal information (plus credit offers).

- * Address labels from junk mail and magazines
- * ATM receipts
- * Bank statements
- * Birth certificate copies
- * Credit and charge card bills, carbon copies, summaries and receipts
- * Documents containing maiden name
(used by credit card companies for security reasons)
- * Documents with names, addresses, phone numbers or e-mail addresses
- * Documents relating to investments
- * Documents containing passwords or PIN numbers
- * Driver's licenses or items with a driver's license number
- * Employee pay stubs
- * Employment records
- * Expired passports and visas
- * Unlaminated identification cards
(college IDs, state IDs, employee ID badges, military IDs)
- * Legal documents
- * Investment, stock and property transactions
- * Items with a signature (leases, contracts, letters)
- * Luggage tags
- * Medical and dental records
- * Papers with a Social Security number
- * Pre-approved credit card applications
- * Receipts with checking account numbers
- * Report cards
- * Resumés or curriculum vitae
- * Tax forms
- * Transcripts
- * Travel itineraries
- * Used airline tickets
- * Utility bills (telephone, gas, electric, water, cable TV, Internet)

Should You Buy Pet Insurance?

More and more medical services are offered for dogs and cats every year. In fact, you can now get chiropractic service, antidepressants, and even grief counseling for your furry friend. But with these treatments come ever increasing costs. According to the American Pet Products Association, last year more than \$10 million was spent on veterinary services in the United States alone. And this figure continues to rise about six percent each year.

To help pay for these expenses, many pet owners are turning to pet insurance. If you haven't yet purchased this insurance for your dog or cat, you may be wondering if it is right for you. The first thing to examine is the cost. Pet insurance, just like your health insurance, has co-pays, deductibles, limits, and an annual premium. You need to add up everything you would spend to see if the cost makes sense for you.

You also need to know what the policy would provide. Some cover only accidents, injuries, and illnesses, while others offer coverage for routine care as well. You do need to be sure if there is coverage for chronic or long-term diseases such as cancer or diabetes. Some policies only offer coverage for these conditions with an added cost.

After adding up all of these costs, compare that to what you have spent in the past for veterinary care. Many pet owners find that it is not worth the money for pet insurance. A better bet may be to put some money aside every month in a savings account to provide for an illness or other treatment. Your vet may also offer a wellness program that offers discounts for routine care. But if you are concerned about your ability to pay a large vet bill or you need some extra peace of mind, pet insurance may be best for you.



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

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