

## What's Inside This Month?

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**April SPECIALS!**

## *Antiques and Art*

We treasure antiques and art pieces for the way they capture a moment in time. With our heirlooms, investments or inventory, their value is based on how well they are preserved. When preparing to store paintings, antique furniture or mirrors, keep these tips in mind:

### The Right Self-Storage Unit

- \* Controlling the temperature within the storage unit is essential. Storage using central air and heat to maintain a temperature within the unit and reduce humidity.
- \* Transporting your antiques or art from your truck/car to a unit can open up opportunities for damage. Consider using an experienced moving company.
- \* If it's worth storing, it's worth insuring. Storage facilities may require proof of insurance covering your belongings to at least \$2,000. Many facilities have dollies and carts available for your use at the facility as well.

## *Healthy Living*

According to studies, people who are able to enjoy green spaces outdoors show lower levels of stress than those who are stuck inside each day. In fact, in one study, 71 percent of people who took a walk outdoors reported a lower level of stress after the walk, while 72 percent of those who stayed indoors said they had a higher level of stress. So, if you are having a stressful day the best thing you can do is take some time to get outside and take a walk.



## *Thoughts from Tim Puliz*

Hello friends and hello April! This month is known for several things (got your taxes prepared yet?) but one of the most important is that April is designated as Stress Awareness Month. Hmm, funny how that coincides with tax season, isn't it? Actually it's been Stress Awareness Month for nineteen years now, and I think we all could use some stress awareness and subsequent stress reduction.

Of course we live with varying degrees of stress throughout our months, weeks, days, and even minutes, but it's a good idea to recognize stress for what it is and try to turn the tide away from your well-being and send the dreaded "S Word" right back out to sea.

Yes, it's easier said than done but it can be done. The University of Michigan points out that using humor to help reduce stress is highly effective; laughter is far more contagious than a cough or sneeze and much more beneficial. Seeing the goofy side of life helps to combat stress and lower blood pressure. A humorous take on things also lights up both sides of the brain which, in turn, assists you in learning new things quicker. Who couldn't use that, huh?!



If you think about it, internalizing stress does no real good and gaining perspective about the absurdities of life is a marvelous way to help give stress the old heave ho. Watch your favorite funny TV show or movie, read an enjoyable book, click on bloopers on YouTube, etc., there are loads of quick ways to help you find the funny in life, which in turn, decreases stress.

Most of all, humor yourself! It takes practice but once you achieve it you will not ever want to go back onto the perpetual stress wheel.

We will continue to help you reduce your stress by keeping solid track of your files and storing them with the utmost attention to safety and security. Right there, you've got a reason to smile, right? Enjoy this Stress Awareness Month and keep the funny going through the rest of the year while you're at it. You will be glad you did!



**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.

## Three Ways to Stay in Your Budget

Everyone struggles with staying within the boundaries of a budget, but it can be done. Here are three great strategies to help you meet your goals.

### 1. RESOLVE TO PAY IN FULL.

If you can't afford to pay for an item without going into debt, then it is not a good time to make that purchase. This one rule is the most significant in making sure that you are not increasing your debt. This may mean that you need to delay buying something you really want, but it is best for your budget.

### 2. TAKE IT SLOW.

If you are contemplating making a large purchase, give yourself some time to make sure you are making the right decision. A good rule of thumb is to wait at least 24 hours. This gives you time to ask yourself if you really need the purchase or if you are making an impulse purchase instead. You also will have enough time to figure out whether you can afford it or not.

### 3. PAY WITH CASH.

If you are struggling staying within your budget, then your credit cards should be used for emergencies, if at all. Many people try to rationalize that it is better to use credit cards because of points they accumulate or because they get protection if the product is defective. But if using a credit card just sends you further into debt because you have bought beyond your means, then points mean nothing. Until you have a handle on your budget, cash is king.



## Money Tip

Many people carry credit insurance coverage on installment or credit card loans, but in reality don't really need it. If you have this type of coverage, which makes your payments in the event of illness, disability, death, or unemployment, take a look at your situation. If you are in a two-income household, you may have enough income to cover these types of bills for a month or two. You may find that your savings could cover these payments sufficiently as well. If so, consider dropping that coverage and applying the payments to the principle on the debt instead.

## 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](mailto:info@pulizrecords.com).

702.331.8206 -Las Vegas • 775.332.2949 -Reno

## April Events

- 1 April Fools Day
- 2 National Love Our Children Day
- 2 World Autism Awareness Day
- 4 International Day for Mine Awareness
- 5 National Deep Dish Pizza Day
- 6 National Day of Hope
- 7 International Beaver Day
- 9 Baby Massage Day
- 10 National Siblings Day
- 11 Barbershop Quartet Day
- 12 Walk on Your Wild Side Day
- 13 Thomas Jefferson Day
- 14 International Moment of Laughter Day
- 15 Income Tax Day
- 16 National Auctioneers Day
- 17 Palm Sunday
- 18 National Stress Awareness Day
- 18 National Wear Your Pajamas to Work Day
- 19 National Hanging Out Day
- 21 National Teach Children to Save Day
- 22 Good Friday
- 22 Earth Day
- 23 World Book and Copyright Day
- 24 Easter Sunday
- 25 Malaria Awareness Day
- 26 Hug an Australian Day
- 27 Administrative Professionals Day
- 28 Take Our Daughters and Sons to Work Day
- 28 Workers Memorial Day
- 29 National Arbor Day
- 30 Hairstylist Appreciation Day
- 30 National Honesty Day
- 30 World Healing Day

### Astrological Sign:

Aries (Mar 21-Apr 20) &  
Taurus (Apr 21-May 21)  
Flowers: Daylily, Sweet Pea  
Birthstone: Diamond  
Full Moon: April 17



### April is also:

- Alcohol Awareness Month
- Cancer Control Month
- International Customer Loyalty Month
- National Autism Awareness Month
- Stress Awareness Month

## Vinegar Power

Can vinegar go bad? While it doesn't necessarily spoil, it can become tasteless after some time. Once a bottle of vinegar is opened, the essential elements that give it its flavor begin to evaporate. After about six months, the taste is significantly affected and after a year, it is mostly tasteless. To keep the flavor as long as possible, keep vinegar in a cool dark place or in a refrigerator.

## Green Living

Did you know that 90 percent of the energy used in washing clothes goes toward heating the water? In fact, about 19 percent of total home energy use goes toward heating water. You can make a big difference for the environment and your pocketbook by washing most of your loads in cold water. Save the hot water cycles for times when you really need it—to kill bacteria on bedding or towels or for heavily soiled items.

## By the Numbers: Taxes

- There are over 145 million individual income tax returns filed each year.

- Over 74 million individual income tax returns that the IRS examined in 2010 resulted in refunds to taxpayers, totaling over \$318,000,000.

- There are almost \$28 billion spent on tax preparation services each year.

- There are seven U.S. states that do not impose a tax on the income of individuals.

- Americans spend 7.6 billion hours each year doing their taxes.

Source: IRS

**Don't lower your expectations to meet your performance.  
Raise your level of performance to meet your expectations.  
Expect the best of yourself, and then do what is necessary  
to make it a reality. – Ralph Marston**



## 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 kind of beans never grow in a garden?

**Last Month's Answer to:** What English word has three consecutive double letters?

BOOKKEEPER

Last month's Winner:

**PAM RUDOLPH**

GASTON WILKERSON ASSOCIATION SERVICES

Email your answer to [info@pulizrecords.com](mailto:info@pulizrecords.com)

## Internet Tidbit

If you are a book lover, you will love Goodreads.com. This website is a social network for readers, with almost 4.5 million members. The idea behind Goodreads makes sense—you can probably get better recommendations for books you'll like from your friends than from strangers. Once you join, you can get recommendations from members, form a book club, and encounter new books. Goodreads offers an easy way for you to keep track of what you and your friends are reading and allows you to see what others think of books you are interested in. Members also create trivia about books, lists of the best books, and post their own writing. Best of all, it is free to join!



**Goodreads.com**

## Organizing Tip

While you can read about lots of organizing systems and techniques, it is important to remember that there really is not one right way to organize. It will be different for everyone. But there are a few principles that lead to a good organizational system. You need to create zones for items that are used together. Use containers to control your clutter. But probably most important is to remember that less is best. If you keep these principles in mind, and reevaluate your system as you go along, you will reach your organizational goals.



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## How To Clean Vinyl Records

Whether you are a DJ or a fanatical audiophile and vinyl record collector, have accumulated thousands of vinyl records over the years. In an effort to digitally preserve your priceless records you may have considered transferring and restoring your vinyl record collection to CD by using your computer and some audio recording / editing software. Before you do, remember that in order to extract the best sound from your discs it's important to start with scrupulously clean records and equipment such as your stylus.

Vinyl discs that are kept clean and free of dirt, dust and oils from one's fingers will sound much clearer and more importantly last longer. Since clean records have less clicks, crackle and pop you'll have less work when it comes to the restoration phase and attain much better results. Lets discuss some popular ways of cleaning records either with a record cleaning machine or by hand.

If you have more than a few hundred vinyl records I'm not going to mince words: Use a vacuum record cleaner. The results are far quicker, safer and superior to anything you could attempt to do by hand as the machine will apply the record cleaning solution, properly scrub the record and finally vacuum the dirt and liquid off leaving you with a dry and pristine vinyl record.

A record cleaning machine is simply a box with a motor that turns a platter with a vacuum suction tube that has an applicator pad or soft brush. One simply places the record on the platter, primes the pump to apply the record cleaning solution and let the record spin a few revolutions to work loose any dirt and oils that are in the grooves of the record. You then flip the switch and the

vacuum sucks up any crud and fluid as well as drying the record. Pretty simple, but make sure you clean the pads / brushes after each record.

You could make your own record cleaning solution from household items it is far better to buy ready-made solutions. All of these are safe for use in record cleaning machines and on all vinyl records (non-shellac).

As good as a record cleaning machine is there are times when I will get a really dirty record from the flea market and wash it by hand FIRST before putting it on the machine so as not to foul up the expensive machine.

The best way to clean records is by buying a commercially available record cleaning solution, which usually come with an applicator brush. You could also use the same cleaners sold for use in machines, but you'll need to buy a good record cleaning brush to use them.

Follow the directions on the bottle, but generally one applies the liquid to the applicator brush and not on the record itself. Take the brush and place it on top of the record and turn the platter counter-clockwise a few times to work the dirt loose. Look at the brush, you should see some dirt or lint on it so carefully remove it and go another round cleaning the record till no more dirt or crud appears on the brush. Since alcohol is the primary ingredient of most record cleaning solutions the record should dry fairly quickly, but do let it air dry before flipping it over to clean the other side or place it back in its sleeve. Before you flip the record over though make sure the surface or platter is clean as the dirty uncleaned side was just there!



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## Your Teeth and Your Health

Everyone knows that maintaining a good dental care routine is good for your teeth, gums, and breath. But did you also know that it can help keep the rest of you healthy as well? Good oral health has been linked to a decrease in cardiovascular disease, diabetes, and osteoporosis. So what can you do besides brushing and flossing to get the most benefits? Recent research has shown that the following can help:

### NO NIGHTTIME EATING

Your best bet is to stop eating after 8:00 p.m. It is especially important to avoid middle of the night munching. Not only is this bad for your waistline, but it can cause problems in your mouth as well. During the night, our bodies produce less saliva, which is necessary for proper breakdown of food and removal of food from your mouth. Since your body is less efficient at this at night, you will see an increase in gum disease and tooth decay if you snack at night.

### CHEW SUGARLESS GUM

The American Dental Association recommends chewing sugarless gum for about 20 minutes after each meal. This increases the flow of saliva and removes some of the bacteria from your mouth.

### DRINK MORE

Drinking water throughout the day keeps your mouth healthier and decreases the amount of bacteria in your mouth. A recent study showed that green tea is especially beneficial for preventing gum disease, so adding this to your daily hydration routine will have even more impact.



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

1095 Standard Street Reno, Nevada 89506; 775.785.2365

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