

## What's Inside This Month?

### *Thoughts from Tim Puliz*

Better Health in One Minute

Early Cool Check

Dog Days of Summer

Reducing Your Pain at the Pump

Web Site Code and Web Security

*Win \$20 gift card to Starbuck's!*

*May SPECIALS!*

## MEET THE TEAM



### Frank Reed

*Puliz Records Management Services  
Las Vegas*

Frank Reed has been with our company for 14 years, starting in the warehouse and working his way up into Operations. Frank is a Las Vegas native, husband & father.

## Memorial Day Quotes

*True bravery is shown by performing without witness what one might be capable of doing before all the world.* -- Francois de la Rochefoucauld

*A hero is one who knows how to hang on one minute longer.*  
-- Novalis

*On thy grave the rain shall fall from the eyes of a mighty nation!*  
-- Thomas William Parsons

*True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost.* -- Arthur Ashe

*Cover them over with beautiful flowers,  
Deck them with garlands, those brothers of ours,  
Lying so silent by night and by day.*  
-- Will Carleton

A hero is someone who has given his or her life to something bigger than oneself. -- Joseph Campbell

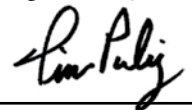
## Thoughts from Tim Puliz

Good news! May has officially arrived! Besides ushering in the summer season, this month of May reminds us to be merry. Remember that famous tune? "I was walking through the park one day, in the merry merry month of May..." If you're too young to remember or more importantly, if you do remember it, forgive me—I know firsthand it's one of those songs that sticks in your head all day long . . . or all month long . . .

It would be terrific if we could keep all the Moms in mind all month long, as well. After all this is the time when Mothers are honored (Sunday, May 8th) and frankly one day just doesn't cut it. I know many men, women, mothers and others who will back me up on this!

It's always fruitful to appreciate, honor and thank those important women in your lives. I've learned that while outward tokens such as flowers, jewelry, and chocolates are fine symbols of your gratitude, they don't replace words from the heart and hugs from the soul. Even for those of us whose mothers have passed on, their unique imprint on our lives remains with us for all time.

Please know that while you're remembering Mother in May, we remain dedicated to mothering your documents and keeping them secure. It's not only a privilege in May, but it keeps us merry all year long!



## Hot Travel Spots for Summer

The American Society of Travel Agents (ASTA) recently released a survey naming the most popular international vacations for this summer. For the eighth consecutive year, London, Rome, Paris, and Cancun remained at the top of the list. Next were Punta Cana, Dublin, Barcelona, Venice, Sydney, and Istanbul. While Americans are heading to tried and true vacation destinations such as Mexico and Europe, the inclusion of Australia and Turkey show that many are interested in experiencing new cultures.

On the home front, Orlando and Las Vegas remain on the top. The top ten were Los Angeles, San Francisco, New York City, Miami, San Diego, Washington, D.C., Honolulu, and Seattle.

**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.**

## Better Health in One Minute

Improving your health doesn't need to take long. There are some things you can do in about a minute that will make you and your family safer and feeling better.

Check your posture: Make sure that you are sitting correctly when at a desk. Your knees should not be bent more than 90 degrees and your back should be straight.

Cut your salt: Instead of adding extra salt to your food, sprinkle on some herbs and spices.

Take off the weight: A heavy purse, computer bag, or backpack can be bad for your back and shoulders. Lighten the load by removing any unnecessary items.

Get new shoes: If your running or workout shoes are more than a year old, you may need to upgrade. Do this to help prevent problems with your heels and feet.

Give your mood a boost: If you have been feeling stressed, take time to lighten up. Going out to dinner with friends, catching a funny movie, or going away for a weekend can release brain chemicals that make you feel better.

Turn off the TV: Watching television right before bed can lead to sleep problems. Instead of watching TV in bed, turn it off and listen to some relaxing music before you go to bed.

## Green Living

Although you can get a variety of fruits and vegetables year round, it is always best to buy seasonally. Offerings like asparagus, lettuce, and strawberries are great during the spring and early summer. Other foods, including tomatoes, broccoli, green beans, corn, and peppers thrive during mid-summer. Heading into fall you'll find squash and apples. Buying seasonal not only means you get fresher produce; it is also better for the environment.



## Healthy Living

While many people start a weight loss regimen at New Year's, summer is also a great time to begin a diet. Extra sunlight increases your natural serotonin levels, which can reduce your need to eat. With the warmer weather and longer days, it is easier to find the time to exercise. You'll also have access to lots of fresh fruits and vegetables, making it easier to eat healthy.

## Early Cool Check

Now is a good time to test out your air conditioning system before the weather gets too warm. You don't want to find out on the first hot day that you must do without your cooling system. Late spring and early summer are the busiest time for cooling system repair companies, so it is better to beat the rush if you need their services.

## May Events

- 1 May Day
- 2 Melanoma Monday
- 3 National Teacher Day
- 3 World Press Freedom Day
- 4 National Day of Prayer
- 5 National Day of Reason
- 6 No Diet Day
- 6 No Homework Day
- 7 National Babysitters Day
- 7 World Fair Trade Day
- 8 Mother's Day
- 8 World Red Cross Day
- 10 World Lupus Day
- 11 Donate a Day's Wages to Charity Day
- 11 National Receptionists Day
- 12 Limerick Day
- 13 Blame Someone Else Day
- 14 National Train Day
- 15 Peace Officer Memorial Day
- 16 Biographers Day
- 18 International Museum Day
- 19 May Ray Day
- 20 National Bike to Work Day
- 21 Armed Forces Day
- 21 National Waitstaff Day
- 22 National Maritime Day
- 23 International World Turtle Day
- 24 Brother's Day
- 24 Hug Your Cat Day
- 25 National Missing Children's Day
- 27 National Wig Out Day
- 28 International Jazz Day
- 29 International Day of United Nations Peacekeepers
- 30 Memorial Day
- 31 World No-Tobacco Day



### Astrological Sign:

Taurus (Apr 21-May 21) &  
Gemini (May 22-June 21)  
Flowers: Lily of the Valley  
Birthstone: Emerald  
Full Moon: May 17



### May is also:

Family Wellness Month  
Heal the Children Month  
International Business Image Improvement Month  
Motorcycle Safety Month  
National Physical Fitness and Sports Month

## 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

## Internet Tidbit

While there are many travel websites out there that are supposed to help you find cheap fares, it can still be a hassle to find the best deal. Next time you are planning your vacation, visit Hipmunk.com instead. This website translates all of the data into a one-page, user-friendly chart, letting you see and understand your options. You can sort the results by price, number of stops, departure/arrival time, and something they call "agony." This describes the combination of all of these; in other words, it is the total agony you'll experience when traveling. They have recently added hotel searches as well, making this a one-stop place to find what you need at a great price.

## Unusual Words

The only 15 letter word that can be spelled without repeating a letter is "uncopyrightable."

The dot over the letter "i" is called a tittle.

"Underground" is the only word in the English language that begins and ends with the letters "und."

"Redivider" is the longest common palindromic word (a word reading the same backwards and forwards).

"Dreamt" is the only English word that ends in the letters "mt."

"I am" is the shortest complete sentence in the English language.

Of all the words in the English language, the word "set" has the most definitions.



## 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:** Larry's father has five sons named Ten, Twenty, Thirty, Forty...Guess what would be the name of the fifth?

**Last Month's Answer to:** What kind of beans never grow in a garden?

JELLY BEANS

Last month's Winner:

**MELISSA SOLORZANO**

EAR, NOSE & THROAT CONSULTANTS OF NEVADA

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

## Dog Days of Summer

As the temperature heats up, you are probably looking for good ways to stay cool. Don't forget that your pet may need some relief from the heat as well. These tips share some great ways to make sure your pets are healthy and happy this summer.

1. Don't ever leave your dog or cat in your car. Even parked in the shade, temperatures inside can reach over 120 degrees in just a matter of minutes.

2. Keep plant food, fertilizer, and other garden chemicals away from your animals. Make sure that whatever you use on your lawn and garden will not harm your pets if ingested.



3. Keep a collar and identification tags on your pets. A lost pet is harder to reunite with its owners if there are no clues on the collar.

4. Exercise with care during hot weather. Older dogs, short-nosed dogs, and those with thick coats can have trouble dealing with extreme hot weather. Limit exercise to the cooler hours of early morning or late evening.

5. Watch out for hot asphalt. The sensitive pads of a dog's feet can get burned from running on hot surfaces.

\*\*\* *Client of the Month* \*\*\*

LIONEL SAWYER & COLLINS



**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.**



---

## Reducing Your Pain at the Pump

As gas prices continue to inch up, it can be hard for your budget to handle this expense. While you probably cannot cut out buying gas from your life, there are some things you can do to bring the cost down as much as possible.

First, consider what you are driving. When gas prices are lower, it may seem like a small thing to drive a vehicle that doesn't get great gas mileage. But over the long run, as gas prices increase, this choice will begin to really impact your bottom line. If you are in the market for a new car, look carefully at the mileage you'll get. Make this an important consideration when looking at different vehicles to make sure you are getting the car that is right for you.

Next, take a good look at your driving patterns. If you run lots of errands, plan your route ahead of time to make sure you are not retracing your steps. Ask family members to pick things up for you when they are out instead of making a separate trip. Also cut down on the number of times you head out to the grocery store. Instead of going shopping several times each week, get in the habit of making a list for the week and only going once.

Finally, make sure your vehicle is well maintained. Get regular service on your car and don't ignore problems when they show up. Properly inflated tires mean better gas mileage too. Remove excess weight from your trunk to make your vehicle run as light as possible. While there is nothing you can do to bring down the price at the pump, you can make sure that you are reducing your gas costs as much as possible with these simple changes.



---

## Web Site Code and Web Security

Your site undoubtedly provides some means of communication with its visitors. In every place that interaction is possible you have a potential web security vulnerability. Web sites often invite visitors to:

- \* Load a new page containing dynamic content
- \* Search for a product or location
- \* Fill out a contact form
- \* Search the site content
- \* Use a shopping cart
- \* Create an account
- \* Logon to an account



In each case noted above your web site visitor is effectively sending a command to or through your web server - very likely to a database. In each opportunity to communicate, such as a form field, search field or blog, correctly written code will allow only a very narrow range of commands or information types to pass - in or out. This is ideal for web security. However, these limits are not automatic. It takes well trained programmers a good deal of time to write code that allows all expected data to pass and disallows all unexpected or potentially harmful data.

And there lies the problem. Code on your site has come from a variety of programmers, some of whom work for third party vendors. Some of that code is old, perhaps very old. Your site may be running software from half a dozen sources, and then your own site designer and your webmaster has each pro-

duced more code of their own, or made revisions to another's code that may have altered or eliminated previously established web security limitations.

Add to that the software that may have been purchased years ago and which is not in current use. Many servers have accumulated applications that are no longer in use and with which nobody on your current staff is familiar. This code is often not easy to find, is about as valuable as an appendix and has not been used, patched or updated for years - but it may be exactly what a hacker is looking for!

### Your Greatest Web Security Risks: Known or Unknown?

Your site is 1,000 times more likely to be attacked with a known exploit than an unknown one. And the reason behind this is simple: There are so many known exploits and the complexity of web servers and web sites are so great that the chances are good that one of the known vulnerabilities will be present and allow an attacker access to your site.

The number of sites worldwide is so great and the number of new, as of yet undocumented and thus unknown exploits so small that your chances of being attacked with one is nearly zero - unless you have network assets of truly great value.

If you don't attract the attention of a very dedicated, well financed attack, then your primary concern should be to eliminate your known vulnerabilities so that a quick look would reveal no easy entry using known vulnerabilities.

---

**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

