

## What's Inside This Month?

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**June SPECIALS!**

## *By the Numbers: Hurricanes*

- There were 12 hurricanes during the 2010 Atlantic hurricane season, five of which were major hurricanes at Category 3-strength or higher.
- The Weather Bureau officially began naming hurricanes in 1950.
- In 2005, there were 28 named storms, making it the busiest season on record. This forced the first use of the alternate Greek alphabet scheme, which is used when the list of approved names runs out.
- The average number of named storms each season is six, with an average of two classified as major.
- There have been only three Category 5 hurricanes that have made landfall in the United States: the Labor Day Hurricane of 1935, Hurricane Camille in 1969, and Hurricane Andrew in 1992.

Sources: U.S. Census Bureau, NOAA

## *Quotations: Talent*

Hide not your talents. They for use were made.  
What's a sundial in the shade? - Benjamin Franklin

A really great talent finds its happiness in execution.  
- Johann Wolfgang von Goethe

Use what talents you possess; the woods would  
be very silent if no birds sang there except  
those that sang best.  
- Henry Van Dyke

## *Thoughts from Tim Puliz*

Zoom! Here we go zipping into another month. This, however, is the long one. The one with just thirty days but oh, baby, don't they stretch out to infinity like a field of bright yellow Kansas wheat? You can't help but feel like you're getting an extra zap of something magical each night when dinner is through, dishes done and the golden hue keeps right on twinkling throughout your home like it might never end.

There's something about the light on a summer night that cannot be properly described, nor captured. That's as it should be, isn't it?

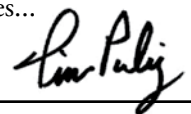
Even the buzzing of insects offers a song of summer that is worthy of pause. Appreciating these long, yet fleeting days is a practice I've honed over the years. Each June brings back memories of tackling ice cream cones before they hit your shorts, humid walks around the block and running through (or, in my case, tripping over) the sprinkler.



Father's Day is due, too. Don't forget! It will come wafting through on Sunday, June 19<sup>th</sup>.

Keep in mind that we've got your back when handling all of your data storage and security needs but you're on your own when it comes to acknowledging good ol' pops.

Happy June to all and Happy Father's Day to the Dads, too! Savor the ice cream and the memories...



## *Organizing Tip*

It can be hard keeping all of your family's summer gear organized. On a garage or carport wall, hang a row of hooks. Under each hook, hang a plastic tote with handles. Your family can place wet swimsuits and damp towels on the hooks. Flip-flops, sunscreen, water bottles, and pool toys can go into the basket. Not only will everything dry out properly, but it can all be found when it is time to head out in the sunshine again.

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## Exercising Safely in Warmer Weather

If you enjoy exercising outdoors, there is no reason to give it up when the weatherman is predicting a heat wave. You do, however, have to take some precautions. Follow these guidelines when exercising this summer.

You should acclimate your body to increases in temperature gradually. Cut back on your regular routine and then gradually increase the amount of exercise you do over the next few weeks. It is not safe to exercise during extreme heat and/or humidity. Try to avoid the hottest part of the day, generally from 10:00 a.m. to 3:00 p.m.

Wear light colored, loose fitting, cotton clothing. Wear a hat and use sunscreen to protect you from sunburn. Be very aware of the dangers of dehydration. You should drink plenty of water before, during, and after exercise in warm weather. Your body can lose up to a quart of water an hour. It is possible to over-hydrate, so don't overload your body on fluids. But you will need about one to two cups of fluid every 20 to 30 minutes of exercise, depending on the heat and your level of activity.

If you begin to feel weak, dizzy, or nauseous, you may have the first signs of heat exhaustion. You may also get a headache, notice that sweating stops, or feel overheated. At the first sign of any of these symptoms, stop exercising, move to a cooler location, and drink some water. If the symptoms persist, see a doctor immediately.



## Internet Tidbit

Do you love words and language? Then you will love Wordnik.com! Any dictionary can give you a definition, but Wordnik gives you more. Simply enter a word and you will find example sentences using that word, related words, images tagged with that word, and statistics showing how common the word is. If you don't know how to pronounce a particular word, there are audio pronunciations or you can record your own. They even offer a comments section for you to share your love of words with the world. How do they do this? They have mined over four billion words of text and share whatever they've found. It not only is better than a traditional dictionary, it's free!

## Green Living

Enjoying the outdoors can be challenging when there are lots of bugs in the air. Instead of using the strong chemicals found in insect repellents, use natural methods to ward off those pesky critters. Wear long sleeves, long pants, closed-toe shoes, and hats with netting. At outdoor gear stores, you can find Sawyer Permethrin. This insect repellent can be laundered into your hiking clothes to keep bugs away. Finally, stay away from dark clothing, which mosquitos prefer. Instead choose light colored, loose fitting clothing.

## June Events

- 1 National Barefoot Day
- 2 National Leave the Office Earlier Day
- 3 Chimborazo Day
- 4 National Trails Day
- 5 World Environment Day
- 8 World Oceans Day
- 12 Crowded Nest Awareness Day
- 14 Family History Day
- 14 Flag Day
- 15 Nature Photography Day
- 16 Recess at Work Day
- 17 Work at Home Father's Day
- 18 International Sushi Day
- 18 World Juggling Day
- 19 Family Awareness Day
- 19 Father's Day
- 20 World Refugee Day
- 21 Baby Boomers Recognition Day
- 21 National Daylight Appreciation Day
- 22 Stupid Guy Thing Day
- 23 Let It Go Day
- 23 Public Service Day
- 24 Take Your Dog to Work Day
- 26 America's Kids Day
- 26 Descendants Day
- 27 Decide to Be Married Day
- 28 National Columnists' Day
- 30 National Handshake Day



### Astrological Sign:

Gemini (May 22-Jun 21) &  
Cancer (Jun 22-Jul 22)  
Flowers: Rose, Honeysuckle  
Birthstone: Pearl

### June is also:

- Adopt a Shelter Cat Month
- Cancer from the Sun Month
- Children's Awareness Month
- Effective Communications Month
- Perennial Gardening Month
- Rebuild Your Life Month
- Vision Research 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).

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## Help Wanted

The FBI placed an ad for a new dog for its K-9 unit. A seasoned police dog responded.

“Well,” said the personnel director. “You need to realize that we have stricter requirements than other agencies. First, you must type at least 60 words per minute.”

The dog sat at a desk and quickly finished a typing test, scoring 80 words per minute.

“Also,” said the director, “you must pass a physical and complete an obstacle course.”

In no time at all, the dog passed both tests.

“Ok, there is one last requirement,” stated the director. “You must be bilingual.”

The dog looked up at him confidently and said, “Meow!”



## Grilling Safety Tip

Before firing up your grill for the season, take a moment to check the air tubes that lead into the burner. These tubes can become blocked by insects, spiders, or food grease. You should also make sure that the tubes do not have any cracks or leaks. If they are becoming brittle, they should be replaced.



## 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:** Mom and Dad have four daughters, and each daughter has one brother. How many people are in the family?

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

FIFTY? WELL NO! IT'S LARRY! (*Larry is the fifth son*).

Last month's Winner:

**MIKAILA CULVERSON**

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

## Communicating in Five Steps

Being able to communicate effectively is key to maintaining good relationships at home and at work. Consider these five ways to improve your communication skills.

1. Listen as much as you talk.

Communication involves more than just talking. Of course, when you are talking, the other person is listening. Listening while focusing on what you are going to say next, you break down this loop and make the conversation less effective. Focus on what the other person is saying. If you have trouble doing this, try mirroring their statements before you launch into your own.

2. Don't multitask.

In our over-connected world, it is tempting to check messages, surf the Internet, or even watch television when someone is trying to talk to you. To improve your communication, keep your multitasking to a minimum. Turn off the television and radio, put down the phone, and walk away from the computer.

3. Clarify often.

If you are confused by what the other person is saying, don't just forge ahead with the conversation. State that you need more information or clarification before jumping to conclusions. Ask questions if you need to or restate some of the other person's arguments.

4. Watch body language.

Instead of being a passive listener, watch for clues in body language to try to further understand. Someone who is frustrated or bored will often convey this using body language clues.

5. Handle those difficult situations.

If you find that your discussion is accelerating into an attack or is getting heated, it may be best to take a short break. Respond more slowly with some extra thought and look for common ground to get back on track.



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## BACKING UP DATA – WHY SHOULD YOU DO IT?

Files can be accidentally deleted, damaged by a virus or a hard disk failure, etc. Is your critical data well protected?

This is one of the most important, yet also one of the most neglected areas of computing. Backing up your data should be at the top of your computer maintenance list, right next to virus protection. Without data backup or virus protection, you are running the risk of losing your data. And it will happen, don't think that you don't have to worry about it.

Data loss can happen in many ways. One of the most common causes is physical failure of the media the data is stored on. You probably have everything saved on your PCs hard drive. That hard drive will not live forever. To quote a friend of mine, "there are only two types of hard drives – the ones that have failed and the ones that will fail." Yes, normally hard drives will live for years without incident. But eventually they will die. It might happen gradually, by



more and more bad clusters accumulating until most of the drive is unusable. Or it might happen suddenly, the hard drive just dies without warning.

Another bad storage media are floppy disks. They are good for temporary storage and maybe transporting information, but not for permanent data storage. I've lost count of how many floppies I've tossed because they were bad. And I have talked to countless people who saved valuable data to a floppy only to find out when they needed to access it that the floppy was bad and the data inaccessible.

Another possible cause for data loss is power failure or spikes. It can result in loss of the document you are currently working on because you did not save it before the power failed and your PC shut down, or in loss of your entire hard drive because a power surge fried your motherboard and destroyed the file allocation table of your hard drive.

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## Camping the Great Outdoors

Many people don't go camping because they are intimidated by the need to purchase equipment and learn how to use it all. But it is not difficult and shouldn't be a reason to forgo the joys of camping with your family. These tips will help you on your way to enjoying the great outdoors.

### START WITH THE TENT.

You should have a good tent, a tarp to place under your tent, and a hammer to get your stakes into the ground. Before heading out on your first camping trip, pitch your tent in your backyard. You might even want to spend the night in it to get you and your family used to it and to work out any kinks with set up and break down. This is particularly helpful for families with smaller children who might be frightened by the idea of sleeping outside. Once your tent is up for the first time, seal each seam with a waterproof sealer to help keep the rain out.

### MAKE YOUR BED.

Get sleeping bags that are rated for the type of weather you will encounter. If you are heading to a higher elevation, be aware that nights can sometimes be downright chilly. If you are camping in a warm locale, you may not need a sleeping bag rated for lower temperatures, which can save you money. If you are

uncomfortable sleeping on the ground, invest in a sleep pad or even an air mattress. Don't forget the pillows too.

### PREPARE FOR CAMP COOKING.

You don't need fancy equipment to cook a great meal at your campsite. A stove with propane fuel and a few pots will do just fine. You should try out your stove in your backyard before using it at your campsite. Pack cold food in a durable cooler and don't forget the matches. Bring some comforts of home by packing a cutting board, a good knife, aluminum foil, paper towels, a few cooking utensils, a dish pan, and some dish towels.

### DON'T FORGET THE DETAILS.

There are some items you won't want to forget. These include sunscreen and insect repellent, a camp lantern or a couple of flashlights, a first aid kit, trash bags, hand wipes, lots of drinks, and of course, your camera. You may also want to bring a small pad of paper and a pen to jot down things you want to bring on your next trip. Each family packs differently and it may take a couple of trips to really know what you need to bring and what you can leave behind.



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