

What's Inside This Month?

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July SPECIALS!

Protecting Your Pets from Fireworks

Every summer the sky fills with bright lights and loud booms. While most people enjoy fireworks, it is a different story for your pets. Some pets become only mildly stressed from the commotion, but others can become distraught over the disturbance. There are



some steps you can take to ensure that your pets remain safe whenever fireworks are set off near your home.

First, you'll want to leave your pet at home. This will allow your animal to have a safe and reassuring environment in which to ride out the noise. It will also keep your dog from running from you, possibly getting lost or injured in traffic. It is a natural reaction for a dog to try to outrun any danger he or she perceives, so it is safer to have your dog confined at home.

If your animal is receptive, place him or her in a crate to provide for added security. If you must leave your animal unsecured in your yard, take care that there are no escape avenues. Dogs have been known to dig under fences or jump high barriers, even breaking through glass windows or doors.

You may also want to turn the television or radio on to drown out some of the outside noise. Do not turn these devices up too loudly, but leave them on at normal levels. These will be sounds that your animal is used to and can be reassuring.

As a last resort, consider staying at home with your pet to be available to reassure him or her. If your pet's reactions are particularly worrisome, discuss with your veterinarian the possibility of sedation medication. This should only be used on a temporary basis and you should be aware of the risks involved in using this type of treatment.

Thoughts from Tim Puliz

July is a month that's spectacular for several reasons. Of course celebrating our country's birth is top of the list, but also, those supreme stretches of sunshiny daylight, picnics, and ant-derby's (?) well, they all add warmth to the summer ambiance, don't they?

Oddly there are times when I'm outside and out of the blue something that usually is banal and/or annoying such as a fly buzzing by my head will crank me nostalgic. I am slip-sliding back to homemade ice-cream days by the kiddie pool with my family and operating very-little-profit lemonade stands with my pals. We always made it either too sweet or too sour, but to us and our "customers" it was always just right.

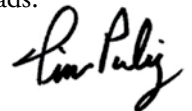
Oh, and don't get me started on the bounty that is summer's smells. Roses, flowering bushes and trees, and fresh cut grass....heaven. Give me a waft of coconutty suntan lotion and suddenly I'm sweet (and just as sour) sixteen again, albeit for the briefest of moments – which is precisely how fast our teenage years last, right? A neighbor searing brats on the grill? I see my dad in his horrendous concoction of shorts, socks and sandals and man, it's heaven.



Sure, those were the days, but let's not forget they still are. Let all the sights, sounds, sensations and glorious scents of July embrace you this year, and I betcha years down the road you'll be waxing nostalgic for this summer.

Let your worries rest. We have your data safety and storage needs all taken care of so you can let your mind wander back and forth...wherever this glorious month leads.

Have a jewel of a 2011 July!



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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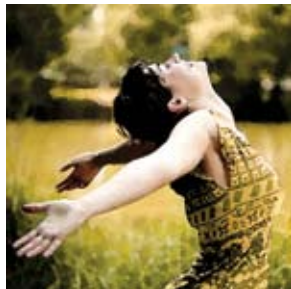
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ONE FREE MONTH OF SHREDDING if they allow Puliz document
destruction to become their shredding vendor.

Making Life Meaningful

Often we go through life on autopilot—taking the same way to work, sticking to the same routine, and not fully noticing things around us. It is everyone's goal to find purpose and meaning in life. Here are some simple steps you can take to help make your life more meaningful.

BE GRATEFUL

Look at your life and take stock of all the good things. Try to take time each day to be thankful for all you have, from basic food and shelter to the love of friends and family. We sometimes forget in our daily struggles to be grateful for our bounty in life.



VARY YOUR ROUTINE

If you find yourself doing the same things everyday, try to vary your daily life. You will open your eyes to a new perspective and will avoid the monotony of repetition. This can be as simple as taking a new way to work, varying your lunch routine, or reading instead of watching TV. As you make these changes, really pay attention to the world around you, and you may be surprised at how different every day can be.

LIVE IN THE MOMENT

It is easy to get caught up in mulling over the past or planning for the future. This leaves little time to spend in the here and now. Try to appreciate what you are doing each moment. Enjoy your family and friends and see the beauty of the little things in your life. Your appreciation for life will increase as you savor each element of your day.

Home Tip

If you are painting stripes on a wall, an easy way to get straight lines is to use painter's tape. You can apply the tape along the edges of the striped area, painting the new color inside your tape. To make sure your lines are as clean as possible, paint a thin coat of the base color over the tape inside the edge lines. This coat will seal the tape. If any of this paint does seep under the tape, it doesn't matter, as it is the same color as what is already there.

Did You Know: Hot Dog!

July is National Hot Dog Month.

The first words Mickey Mouse ever said in a cartoon- "hot dogs."

The world's biggest hot dog was 1996 feet long, created by Sara Lee Corporation in honor of the 1996 Olympics.

The average hot dog is consumed in 6.1 bites.

July Events

- 1 Second Half of the New Year Day
- 2 International Day of Cooperatives
- 3 Compliment Your Mirror Day
- 3 Stay Out of the Sun Day
- 4 Caribbean Day
- 4 Independence Day (Fourth of July)
- 4 Indivisible Day
- 6 Take Your Webmaster to Lunch Day
- 7 Tell the Truth Day
- 10 Don't Step on a Bee Day
- 11 World Population Day
- 13 Embrace Your Geekness Day
- 16 National Woodie Wagon Day
- 17 National Ice Cream Day
- 18 Global Hug Your Kids Day
- 22 Rat Catchers Day
- 23 Gorgeous Grandma Day
- 23 Hot Enough For Ya Day
- 23 National Day of the Cowboy
- 24 Cousins Day
- 24 National Drive-Thru Day
- 24 National Tell an Old Joke Day
- 24 Parents' Day
- 27 National Korean War Veterans Armistice Day
- 27 Take Your Houseplants for a Walk Day
- 27 Walk on Stilts Day
- 28 National Chili Dog Day



Astrological Sign:

Cancer (Jun 22-Jul 22) &
Leo (Jul 23-Aug. 21)
Flowers: Larkspur, Water Lily
Birthstone: Ruby

July is also:

- National Grilling Month
- National Horseradish Month
- National Hot Dog Month
- National Ice Cream Month
- National Make a Difference to Children Month
- National Recreation and Parks Month
- Smart Irrigation Month
- Social Wellness Month
- Women's Motorcycle Month



Strength

The size of your success is measured by the strength of your desire; the size of your dream; and how you handle disappointment along the way. – Robert Kiyosaki

Success is achieved by developing our strengths, not by eliminating our weaknesses. – Marilyn vos Savant

Concentration is the secret of strength.
– Ralph Waldo Emerson

Raiding Retirement

If you are considering filing for personal bankruptcy, don't use your 401(k) plan as a last ditch effort to get out from under your debt. Raiding your retirement funds can really hurt you in the long run. Retirement accounts are protected under bankruptcy laws in most states. It is foolish to give up your retirement fund just to get a fresh start. Many people who do that end up in bankruptcy anyway, ending up broke and with no retirement fund. By staying away from your retirement money, you can get back on your feet without sacrificing the future.



Internet Tidbit

Did you know that you can make art out of words? At the website Wordle.net, you can input text and receive a unique and interesting image of the words. Wordle generates "word clouds," giving greater prominence to words that appear more frequently in the source text. Wordle also lets you customize your image with different fonts, colors, and layouts. Once you've created your image, you can save it, print it, and share it with others. Best of all it is free to use!



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: One planet does not tilt as it goes around the Sun. Thus it has no seasons. What is this planet?

Last Month's Answer to: *Mom and Dad have four daughters, and each daughter has one brother. How many people are in the family?*

SEVEN. THE FOUR DAUGHTERS HAVE ONLY ONE BROTHER, MAKING FIVE CHILDREN, PLUS MOM AND DAD.

Last month's Winner:

TERESA TOKUMON-PHILLIPS

Email your answer to info@pulizrecords.com

Organizing Tip

If your organizational problems are aggravated by your kids' clutter, you can help them learn to be more organized. Start by designating an area or room for their things. Use baskets or bins to provide a place for school items, toys, hobby materials, and sports gear. The best strategy is to label everything and provide a specific time each day for sorting and putting away. Eventually, this will become easy and intuitive.

Weathering a Job Change

A weatherman at a small television station had a terrible record at predicting the weather. The community newspaper started tracking his predictions, comparing them to the actual weather for the day. After six months, they reported that he had been wrong over 150 days. All this negative attention finally got to him, and he applied for a job in another state. On the application, there was a blank asking for the reason for leaving his current position. He wrote, "The climate doesn't agree with me."

Travel Tip

When traveling with kids, give each one their own entertainment bags. You can fill it with music, a book or two, stickers, activity books, crayons, and small toys. They can also pack their own water bottle and snacks for the trip, as well as a change of clothes in case of a spill. This gives them something of their own on the journey and relieves you of having to dig in a large bag for their items.

Now, there's one for the
Hockey **RECORD** books . . .
BOSTON beat Canada!



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7 Ways to Cut Your Food Bill

Looking for ways to cut your budget? One of the easiest places to start is your grocery bill. Use these tips to help cut your monthly food spending down to size.

1. Plan ahead: Check out the sales that grocery stores offer each week and plan your shopping list around those items. Try to shop only once a week. This helps avoid impulse shopping and it saves time driving to the store and waiting in line.

2. Stick to your list: Stores have great techniques to get you to buy. Necessities like bread and milk are usually at the back of the store, forcing you to walk past the other items in the store. Items placed at eye level are great profit makers for the store. Sticking to your list means not buying items you don't really need. But be flexible enough to pick up a good bargain if you see one.

3. Find the best deal: Be sure to compare unit prices, bringing a calculator if needed. Consider trying a cheaper brand or the store brand of items you buy. Use coupons on items you would normally buy anyway. If you have the room to store a few extra items, stock up on the things you use often when they are on sale.

4. Shop alone: The more shoppers you have with you, the more your grocery bill will be. Also, remember to always

eat before you go, so your hunger doesn't lead to unnecessary purchases.

5. Save on convenience foods: Limit your purchase of convenience items and prepacked goods. Make your own "TV" dinners by freezing your leftovers. Package items for your kids' lunches yourself. Make desserts and snacks from scratch.

6. Cheaper dinners: Consider going vegetarian one or two nights a week. It's cheaper and healthier, too. Having breakfast for dinner one night a week can also help keep costs in line.

7. Check your receipt: Pay attention at the checkout counter and check your receipt before you leave the store for any scanner errors. Sometimes by pointing out the error, you will get the item for free.

By planning carefully and watching for bargains, you can make a big dent in your grocery bill—leaving more money for the things you really want.



Keeping Your Brain Sharp as You Age

As people get older, there are risks of developing chronic brain disease such as Alzheimer's. Although there is nothing you can do about genetics or past environmental exposures, there are some things you can do to keep your brain as healthy as possible as you get older. Research has shown that there are several factors that can affect your brain's ability to function well. These include diet and other lifestyle components. The basics are to eat right and remain active, both mentally and physically.

Studies have shown that an increase in physical activity can slow cognitive deterioration. Researchers at the University of Washington School of Medicine found that aerobic exercise, like walking on a treadmill or riding a stationary bike, improved mental agility and slowed the decline of certain brain functions. Movement and activity on a daily basis can have a significant effect on your mental processes.



A healthy diet low in saturated and trans fats is also good for your brain. You should also try to have a varied diet rich in fruits and vegetables, especially those with high antioxidant levels, like blueberries, cranberries, tomatoes, and carrots.

Brain health can also be strengthened by engaging in stimulating mental activity. This can be anything from doing a crossword puzzle, to tutoring a child in math, to having a debate with a friend. If you enjoy working even during retirement, continue this as long as possible. You may also consider volunteer work, especially if it involves learning new skills.

Finally, make sure you get the right amount of sleep. Too little or too much can affect your brain's ability to process information and can affect your short-term memory. Aim for at least seven hours of sleep but no more than nine each night.

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

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