



What's Inside This Month?

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Protecting the Teen Years

While most parents take their young kids into the pediatrician for well checkups each year, teenagers can often fall through the cracks. It is easy to skip those visits once your child is older and seems to need less attention, but it is a mistake to only take your teen in to the doctor when he or she is sick. One important thing that can get neglected is recommended vaccinations. Less than a third of teens received the Tdap (Tetanus, diphtheria, and pertussis) and meningitis vaccines in recent years. Teens also may need catch-up vaccines for shots they did not receive as kids, including varicella (chicken pox), Hepatitis B, Hepatitis A, and MMR (measles, mumps, rubella). Some vaccines may also need a booster to continue to be effective.



How do you know if you are current on your teen's vaccinations? You can refer to your child's immunization record and compare it to the one issued by the Centers for Disease Control and Prevention

(CDC), available at cdc.gov. You can also talk to your doctor about what your teenager may be missing. Once you know, you are then able to get him or her current on these vaccinations.

November 6th is Guinness World Records' Day.

Guinness World Records is published in 24 languages and has sold over 100 million copies in 100 different countries. It is the world's best selling copyright book.

Thoughts from John Becker

When you stroll outside this November you will likely detect a sense of urgency in the air. Certainly, it is evident in the wildlife. The squirrels and chipmunks are busy burrowing through the fallen foliage, gathering supplies and storing them away for the winter ahead. And, in tandem, the birds (the ones that are still around, that is) are busily fluttering to and fro, searching out whatever sustenance of the summer bounty that remains. Ah, one bird's worm is another man's steak, or something along those lines.

This sense of urgency, however, is also evident in the children—and those of us who still recognize that inner child within. The recognition that it is vital to grasp those remaining hours of daylight and clutch them with all of our might.

For example, once you have spent several hours raking those leaves, go ahead and let the kids use those tempting piles as nature intended: as a pool to fling oneself with utter abandon and become immersed in the musty, crunchy, savory wonder that is fall. For no matter how glorious and vital the winter season might be, it is a huge change of rhythm. There is a cocooning tendency that overtakes even the most active of individuals.



Understand that as nature's critters are storing away their vital supplies this winter you can have faith that we, too, shall take care of that chore for you with all of your vital data and storage records. Meanwhile, why not take a leap into that leaf pile yourself? You might just discover that *is* just as fun as you remember!

JOHN BECKER

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.

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Making Your Clothes Last Longer

Clothing costs can be a big chunk out of your budget. To cut your clothing costs and keep your wardrobe looking its best, keep these tips in mind.

- Don't crowd your clothing when loading your washer. A very full washer will not allow the clothing to rinse as well, leading to a buildup of detergent and fabric softener. This can eventually make your clothes look more worn. You should also give your clothing some breathing room in your closet. Use only plastic, wood, or padded hangers and leave enough room between clothes to prevent wrinkles.

- To keep your clothes looking their best, use cold water when washing. You can also flip your clothing inside out. Both of these techniques will help prevent fading of colors.

- Only use the minimum amount of detergent and fabric softener that you really need. It may take a little experimenting to see how much you can decrease your use of these chemicals, but it is most likely much less than you are using now. By using less, you will extend the life of your wardrobe.

- To prevent tears, unbutton clothing before placing in your washer. You should also fix any small rips as soon as possible to prevent them from becoming larger and harder to repair.

- Treat stains as soon as possible. Do not let stains sit for long periods of time before washing. If you are having a garment dry cleaned, be sure to let your cleaner know of any stains and what caused them. This gives him a better chance of removing the stain.



Green Living

Raking leaves is a common fall chore, but figuring out what to do with those piles can be a challenge. Instead of adding to a landfill, consider mulching your leaves this year. Not only will you save bags of leaves from going into the trash, but it is better for your lawn and garden too. Use a mulching lawn mower to easily break up all of those leaves in your yard.

Organizing Tip

If you have children, you know that homework time can be a challenge. One way to help smooth things along is to set up a homework station in your home. This can be a section of cabinets or even just a large basket that can be brought to your kitchen table. Include a dictionary, thesaurus, and a supply of paper, pencils, and pens. Your child should have access to a computer or laptop. The area should also have plenty of good light. Finally, consider placing your homework station in an area visible from other areas of the house, to ensure that your children don't spend their homework time playing or procrastinating.

November Events

- 1 National Authors' Day
- 1-7 National Animal Shelter Appreciation Week
- 2 Plan Your Epitaph Day
- 3 General Election Day
- 4 Use Your Common Sense Day
- 5 National Men Make Dinner Day
- 7 Sadie Hawkins Day
- 8 National Parents as Teachers Day
- 9 World Orphans Day
- 10 National Young Reader's Day
- 11 Veterans Day
- 13 World Kindness Day
- 14 World Diabetes Day
- 15 America Recycles Day
- 15 I Love to Write Day
- 15-21 American Education Week
- 16 International Day for Tolerance
- 17 Homemade Bread Day
- 19 Great American Smokeout
- 20 Universal Children's Day
- 21 Family Volunteer Day
- 21 World Television Day
- 22-28 National Family Week
- 24 Celebrate Your Unique Talent Day
- 25 Shopping Reminder Day
- 26 Thanksgiving Day
- 27 Buy Nothing Day
- 29 Electronic Greetings Day
- 30 Computer Security Day



Astrological Sign:

Scorpio (Oct 24-Nov 22) & Sagittarius (Nov 23-Dec 22)

Flower: Chrysanthemum
Birthstone: Topaz
Full Moon: November 2

November is also:

American Diabetes Month
Lung Cancer Awareness Month
Month of the Military Family
National Adoption Month
National AIDS Awareness Month
National Scholarship Month



Website of the Month

If you are looking for a particular item on Craigslist or any other auction site, you know how tiresome it can be to keep checking back over and over again. Now you can let an automated service do the work. Aloofdoof.com offers emailed alerts for listings on Craigslist and other auction sites. You enter your desired search terms, Craigslist region, category, and of course your email address. You can then choose to have alerts emailed to you hourly, daily, or weekly. You can also use the service to hunt for rentals or a job.

Aloofdoof.com

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

-- John Fitzgerald Kennedy

Tons of Turkey

Do you have lots of leftover turkey every year? Does your family get tired of eating turkey salad sandwiches every day for a week after Thanksgiving? Instead of boring leftovers this year, get creative!

COBB SALAD

2 cups finely chopped lettuce
1 cup diced cooked turkey
1 hard-cooked egg, chopped
1 medium tomato, seeded & chopped
1 ounce crumbled blue cheese
3 slices bacon, cooked crisp & crumbled
1 avocado, pitted, peeled & diced
4 green onions, chopped
French or blue cheese dressing



Arrange lettuce on a large plate. Arrange other ingredients on top of lettuce. This is traditionally arranged in rows. Serve with French or blue cheese dressing. Makes 2 servings.

What Time Is It?

Are all of your clocks and your watch set to a different time? Take a moment to reset all your timepieces. To find out the exact time, go to www.nist.time.gov to get the official U.S. time.

Learn from yesterday, live for today, hope for tomorrow.

-- Albert Einstein

Live as if you were to die tomorrow.

Learn as if you were to live forever. -- Gandhi

Win \$20 gift card to Starbucks or a bottle of the Mumm Napa 2006 Gallery Collection Pinot Noir, (\$35 value)!

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 mind bender:

Riddle: What can travel around the world while staying in a corner?

Last Month's Answer to:

I can run but never walk? I have a mouth but never talk? I have a bed but never sleep? I have a head but never weep? What am I?

A RIVER

Email your answer to info@ftdocs.com

Surges of Power

Protect your computer against power surges and brief outages. Aside from providing outlets to plug in your computer and all of its peripherals, some power strips protect your computer against power surges. Many power strips now advertise compensation if they do not effectively protect your computer. Power strips alone will not protect you from power outages, but there are products that do offer an uninterruptible power supply when there are power surges or outages. During a lightning storm or construction work that increases the odds of power surges, consider shutting your computer down and unplugging it from all power sources.



Thanksgiving comes to us out of the prehistoric dimness, universal to all ages and all faiths. At whatever straws we must grasp, there is always a time for gratitude and new beginnings.

-- J. Robert Moskin

Maximizing Social Security Benefits

Many retirees are relying on Social Security benefits as they see their other investments drop in value, but your best bet is to try to wait until your full retirement age to file for this benefit. Early filing will reduce your monthly check significantly. In fact, if you wait until well after your full retirement age, your benefits can increase by hundreds of dollars a month. To determine your benefits and how early retirement can affect them, go to socialsecurity.gov.



Refer Us To Someone!

If you refer us to someone and they become a regularly scheduled customer, purge customer with more than 100 boxes, or box storage customer, we will reward you with a \$50.00 VISA gift card!

Call John For Details!

Managing Your Health Records Online

Personal health records (PHRs) offer a way to manage your health records online, making them accessible any time. There are over 200 websites that offer a place to store your medical history, including lab results and prescription medications. These websites usually have you input your information yourself and are password protected. You are also able to choose who may have access to your records.

People are finding that these types of websites are useful in a variety of situations. For example, parents may easily keep track of all of their children's information. Patients with chronic conditions or who are taking many medications have an easy way to keep track of this data.

If you are interested in using a PHR, be sure to make sure that the website is a reputable one. They should have a detailed privacy policy and should not share data with any third parties. You should also be given notice of any changes in the privacy policy.



Minimize the Access To Your Information

Lock your computer when you are away from it. Even if you only step away from your computer for a few minutes, it's enough time for someone else to destroy or corrupt your information. Locking your computer prevents another person from being able to simply sit down at your computer and access all of your information.

Disconnect your computer from the Internet when you aren't using it. The development of technologies such as DSL and cable modems have made it possible for users to be online all the time, but this convenience comes with risks. The likelihood that attackers or viruses scanning the network for available computers will target your computer becomes much higher if your computer is always connected. Depending on what method you use to connect to the Internet, disconnecting may mean disabling a wireless connection, turning off your computer or modem, or disconnecting cables. When you are connected, make sure that you have a firewall enabled.

Great American Smokeout

The American Cancer Society has designated November 15th as the Great American Smokeout. Started in 1977, this day encourages smokers to give up smoking for one day, hopefully marking the first day of a smoke-free life. More Americans try to quit smoking on the day of the Great American Smokeout than any other day of the year, including New Year's Day. If you are ready to quit smoking, these tips can help you.

MAKE A LIST

Create a list of reasons for quitting. Carry it with you or tape it to your dashboard. You may consider writing your list on the back of a photo of your loved ones. Experts say that you will be more likely to quit if you can make an honest attempt to quit and if you believe that the benefits of quitting outweigh any benefits you feel from continuing to smoke.

SET A DATE

Make a strong personal commitment to quit by choosing a date to quit. You can probably find a buddy or two to join you for at least one day. Picking a date too far into the future may give you too much time to change your mind.

AVOID TEMPTATION

Try to avoid places and situation that are likely to trigger cravings during the first days and weeks of quitting. Let friends and family know of your commitment and solicit their help. Reducing or eliminating alcohol consumption is also helpful.

CHANGE YOUR BEHAVIOR

Try to replace smoking with other activities or distractions. Consider drinking water, chewing gum, or exercising. Be sure to get plenty of sleep and eat a healthy diet. It is also helpful to get rid of all cigarettes, lighters, ashtrays, and other smoking related items.

REWARD YOURSELF

Plan what to do with the money you'll be saving. Treat yourself to dinner out (in a non-smoking restaurant), or take a relaxing bath to celebrate another smoke-free day. If you save the money in a jar, you can see how well you are doing each day.

GET HELP IF YOU NEED IT

There are a variety of treatments available to help you quit smoking, from gums and patches to medication. Talk to your doctor about all of your options.