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Win \$20 gift card to Starbuck's

or Mumm Napa 2006 Gallery Collection!

JANUARY SPECIALS!

Driving in the Dark

With winter here, there are fewer hours of light each day. This can lead to more night driving. The National Safety Council reports that traffic death rates are three times greater at night than during the day. Yet many people are unaware of ways to minimize their risks when driving after dark.

Since 90 percent of a driver's reaction depends on vision, a driver can be compromised when driving after sundown. Age can also be a factor, as older drivers have more difficulties seeing at night. A 50-year-old driver can need up to twice as much light to see as well as a 30-year-old.

Drowsiness can also be a factor, as can alcohol use. Because of this, weekend nights are more dangerous. More fatal crashes occur on weekend nights than at any other time in the week.

So how can you drive more safely at night? These guidelines can minimize these after-dark dangers:

- Make sure your headlights are in proper working order. Clean your windows and lights once a week to remove any grime. Your headlights should also be aimed properly.

- Follow other vehicles at a safe distance. You should also reduce your speed at night, as it becomes harder to judge other vehicle's distances and speeds after dark.

- If you are feeling fatigued, make frequent stops for some exercise and to eat some snacks. If you continue to feel tired, you should stop driving and sleep before continuing.

- Vehicle break-downs after sundown can be dangerous for you and other drivers. If you must get off the road, pull over as far as possible. Turn on your flashers and use reflecting triangles behind your vehicle. Stay off the roadway if possible.

Thoughts from John Becker

Well here we are already barreling into 2010. Hard to believe we've got another year under that proverbial belt, which has likely been expanding after all those holiday treats. But let's not let a simple turn of a calendar page come with regrets. We've allowed ourselves to joyfully live it up with our family and friends these past few weeks and we deserved it!

We may have over-indulged and perhaps even spent more money than we wanted to. But this year, let's make our #1 resolution be a promise to not admonish ourselves for having done so. Instead, let's take some of those feelings of goodwill and hope and bring them with us into 2010 (along with some of Aunt Marge's fantastic fudge, too). Sure, you can try and eat better, we all should do that anyway, but don't berate yourself for fun you've had; instead, pick up the phone and call those people that you usually only contact during the holidays and tell them how wonderful it was to have seen them these past weeks. How about setting up a game night at the end of the month or a fun, pot-luck dinner in February? Keep the joy hopping!

Go ahead and make your New Year's Resolution List if that is tradition for you but try and remember that true happiness is found in the everyday journey; not at calendar-scheduled intervals.

Meanwhile, we'll make sure to take great care with all of your important materials and keep them securely safe and sound this year just as we have in prior years. We thank you for your patronage and wish you and yours a very Happy 2010!



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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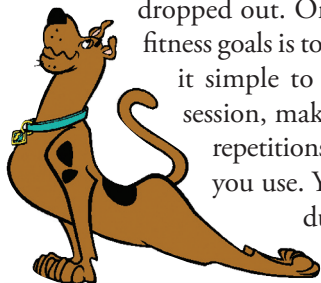
The English Language

- 1) The bandage was **wound** around the **wound**.
- 2) The farm was used to **produce produce**.
- 3) The dump was so full that it had to **refuse** more **refuse**.
- 4) We must **polish** the **Polish** furniture.
- 5) He could **lead** if he would get the **lead** out.
- 6) The soldier decided to **desert** his dessert in the **desert**.
- 7) Since there is no time like the **present**, he thought it was time to **present** the **present**.
- 8) A **bass** was painted on the head of the **bass** drum.
- 9) When shot at, the **dove dove** into the bushes.
- 10) I did not **object** to the **object**.
- 11) The insurance was **invalid** for the **invalid**.
- 12) There was a **row** among the oarsmen about how to **row**...
- 13) They were too **close** to the door to **close** it.
- 14) The buck **does** funny things when the **does** are present.
- 15) A seamstress and a **sewer** fell down into a **sewer** line.
- 16) To help with planting, the farmer taught his **sow** to **sow**.
- 17) The **wind** was too strong to **wind** the sail.
- 18) Upon seeing the **tear** in the painting I shed a **tear**.
- 19) I had to **subject** the **subject** to a series of tests.
- 20) How can I **intimate** this to my most **intimate** friend?
- 21) Gotta **wind** up the window to keep the **wind** out of my hair.

Let's face it - English is a crazy language. There is no egg in eggplant, nor ham in hamburger; neither apple nor pine in pineapple. English muffins weren't invented in England or French fries in France. Sweetmeats are candies while sweetbreads, which aren't sweet, are meat. We take English for granted. But if we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square and a guinea pig is neither from Guinea nor is it a pig.

Healthy Living

Researchers for the YMCA found that 70 percent of exercisers who set specific goals stuck with their programs for an entire year. Over 75 percent of those who did not set goals dropped out. One easy way to set and keep your fitness goals is to use a training log. Be sure to keep it simple to ensure success. At each exercise session, make note of the number of sets and repetitions you do and the amount of weight you use. You can also record the type and duration of your cardio sessions and your total exercise time.



Nobody can go back and start a new beginning, but anyone can start today and make a new ending.

-- Maria Robinson

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*I can't change the direction of the wind, but I can adjust my sails to always reach my destination. -- Jimmy Dean*

## January Events

- 1 New Year's Day
- 1-7 Diet Resolution Week
- 2 Happy Mew Year for Cats Day
- 3-9 Home Office Safety and Security Week
- 4 National Thank God It's Monday Day
- 6 Three Kings Day
- 7 I'm Not Going to Take It Anymore Day
- 8 Show-and-Tell Day at Work
- 10 National Cut Your Energy Costs Day
- 11 National Clean Off Your Desk Day
- 16 Religious Freedom Day
- 17 World Religion Day
- 17-23 Hunt for Happiness Week
- 18 Martin Luther King, Jr. Day (FH)
- 19 Rid the World of Fad Diets Day
- 21 Get to Know Your Customer Day
- 21 National Hugging Day
- 22 Celebration of Life Day
- 23 National Pie Day
- 24 National Compliment Day
- 25 Better Business Communication Day
- 25-29 National Take Back Your Time Week
- 26 National Speak Up and Succeed Day
- 29 Freethinker's Day
- 29 Fun at Work Day
- 31 Inspire Your Heart With the Arts Day
- 31 National Seed Swap Day



### January is also:

- Book Blitz Month
- Celebration of Life Month
- Financial Wellness Month
- Get Organized Month
- International Creativity Month
- National Clean Up Your Computer Month
- National Mentoring Month
- National Volunteer Blood Donor Month

### Astrological Sign:

Capricorn (Dec 23-Jan 20) &  
Aquarius (Jan 21-Feb 19)  
Flower: Carnation, Snowdrop  
Birthstone: Garnet  
Full Moon: January 30

## Organizing Tip

Cold and flu season is in full swing this time of year. To make it easier for you and your family to get through it, consider stocking up on over-the-counter cold medicines next time you go shopping. But first you have to know what you need. Go through your medicine cabinet and discard any expired medication. Then you will have room for new supplies. At the store, stock up on pain relievers, cough syrup, vitamins, cold and flu medication, tissues, and chest rub ointment. With these basic supplies, you won't have to venture out on a cold night in bad weather to get some relief.

*Youth is when you're allowed to stay up late on New Year's Eve.*

*Middle age is when you're forced to. -- Bill Vaughn*

## Symptoms You Should Never Ignore

Every year, thousands of people risk their lives because they ignore symptoms they think are minor. Many emergency room visits could be avoided if these common symptoms were treated before they became desperate emergencies. If you experience any of these symptoms, you should contact your health care provider for guidance.

### *A cough that will not go away.*

It is easy to treat congestion and a cough with over-the-counter medication, but if your cough persists more than four days, you should seek treatment. A simple respiratory infection can be cured with a round of antibiotics. Untreated, it can turn into pneumonia, eventually leading to septic shock.

### *A very painful sore throat.*

While a sore throat is very common, it is not something that should be ignored. A sore throat that gets worse over several days could be leading to epiglottitis, a rare and sometime deadly inflammation of the flap of tissue that covers your windpipe. If throat soreness is affecting your ability to swallow or breath, or you've felt the pain more than two days, it is time to seek medical attention.

### *Sudden body aches or pain.*

Whether it is from an injury or other medical condition, sudden onset of body pain should not be ignored. If it is from a sprain or a broken bone, continuing to use that part of your body can result in lasting damage. Sudden abdominal pain can be caused by appendicitis or an ectopic pregnancy, both of which can be life-threatening. While back pain can result from everyday strain, sudden pain in your back can have causes that range from injury to pulmonary embolism to kidney infection.

## 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 is the noblest musical instrument?

**Last Month's Answer to:**

What is the term for the wild reindeer of North America?

**CARIBOU**

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

## Super Bowls

Having the gang over for the big game? Give yourself a break this year, so you can enjoy the day too! These dips are crowd-pleasing and are the easiest snack you can make.

### Hot Stuff

Blend one 8-ounce package of softened cream cheese and a half a bottle of hot chili sauce together in a blender or food processor. Serve with crackers.



### Baked Onion Dip

Lightly grease a 1-quart baking dish. In a bowl, mix one 8-ounce package of shredded Cheddar cheese, 2 cups of mayonnaise, and 2 cups of chopped onion. Place in the baking dish and sprinkle the top with 2 tablespoons grated Parmesan cheese. Bake for 40 to 45 minutes, or until the onions are tender and the top is lightly browned. Serve with crackers.

### Tex Mex Dip

In a bowl, combine one cup of shredded Cheddar cheese, one 16-ounce container of sour cream, one 4-ounce can of chopped green chile peppers, and one 1-ounce package of taco seasoning mix. Chill in the refrigerator for two hours before serving.

## Winter Thoughts

There's one good thing about snow...it makes your lawn look as nice as your neighbor's.

**NOW WHERE  
DID I PUT  
THAT PAPER  
SHREDDER?**



## 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!**

## Sorting Through the Stuff

If you have been charged with sorting through a loved one's belongings, whether due to a death or to downsize, it can be challenging to know what to keep and what to toss. It is helpful to know how to determine an item's value so you don't spend all your valuable time going back and forth over each and every item. You can also avoid overzealously tossing things that do have great monetary or sentimental value.

One of the biggest mistakes that people make is not taking enough time to do the job right. If you are under the pressure of time, you may not make the right decisions on what is trash and what is treasure. You can pay estate professionals to help you with the work if you don't have the time to invest yourself, but you still have to do some of the work in determining the value of the items in the household.

In addition to monetary value, things can have collector value, decorative value, or sentimental value. Items with sentimental value should be the easiest to spot, but don't fall into the trap of wanting to keep everything just because it has been in the family for a while. Make sure that each piece truly has some meaning to the recipient.



If you think an item is valuable to collectors, do some research on eBay or collectors.org. Just because something is marked "collector's edition" doesn't mean it truly is of value to collectors. Items in good condition or in full sets have more value. Jewelry can have value either from the piece itself or from the intrinsic value of the metal. If you are in doubt, consider getting an independent appraisal of the pieces. Antiques should also be evaluated by an appraiser if you are unsure of the value.

Household items usually have limited value. If something is more than ten years old, has been used very frequently, or is in poor shape, it will probably not be worth the effort to sell. These types of items are best donated to get the tax deduction. A yard or estate sale is a great way to move large quantities of household goods in a short period of time. Any remaining goods can be donated. Charities will often pick up your items if you request it.

Finally, take the time while sorting through everything in the home to remember your loved one and what each item meant to him or her. Keeping some sentimental items can help you process the change in your own life as well and can provide a way to keep those happy memories as a part of your everyday life.

## Money Bad Habits You Can Break

If you are in debt or have little savings, you may be able to blame your money bad habits. These behaviors can keep you from getting ahead. Fortunately, by understanding your shortcomings, you can work to break the cycle and get on the track to financial security. See if you have any of these common financial bad habits.

### 1. Ignoring your credit reports.

You have no excuse on this one. Getting a credit report from each of the credit reporting agencies is easy and free. AnnualCreditReport.com provides this to all consumers once a year. You should order your credit report and check it for errors. Fixing any errors can help you get better interest rates on loans, protect you from identity theft, and even land you a better job. Banks, insurance companies, and even employers, use information from your credit reports to determine your financial worthiness.

### 2. Refusing to use a budget.

You may say you don't want to use a budget, or it seems too hard to keep track of everything, but this attitude will end up costing you money. A simple budget can be easy to maintain with a little practice. You will then be able to plan for big expenses and can keep track of the little ones that can add up. A budget will also help you see where your money is going and help you decide where to cut back.

### 3. Using credit cards to get the perks.

It may seem like a good idea to charge that purchase to get the airline miles or to save another 15 percent. But if you are racking up huge interest charges on a card that has a high rate, you are doing yourself no good. If you are paying off the balance each month, this may make sense. When you carry a balance, however, you will end up paying more in interest than you are saving with the perks.

### 4. Not having an emergency fund.

You should always have some money put away for those unexpected and sudden expenses. Thinking that you will just charge it is not the way to go. Ideally, you should have an emergency fund of at least three to six months' worth of living expenses, but even a small amount of money put away for a rainy day can make a big difference.

### 5. Making only the minimum payment.

This habit can set you back years when trying to pay off your debt. Always add at least a little extra when paying your credit card bill. If you can send a large amount in, that is even better. If you are finding it difficult to find extra money to add to your minimum payments, consider working an extra part-time job or decrease your expenses. Not only will you pay off your debt faster, but you will save a considerable amount in interest charges.