



Countdown to St. Patrick's Day

—we only have 228 Days To Go!

Choosing the Right Dog

Selecting a new pet can be fun and exciting, but it pays to do your homework first. Depending on your situation—family life, work schedule, housing arrangements, and temperaments—some breeds may be a better fit than others for you. Keep these tips in mind as you get ready for a new member of the family.

INVESTIGATE THE BREED.

Take the time to read up on the characteristics and personality traits of various breeds of dogs. You can find lots of information on the Internet and at your local library. If you like the personality of a friend's dog, be sure to ask about the type of breed.

BE CAREFUL OF THE SOURCE.

Pet shops should be avoided if possible, as the dogs sold there often come from puppy mills. These types of operations can produce dogs with health and personality problems which will not show up for several weeks or months. If you are interested in a pure-bred dog, find a direct-sale breeder. Be very selective and try to get to know the breeder. It is best to take a look at the breeder's set-up before committing to a purchase.

CONSIDER YOUR LIFESTYLE.

If you love to exercise, you will need a fit and active companion. If you are more sedentary, a smaller lapdog might be perfect for you. Some dogs do well when left alone all day and others need more constant companionship. While most dogs do great with kids, many breeds are better suited to an adult-only household.

EXAMINE YOUR GOALS.

Do you want a friend for your kids? Are you looking for a jogging companion? Or do you want a dog for added security for your family and your home? The breed you choose should be a good match for your specific goals.

Safety Tip

When you drop your car off for repairs or service, be sure to remove your house keys from your key ring. This will prevent them from being duplicated and allowing a possible perpetrator from not only having your key, but also knowing where you live from the information on your work order.

Thoughts from Michael Sullivan

President of Automated Records

August is upon us and it seems to bring out the kid in all of us. After all, this is the lazy hazy days of summer; time to relax, read, have outdoor parties and relish this incredible, warm season.

Back then (yes, I realize I'm sounding like my grandfather ;-), we cooled off by any means we could and some of them were rather ingenious. On a windy day if you spray a crab apple tree down with water (really drench it) then sit in the ample berth underneath, you can enjoy a soothing, shady shower.

We also learned not to underestimate the fun, profit and comraderie of a lemonade stand. We'd mix up a big batch of the sweet and tangy goodness and bring it out (along with a TV tray and a roughly written handmade sign) to the end of the driveway.



All the neighborhood regulars would stop by for a glass and sometimes we'd end up meeting people around the block for the first time, as they would stop for a refreshing drink and we'd shoot the breeze.

Many European countries devote the entire month of August as holiday/vacation time for their workers. Sounds good to me (is it too late to move to Paris?)!

Actually, I'm quite content right here and quite grateful to have your trust in our business intact. If you can, take a break and get away for a while this August and know that we've got your data storage and other needs taken care of—as always.

Meanwhile, I could sure go for some icy lemonade right about now...how about you?

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, imaging, or media vaulting, please feel free to give us a call or send us an email.

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Automated Records Centre is now on **FACEBOOK**-
If you become a fan, your name will be entered
in a drawing to win a **\$25 Starbucks Gift Card**.
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Internet Tidbit

Everyone loves to save money, but it can seem daunting sometimes to search around for the best price on items you want to buy. Who has the time to look at every shopping site on the Internet? Well, BeatMyPrice.com does. This website offers a way to connect with other users who have done the work for you. It features a wonderfully simple home page. Just enter the name of the product you want to buy, the web address where you found it, and its listed price. You will then get a list of results from other search engines, along with places other users have found it cheaper. There is sliding scale tool that lets you adjust the ideal price you'd like to pay, giving you a way to control the results. If you have in fact found the lowest price around on your own, you can upload the information to help out other users. Best of all, the service is free!

The Dangers of Processed Meat

A study released by the Harvard School of Public Health has shown a link between the consumption of processed meats to an increased risk of heart disease and diabetes. Unprocessed meat, such as chicken, steak, or pork chops, showed no increase in the risk of these diseases. The researchers concluded that it is not the saturated fat and cholesterol that makes a difference, but rather the extra amount of salt and chemicals in processed meat that is the problem.

Included in the study were bacon, hot dogs, sausage, and processed lunch meat. Just one serving of these types of products can lead to a 42 percent higher risk of heart disease and a 19 percent higher risk of diabetes. When deciding what types of meat to eat, it could be that how it is processed is the most important factor. Reducing your intake of processed meats to one serving per week, rather than one per day, can significantly reduce this risk

August Events

- 1 Girlfriend's Day
- 2-6 Psychic Week
- 3 National Night Out
- 4 Coast Guard Day
- 5 National Underwear Day
- 7 Professional Speakers Day
- 8 Happiness Happens Day
- 8-14 National Resurrect Romance Week
- 12 International Youth Day
- 12 Vinyl Record Day
- 13 Blame Someone Else Day
- 14 Navajo Code Talkers Day
- 15 Best Friend's Day
- 15-21 National Aviation Week
- 18 Bad Poetry Day
- 19 National Aviation Day
- 20 National Men's Grooming Day
- 21 National Homeless Animals Day
- 22 Be an Angel Day
- 23-27 National Safe at Home Week
- 25 Kiss and Make Up Day
- 25-31 Be Kind to Humankind Week
- 26 Women's Equality Day
- 28 Race Your Mouse Around the Icons Day
- 29 More Herbs, Less Salt Day
- 30 National Holistic Pet Day
- 31 Love Litigating Lawyers Day



Astrological Sign:
Leo (Jul 23-Aug 21) &
Virgo (Aug 22-Sept 23)
Flowers: Gladiolus, Poppy
Birthstone: Peridot
Full Moon: August 24

August is also:

- American Adventures Month
- Audio Appreciation Month
- Cataract Awareness Month
- Get Ready for Kindergarten Month
- Happiness Happens Month
- National Immunization Awareness Month
- National Inventors' Month



Perfect Lemonade

Lemonade needs more than just lemons, water, and sugar. It also needs the right technique to make it perfect. Instead of just mixing the ingredients together, make a sugar syrup first. That way you will never have sugar floating down undissolved to the bottom of the pitcher.

To make a sugar syrup, bring one cup of water and 1-1/2 cups of sugar to a boil in a saucepan. Stir occasionally until the sugar dissolves. Let cool. Cut and juice 15 to 18 lemons to get 3 cups of juice. Add the cooled syrup and 5 cups of cold water. Thinly slice one additional lemon and add the slices to your pitcher.

To make strawberry lemonade, puree a pint of strawberries in a blender or food processor. Add to the pitcher with the lemon juice.

National Night Out

On Tuesday, August 3rd, communities across the United States celebrate National Night Out (Texas celebrates on October 5th). This annual event sponsored by the National Association of Town Watch (NATW) brings together citizens, law enforcement agencies, civic groups, businesses, neighborhood organizations, and local officials from over 15,000 communities in all 50 states, U.S. territories, Canadian cities, and military bases worldwide. Each year over 35 million people participate in the activities.



National Night Out (NNO) generates support and awareness of local anticrime programs, strengthens neighborhood spirit, and sends a message to criminals letting them know that neighborhoods are organized and alert. NNO started in 1984 with a message to turn on porch lights for one night and included front porch vigils across the country. Today, festivities include block parties, cookouts, parades, police visits, neighborhood walks, safety fairs, contests, rallies, and meetings.

NNO is a great way for you to get involved in your community and to meet more of your neighbors. To organize an event for your neighborhood, visit NationalNightOut.org. There you can register and receive the NNO Organizational Kit detailing how to get going. There is no cost to register or participate.

Win 4 Front Row Tickets to The State College Spikes!

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 this month we'll draw one lucky name.

Here is this month's mindbender.

Riddle: Why is an island like the letter T?

Last Month's Answer to: *How many words can you make from the word "GARDEN"?*

THERE ARE 34 WORDS

Last Month's Winner:

MIMI COPPERSMITH

The Barash Group

Congratulations!

Email your answer to:

<http://automatedrecords.com/riddle-answer.html>

New Rules for Gift Cards

Gift cards continue to grow in popularity. As usage increases, so have complaints about expiration dates and fees, which can eat into the value of the card. Beginning August 22nd, new Federal Reserve rules provide important protections when you purchase or use gift cards. These rules cover both store gift cards and gift cards with a MasterCard, Visa, American Express, or Discover brand logo.

Under the new rules:

1. Gift cards must provide an expiration date that is at least five years from the date the card is purchased.
2. If there is a fee to purchase the card, this must be clearly marked on the card itself or its packaging.
3. Fees for inactivity, usage fees, and maintenance fees can only be charged once per month.
4. You can only be charged an inactivity fee if you haven't used your card for at least one year.
5. Consumers must be given clear and conspicuous disclosure about any fees relating to the use of the card.



— **BOXES: Buy 20 Standard File boxes and GET 5 FREE!** —

That's 25 Miracle Boxes for just \$77.00!

Not just any box, it is the Miracle Box, put it together in less than 5 seconds and it is double walled on all 4 sides. This box will last a lifetime. Best box in the business! You must place your order by August 31st and mention "Miracle Box". Check the box out on our website: automatedrecords.com

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What's Inside This Month?

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Hide-and-Seek Safety

AUGUST Specials

Hide-and-Seek Safety

A favorite summertime activity for children is hide-and-seek. Running and hiding from a group of kids is a fun activity. To make this a safe one as well for your children, be sure to take some precautions. The U.S. Consumer Product Safety Commission (CPSC) receives numerous reports of suffocation deaths involving children who crawled into old freezers or refrigerators, clothes dryers, or picnic coolers. Most victims are between the ages of four and seven.

The problem with these products is the fact that they are not easy to open from the inside. They seem like a perfect place to hide to a child, but can be very dangerous. Most of these types of units are designed to seal, cutting off air to the inside. For the past forty years, the Federal Refrigerator Safety Act has required that refrigerators be capable of being opened from the inside. Manufacturers of many other appliances have voluntarily redesigned their products to be safer. Even so, there are millions of unsafe appliances still in homes and neighborhoods across the country.

If you do have an older appliance in storage or meant to be discarded, take the simple precaution of removing the door. If you can't remove the door easily, then disable the door lock. Keep children away from refrigerators, freezers, dryers, or coolers that are still in use. Teach your children that these are not safe places to play inside. If your child is ever missing, these appliances and coolers should be the first place you look. Even a few minutes could make all the difference.

