

TCIM Referral = \$100⁰⁰

Here's how it works: Simply tell a friend or colleague about TCIM and if they become a new records storage customer -- we'll send you a **\$100⁰⁰ VISA Gift Card!**

Top Weight Loss Mistakes

Are you looking to lose a few pounds? Hoping to slim down by the holidays? As you begin your weight loss program, be sure to avoid these top weight loss mistakes.

NOT ENOUGH PATIENCE

Experts recommend dropping only one to two pounds per week. This means that if you are hoping to slim down by, say 30 pounds, you'll have four to six months before you hit that goal. Patience is a virtue—and it also helps you lose weight in a healthy manner. Expecting immediate weight loss is unrealistic, unhealthy and can be discouraging to the point of making you quit your weight loss program.

NOT ENOUGH TIME

Start by scheduling into your day time for exercise and meal planning. Treat these times as appointments that you can't miss. Look at your exercise time as a reward, not a punishment, by choosing a type of exercise and a place to exercise that you really enjoy. You'll find that you will look forward to this time of your day.

NOT ENOUGH FOOD

Eating a well, balanced, healthy and low-fat diet is the best approach to weight loss. Starving yourself is not. If you don't eat enough each day, your plan will actually backfire. By doing this, your metabolism will slow down too much, making it harder for you to drop those pounds.

NOT ENOUGH OPTIMISM

You should be doing this for you, not for your spouse, your mother, or to spite your ex-boyfriend. You need a firm resolve to change the daily habits you have that do not help with your weight loss. Finally, ignore the scale for a while, forget the weight and concentrate on the results.

Thoughts from Chad Sorrell

I take things for granted. Not every single thing, not all of the time – but, still too many things, too much of the time. You know that feeling that you get when some event jars you into the NOW of life? Yep, we've all been there; whether we want to go or not.

It could be a health scare for you or one you cherish, a car accident, or maybe the loss of power (whether it's the electric kind or the personal kind), but it is something that stops you in your tracks.

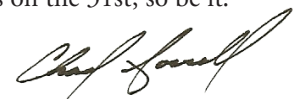
When it's a biggie, our hearts race, our minds try to keep up, and suddenly so many things we deemed super-important an hour ago are inconsequential now.

It's when the "we are but a grain of sand" analogy gleams crystal clear. It sure is humbling when you are thonked over your figurative noggin with the fact that – despite all you've been taught, seen and experienced over the years – you still allowed yourself to assume life would move forth in the easy-going, comfortable way that it had been.

The following quote by an anonymous author is a reminder of this: Measure wealth not by the things you have, but by the things you have for which you would not take money.

We are running a business here, that I don't deny, but your trust and patronage really are priceless to us. It's why I come to work with a smile, gratitude and an insatiable eagerness.

Let this month of October be filled with a bountiful harvest of appreciation, and may we all reap and cherish the "now" moments (large and small) that each day brings. Oh, and should that include some "fun size" Snicker Bars on the 31st, so be it!



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.

(423) 391-0014 or info@tcimweb.com

DON'T BE HAUNTED

*by your Record Storage situation. Send your documents to TCIM in October and as a new client, you'll receive **two months of free storage.***

Scaredy Cats and Frightened Fidos

Halloween is a fun holiday, as long as your family stays safe. This includes your furry friends. To keep your pets comfortable and safe, instead of scared, keep these tips in mind.

1. Unless your pet really loves wearing a costume, skip it this year. Putting on a costume can cause undue stress. If you are dressing your pet up, make sure the costume is safe. There should be no parts that restrict his ability to breathe, meow, or bark. Also watch closely for allergies to the costume material.
2. Costumes for pets, children, and adults often have small decorations on them. Make sure that nothing is on your or your pet's costume that could cause your animal to choke.
3. During trick-or-treating activities, keep your pet in a separate room away from the front door. All those costumed goblins and ballerinas can cause your pet stress. This also will keep your cat or dog from escaping out the front door.
4. Remember that the candy is for humans only. Chocolate especially is very dangerous for dogs and cats. The artificial sweetener xylitol is also harmful. If your pet does ingest something toxic, call your veterinarian or the ASPCA Animal Poison Control Center at (888) 426-4435.

Internet Tidbit

Don't know what to make for dinner tonight? Instead of panicking, go to SuperCook.com. Here you can enter the ingredients you have on hand and get great recipes using those items. As you enter each ingredient, you narrow down the list of recipes until you get a list of dishes you can make right away. You can also see a list of recipes that can be made using your entered ingredients with the addition of just a few items. SuperCook.com is not only a great way to get new recipes for your next meal. It also helps you use up perishable ingredients that need to get used soon.

supercook.com

By the Numbers: Television

- About 99 percent of American households possess at least one television.
- There is an average of 2.24 TV sets per U.S. household. Sixty-six percent of homes have three or more TVs.
- Americans watch over 250 billion hours of television each year.
- The average American youth spends over 1,500 hours per year watching television, but only 900 hours each year in school.
- Forty-nine percent of Americans admit they watch too much TV.

Source: A.C. Nielsen



October Events

- 1 World Vegetarian Day
- 2 Guardian Angels Day
- 2 International Day of Nonviolence
- 3 Child Health Day
- 5 World Teachers' Day
- 6 National German-American Day
- 7 World Smile Day
- 8 Universal Music Day
- 9 Leif Ericson Day
- 10 Columbus Day (Observed)
- 11 General Pulaski Memorial Day
- 11 National Face Your Fears Day
- 12 Columbus Day (Traditional)
- 13 Navy Birthday
- 14 Be Bald and Be Free Day
- 15 National Grouch Day
- 16 Dictionary Day
- 16 World Food Day
- 17 Mulligan Day
- 17 National Boss Day
- 19 Evaluate Your Life Day
- 20 Smart About Credit Day
- 21 National Mammography Day
- 22 Make a Difference Day
- 23 Mother-In-Law Day
- 24 United Nations Day
- 25 Sourest Day
- 26 Mule Day
- 27 Cranky Coworkers Day
- 27 Navy Day
- 28 Frankenstein Friday
- 29 National Forgiveness Day
- 30 Checklists Day
- 31 Halloween
- 31 Magic Day
- 31 National Unicef Day



Astrological Sign:

Libra (Sept24-Oct.23) &
Scorpio (Oct24-Nov22)

Flower: Calendula
Birthstone: Opal



Travel Tip

If the airline loses your luggage, you will need to fill out a form detailing each item that was in your bag. If you are packing any items that carry a significant value, it is helpful to have a list of what was in your luggage. For items that are particularly valuable, you may be asked to provide a receipt. So if you are carrying these types of items in your check-ins, you should carry a list and copies of receipts in your carry-on bag. If you bought valuable items at your destination, keep these new receipts as well. You can also photograph the contents of your bag, but it is not a given that the airlines will accept this as a good description.

Memory Storage

Although an attic can be great for extra storage space, take care with what you put up there. Clothing, many household items, toys, and other durable items will do fine in an attic. But since the temperature fluctuates so much, do not store books, videos, or photographs in your attic. The extreme cold and heat can destroy them.

Delicious Apples

Fall is apple season! It is the perfect time to enjoy apples, in all their varieties. Ever wonder which type of apple is best for pies? Which is good for applesauce? Use this list to help you decide.

BEST FOR SNACKING -

Red Delicious, Fuji, Winesap, Gala

BEST FOR PIES-

Granny Smith, Golden Delicious,
Newtown Pippin, Rome

BEST FOR APPLESAUCE.-

Newtown Pippin, Elstar, Rome, Golden Delicious



There are nights when the wolves are silent and only the moon howls. – George Carlin

*Always do your best. What you plant now, you will harvest later.
– Og Mandino*



Do You Want to Win a \$50 VISA Gift Card?

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: I'm light as a feather, yet the strongest man can't hold me for much more than a minute. What am I?

Last Month's Answer to: *If it has a quart capacity, how many pennies can you put into a empty piggy bank?*

JUST ONE - AFTER THAT IT WON'T BE EMPTY

Last Month's Winner:
JENNIFER WRIGHT

Email your answer to info@tcimweb.com

Preventing Falls

As you or your loved ones get older, you begin to be concerned about the potential of an injury-producing fall. Simply getting older is not a cause of falling. There are many other factors that can lead to this type of injury. In order to reduce the risk of falling, keep these tips in mind.

KEEP IN SHAPE

A regular program of exercise can keep you strong and healthy. It improves coordination and balance and reduces weakness in your muscles. Ask your doctor about the best exercise program for you.

MAKE YOUR HOME SAFE

About half of all falls among the elderly happen at home. Remove items from walkways that are tripping hazards. Never leave anything on stairs. Make sure that these areas are well lit and have handrails. Throw rugs should be secured with carpet tape or removed. Place frequently used items within reach. Place non-slip mats in the shower and tub. And don't forget to wear shoes that have a non-slip sole, fit securely, and have good support.

TALK TO YOUR DOCTOR

Have your health care provider review your medication. Some medications, or combinations of drugs, can lead to drowsiness or dizziness. Be sure to tell your doctor about any over-the-counter drugs you are taking as well. You should also have your eyesight checked frequently by an eye doctor.



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



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What's Inside This Month?

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October OFFERS!

PRSR STD
US POSTAGE
PAID
MWI

ADDRESS SERVICE REQUESTED

7 THINGS YOU CAN DO TO PREVENT IDENTITY THEFT

1. PROTECT YOURSELF AGAINST SPYWARE

Spyware is malware downloaded to your computer or website, without your knowledge or consent, that runs in the background and collects information about you: * Make sure whatever anti-virus program you're running on your personal computers includes spyware protection, as well. Some companies, such as Lavasoft or STOPzilla, will offer a basic anti-spyware service for free, while charging for advanced protection.

2. USE CAUTION WHEN ENTERING INFO ONLINE

When providing personal or financial information online, be certain that you have a secure connection. The URL in the address bar should change from "http" to "https" or "shttp." A closed padlock symbol also often indicates that the connection is secure.

3. CREATE STRONG PASSWORDS

We realize that generating strong passwords, not to mention keeping track of them all, can be a hassle, but it's critical that you have strong passwords for every site you use. You may also want to check out pwdhash.com. When you visit a site that requires you to create a password, enter a simple password you'll remember, but before you submit it, run the PwdHash browser extension (Firefox or Chrome), and it will invisibly generate a custom, strong password for that site. In the end, you only need to remember one password, which your browser is able to securely transform into a different, strong password for each site you use.

4. USE DISCRETION WHEN SHARING INFORMATION

Use discretion when updating social media websites. Even if you limit the number of people who have access to your profile, tweets, etc., keep in mind that the information is still published online and can be copied and pasted elsewhere. If anyone asks you for personal information, make sure they are who they claim to be and that there is a legitimate reason for the request.

5. STOP UNSOLICITED, "PRE-APPROVED" CREDIT OFFERS

Opt out of pre-screened credit/insurance offers to prevent potential thieves from intercepting and accepting the offers in your name. Opting out doesn't affect your eligibility for credit or insurance; visit OptOutPrescreen.com for more information.

6. SHRED CONFIDENTIAL INFORMATION

When disposing of papers with account numbers or other identifying information, shred them. This includes convenience checks that come with your credit card statement, as well as unsolicited credit card offers.

7. REMAIN VIGILANT: Review Your Accounts Regularly

Monitor your accounts online frequently, so you can discover potential issues without having to wait for bills or statements to come by mail.