

Your Free Monthly Newsletter From Your Friendly Shredding Company
Helping You Stay Informed, Engaged & Protected



Your Free Monthly Shred News! February 2018

Your Monthly News & Updates

As the leader in information management, destruction and medical waste disposal, we continue to set ourselves apart from the competition by offering our clients piece of mind combined with the very best service.

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Tax Season Clean Out Special!

15% Off Shred Purge of 30 Boxes or More!*



How long do you really have to keep those documents?

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Did you know All Points can handle your **Medical Waste Disposal and On-line OSHA, HIPAA Compliance Training** needs too?

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* 30 Boxes or more is approximately 1,000 pounds of paper (no need to remove binder clips, staples or paper clips!)

Fun Super Bowl Facts

- In 1967, a 30 second commercial cost about \$40,000. Today, a 30 second spot costs between \$5 million to

\$5.5 million.

- 8 pounds of guacamole is consumed on Super Bowl Sunday each year.
- More than 100 million watch the Super Bowl worldwide each year.
- Super Bowl XLIV in 2010 unseated M*A*S*H's series finale as the most watched show in television history with over 106.5 viewers at that time.
- The first Super Bowl ever was on January 15, 1967 between the NFL (Green Bay Packers) and AFL (Kansas City Chiefs). The score was Green Bay 35, Kansas City 10.
- On Super Bowl Sunday, Americans consume more food than any other day of the year, except for Thanksgiving.
- Many people only watch the half time show. Katy Perry's half time show in 2015 drew 118.5 viewers compared to the game's 114.4 viewers.



Source: News Day & CNN

Surprising Health Benefits of Honey

Ancient Egyptians offered honey to the gods and joined the Romans, Greeks and Chinese in using it for wounds and healing. Today, many claim honey has miraculous healing properties. But just how much of honey's positive effects have been proven by science?



1. **Sore Throat Soother** - A study done on 139 children found that honey does a better job at easing nighttime coughs and enhancing sleep than both the cough suppressant dextromethorphan and the antihistamine diphenhydramine (Benadryl). Honey should never be given to children under one.
2. **Enhances Athletic Performance** - Studies from the University of Memphis revealed that honey is just as good, or even better, than sugar, glucose or water, in boosting endurance in athletes.
3. **Antibacterial Properties** - Studies have shown that honey has the power to kill bacteria. It's effective against strains of E. coli and salmonella. A specific type of honey from New Zealand called manuka has been shown to fight staph and the digestive bacteria responsible for ulcers.
4. **Cancer, Heart Disease, Diabetes** - Tualang honey has been found to play a role in regulating blood glucose and disrupt breast, cervical and skin cancer cells. More research is needed, but honey appears promising in fighting cancer, heart disease and diabetes.

Source: CNN

Scary Security Facts

Analysis of hard drives, cell phones and office copiers reveal that devices that had been "wiped clean" by owners still had a plethora of confidential and personal information. Did you know?



- Hard drives bought on the second hand market still contained personal and

private information, despite the owners' actions to overwrite and erase the data?

- Even though you wipe a hard drive clean, files still remain and often contain critical information such as bank details, drivers' license and Social Security numbers as well as patient, client and customer information?
- Office copiers have an internal drive that stores every image you copy, which can put confidential and private data into the wrong hands when your copier is sold, put in the trash or returned to the leasing company?
- Even a factory reset on a cell phone does not erase all your data and allows potential hackers to access your private information when resold or sent back to the carrier?
- No method, besides physically destroying the device is 100% safe since data can still be recovered? [Click Here To Learn More & Book Your Secure Device Destruction](#)

Source: CNet

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