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Helping You Stay Informed, Engaged & Protected



## Your Free Monthly Shred News! March 2017

### Your Monthly News & Updates

As the leader in information management and destruction, 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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## Spring Shred Special

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## All Points Goes to Haiti to do Mission Work!

All Points Mobile Shredding and Medical Waste Owner & President, Brian Connelly, just returned from a mission trip to Haiti where he and 9 other men helped to rebuild a school that was rotting. If they hadn't rebuilt the school for the children, "it would have closed," said the director.



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## Scientists Discover the Real Fountain of Youth

Researchers believe that the human body sends a signal from the brain to the rest of our bodily systems to tell us when it's time to go to sleep.

Mark Zieinski, who teaches psychiatry at Harvard Medical School, believes that this vital signal is not firing in people who have chronic sleep problems. He says "shortchanging sleep can compromise nearly every major body system, from the brain to the heart, to the immune system making our inability or unwillingness to sleep one of the unhealthiest things we can do."



Studies of those whose sleep sessions are short are at higher risk of developing:

1. **Heart Disease**
2. **Diabetes**
3. **High Blood Pressure**
4. **Obesity**
5. **Dementia**
6. **Alzheimer's Disease**
7. **Depression**
8. **PTSD**
9. **Anxiety**

Matthew Walker, a professor of neuroscience and psychology at the University of California, Berkeley said, "I used to think sleep is the third pillar of good health, along with diet and exercise. I don't agree with that anymore. Sleep is the single most effective thing you can do to reset your brain and body for health." A recent study showed that sleep deprivation in mice killed them faster than starvation. Another study showed the magic number for hours of sleep per night is at least 7.

Source: Apple News

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## 10 Dangerous Habits to Drop Now!

You are the sum of your daily habits. They can hinder your path to success and cap your potential. A University of Pennsylvania study revealed that self control was a factor that

could predict success in college students. Use self control to stop these bad habits:

1. Using your phone, tablet or computer in bed
2. Impulsively surfing the web
3. Checking your phone during a conversation
4. Saying yes when you should say no
5. Multitasking
6. Thinking about toxic people
7. Gossiping
8. Waiting to act until you have ALL the facts or know you'll succeed
9. Comparing yourself to other people



Source: Huffington Post

## Top Ways to Maximize Your Tax Deductions

It's almost tax time again! For many, filing out tax forms is a time consuming and frustrating task. What's why nearly 25% of Americans wait until the last minutes to start preparing their returns. Deductions allow you to reduce the amount of taxes you owe so you can keep more money in your pocket. Here are some the most common deductions.



1. Sales tax: write off sales tax you paid on purchases throughout 2016. Maximize this by including sales taxes paid on large purchases like a car or home renovation.
2. State & local property tax: you may be able to deduct what you paid in these taxes as long as you're not subject to the alternative minimum tax (AMT).
3. Interest on equity loans: you may be able to deduct interest paid on your home equity loan up to \$100,000 as long as you're not subject to AMT.
4. Mortgage interest: write off interest paid this year on your home, so long as the home is your primary or secondary residence.
5. Child care: if you pay a babysitter to watch your children while you work, look for work, or attend classes, you may be qualified for a refundable tax credit of 20-35% of \$6,000 for two or more children.
6. College expenses: you may chose to take advantage of one of three deductions if you are paying for your child's college education.
7. Student loan interest
8. Medical expenses: you may be able to deduct your out-of-pocket medical expenses if they exceed 10% if your adjusted gross income, or 7.5% of your AGI for those 65 or older.
9. Self employment: if you're self employed, you are able to claim your business expenses, retirement plan contributions, 50% self-employment tax, your work space and car usage and health insurance premiums for you, your spouse and any dependents.
10. Charity: if you donated money or goods you may be able to take a deduction. Keep careful records and be sure the organization gives you a receipt for gifts over \$250.

Source: IRS & Business Insider

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