

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



Your Free Monthly Shred News! October 2017

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.

[Visit Our Website!](#)

Mark Your Calendars for our upcoming Community Shred Events!



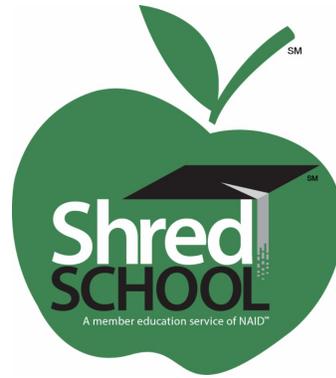
October 28, 2017
Household Hazardous Waste Day
Greenwood High School
Bowling Green, KY
8:00am - 1:00pm

Land Shark Shredding goes to Shred School!

Land Shark Shredding's President, Don Gerard, and Director of Business Development, Emily Braun, headed to Austin, TX this past month to participate in Shred School. This was Don's second time and Emily's first time attending.

Shred School is the education arm of the National Association for Information Destruction (NAID). It is designed to provide affordable training to all secure destruction industry professionals and NAID active members in an effort to improve their businesses. Each Shred School is two days and introduces attendees to the secure destruction industry, data protection legislation, sales tips, marketing best practices, NAID programs and more!

We are proud of their continuous efforts to learn more about this industry.



Homecoming on the Hill!

Did you know?

Land Shark Shredding is a sponsor for WKU football this fall.

Thanks to all of those who came out to the WKU homecoming game on October 14th to cheer on the Tops as they SHREDDED their opponents and we shredded their opponents jerseys!



It is always a great day to be a **Hilltopper** and a **Land Shark!**

Bowling Green Bourbon and Brewfest!

We are excited to announce that Land Shark Shredding will be sponsoring this year's Bourbon and Brewfest on October 21 at the Bowling Green Ball Park starting at 1:00 PM.

The Bourbon and Brewfest will feature over 60 different breweries and distilleries, over 100 select bourbons, live entertainment, and lots of eats and treats.

Tickets for the Bourbon and Brewfest can be purchased at BGbrewfest.com



Is Coffee Really Good For You?

A new study found that people who consumed at least four cups of coffee a day had a 64% lower risk of early death compared to those who never or rarely drank coffee.

The study's findings suggest that it may be even more beneficial to consume coffee as we get older (after age 45).



Coffee has also been shown to reduce the risk of:

- Type 2 diabetes
- Liver disease
- Colorectal cancer
- Alzheimer's
- Skin Cancer

However, pregnant women and those with heart conditions should limit their caffeine intake.

To maximize coffee's benefits, use low fat milk and skip the cream. Avoid sugar in your coffee since it adds extra calories. Chose filtered coffee when possible and avoid coffee at bed time.

Source: CNN

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