

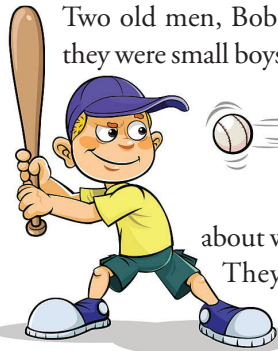
## APRIL SERVICE AWARDS

*Celebrating Pacific Employee Anniversaries*

**17 YEARS**

Cara DeClusin- VanDeGrift

### *Baseball in Heaven*



Two old men, Bob and Frank, loved baseball since the time they were small boys. They had played in the minors, trained to become umpires, and eventually umpired in the majors. Now that they were older, they still caught every game they could together. One day they were wondering about whether there would be baseball in Heaven. They agreed that whoever died first would return somehow to tell the other if there was. Bob died first and went to Heaven.

To his delight, he found baseball all around him. It took a while, but he finally was allowed to return to give Frank the message. He appeared to Frank in a dream.

“Frank,” he said, “I have good news and bad news.”

“What’s the good news?” asked Frank.

Bob said, “There is baseball everywhere here. I play all the time. In fact, I’m playing first base tonight!”

Frank was ecstatic. “First base tonight! That’s great! What’s the bad news?”

“You’re playing third.”

### What’s Inside This Month?

*Did You Know: Licorice*

*Trivia Quiz: Pecans!*

*Want to Win a \$25 Amazon Gift Card?*

*Pacific’s Green Statistics*

*Keep Discarded Information Out of the Wrong Hands*

*Seven Simple Steps Towards a Longer Life*

*April Offers!*

### *Thoughts from Richard Steed*

Thursday, April 22nd is Earth Day, so I’ve been thinking about what that means to me. It’s a more recent observance in our culture, first celebrated in 1970, but has been gaining traction ever since.

I admit I didn’t pay too much attention to Earth Day back in 1970. I knew it was a good idea—it certainly wasn’t hurting anything to honor our planet with a special day—but it wasn’t until years later that its importance really began to sink in for me. As I learned about the increasing problems with pollution, and its effects on the ozone layer and our climate, I, like many others, really began paying attention.

Today 51 years after the first Earth Day, it’s almost unthinkable to consider some of the wastes our society was guilty of just five decades ago. Still, I’m proud to be an Earthling. Yes, we’ve had a wasteful past, but we saw the error of our ways and took action—action that has dramatically reduced the pollutants we put into our atmosphere and rivers and streams. We recognized our problem and bettered ourselves, which is about as much as you can ask of a race of beings. Yes, I’m glad to be an Earthling, and I feel blessed to be part of a business that helps protect our planet by helping businesses like yours reduce, reuse, and recycle.

We’d like to thank all of the local Earthlings who have chosen us to help them in their efforts to be green, since being green is no longer just for Martians!

Have a happy April and a wonderful Earth Day!

*Richard*

*“Forget not that the earth delights to feel your bare feet and the winds long to play with your hair.” —Kahil Gibran*

## Shred 6 Drives for the Price of 5

One (1) Hard Drive shredded FREE for every five (5) you bring in during the month of April!

## Talking Dog



A guy goes into a bar with his dog. He is stopped by the bartender who says, "You can't bring a dog in here."

The man replies, "But he's no ordinary dog—he can talk!"

"Sure," says the bartender. "If he can talk, I'll let him stay. But he'd better start talkin' right now!"

The man has the dog jump up onto a barstool. He asks the dog, "What's on top of a house?"

"Roof!" says the dog.

"What's the texture of sandpaper?"

"Rough!"

"Good dog. And who is the greatest baseball player of all time?"

"Ruth!"

The man looks at the bartender. "Well, there you have it. Set us up with a couple beers."

The bartender takes the guy by the collar and throws him and his dog out the door. "Who do you think you're fooling? Don't come back!"

As the man is walking his dog home, the dog turns to him and says, "Perhaps I should've said, 'Joe DiMaggio?'"

### Quick Tips: Money

Want to save money and get smarter at the same time? Next time you are looking for an entertainment option, head to your local library. You'll find books on every topic imaginable, but that is only the beginning. You can pick up music, movies, and magazines, take a class, enjoy children's programs, and find a quiet place to relax and enjoy learning. And it's free, making it the best financial choice for entertainment.

### Did You Know: Licorice

April 12th is National Licorice Day.

Glycyrrhizin is a substance in licorice root that is fifty times sweeter than regular sugar. It is used as a flavoring in food, tobacco, alcohol, and cosmetics.

The licorice plant is a small shrub with blue to violet flowers and is classified as a weed. The most usable part of the plant is the root.

The main flavor ingredient of licorice candy is anise, but some licorice candy does contain small amounts of licorice.

Over ninety percent of licorice used as a flavoring is used to flavor tobacco.

Eating large quantities of real licorice can raise your blood pressure and cause loss of potassium from your body.

## April Holidays and Events

### Daily Observances:

- 1 April Fools Day
- 2 World Autism Awareness Day
- 5 National Deep Dish Pizza Day
- 6 Drowsy Driver Awareness Day
- 7 International Beaver Day
- 7 World Health Day
- 9 National Former Prisoner of War Recognition Day
- 12 International Day of Human Space Flight
- 12 National Licorice Day
- 13 National Bookmobile Day
- 14 Celebrate Teen Literature Day
- 14 Pan-American Day
- 16 Record Store Day
- 16 Save the Elephant Day
- 17 Ellis Island Family History Day
- 17 International Haiku Poetry Day
- 18 International Amateur Radio Day
- 18 National Stress Awareness Day
- 19 Education and Sharing Day
- 21 National Bulldogs are Beautiful Day
- 21 National High Five Day
- 22 Earth Day
- 23 English Language Day
- 23 World Book and Copyright Day
- 23 World Book Night
- 26 Richter Scale Day
- 26 World Intellectual Property Day
- 27 Administrative Professionals Day
- 28 World Day for Safety and Health at Work
- 28 Workers Memorial Day
- 29 National Arbor Day
- 29 National Teach Children to Save Day
- 30 International Jazz Day
- 30 National Animal Advocacy Day
- 30 World Healing Day
- 30 World Tai Chi and Qigong Day
- 30 World Veterinary Day

### Monthly Observances:

- Alcohol Awareness Month
- Couple Appreciation Month
- Defeat Diabetes Month
- Distracted Driving Awareness Month
- Fresh Florida Tomato Month
- Grange Month
- Holy Humor Month
- International Customer Loyalty Month
- International Youth Sports Safety Month
- Jazz Appreciation Month
- Mathematics Awareness Month

## PacBlog

### The Top Reasons to Store Your Business Records Offsite

PacBlog is the monthly web log of Pacific Records Storage. To read this month's installment, please click the title below.

<https://pacific-records.com/the-top-reasons-to-store-your-business-records-offsite>

You may also access the PacBlog at the URL below. There you will find this month's installment along with archives of previous installments.

<http://pacific-records.com/category/pacnews>

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

(888) 893-6054 or [info@pacific-records.com](mailto:info@pacific-records.com)

**Do You Want  
To Win A \$25  
Amazon  
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 the name of one lucky winner.

Here is this month's challenge:

What can be seen in the middle of April but not at the beginning or end?

Last Month's Answer to:

What do you get if a chicken lays an egg on top of a barn?

An eggroll!

Last month's Winner:

**CONNOR POOL**  
**RECORDS COORDINATOR**  
**CONGRATULATIONS!**

Email your answer to [info@pacific-records.com](mailto:info@pacific-records.com)

## Trivia Quiz: Pecans!

Pecans are used in countless confections, pies, snacks and main dishes. Test how much you know about these delicious nuts with this month's trivia quiz.

1. Approximately how many pecans are needed to make a nine-inch pecan pie?
2. True or False: Pecans are the only tree nut that is truly native to the United States?
3. Which U.S. state produces the most pecans?
4. How many pounds of pecans can be produced on one irrigated acre of pecan trees?
5. True or False: There are over 1,000 varieties of pecans today.
6. Which U.S. President had pecan trees imported from Louisiana for his Monticello orchards?
7. Pecans were selected as the first and only fresh food to nourish which famous American travelers?
8. How many pecans would it take, stacked end to end, to reach the top of the Empire State Building?
9. Which U.S. state has the pecan tree as its state tree?
10. How tall can pecan trees grow?

Answers on Back Page!

## Quick Tips: Home

Planting a tree in your yard not only adds beauty—it can also help save you money in the long run. Mature shade trees can cut your cooling costs by as much as 40 percent. Trees also improve the curb appeal of your home and are good for the environment.



"The good news is that one of my tweets went viral."

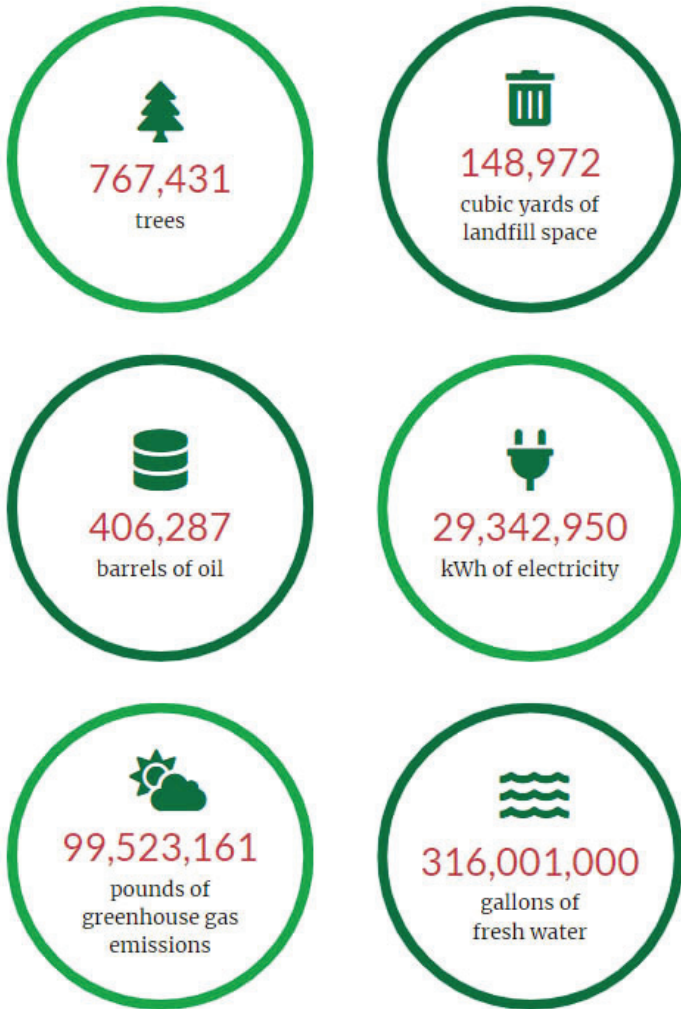
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## Pacific's Green Statistics!

Check out Pacific Shredding's new website feature that tracks our total pounds shredded and the resulting positive impact on our environment. Since 2005, Pacific Shredding has recycled 90,286,000 pounds of paper. We saved:



<https://pacificshredding.com/green-statistics>

## Keeping Your Discarded Information Out of the Wrong Hands

Spring is the ideal time to declutter and remove unnecessary paperwork from your office. But if you're not careful, you could expose your business to financial and legal trouble. Throwing sensitive documents in the trash or recycling is one of the biggest mistakes you can make. Identity thieves know that businesses carelessly discard documents with personally identifiable information (PII) and protected health information (PHI). Despite the abundance of high-tech tools at their disposal, identity thieves may still go "old-school" to collect confidential documents from trash and recycling receptacles without fear of being punished. "Dumpster diving" is legal in California, so at the end of the day, if you're not shredding your documents, someone can steal them.

When in doubt, shred everything. Most documents contain some degree of sensitive information. Even the smallest piece of data can be used to perpetrate fraud. Although a store-bought office shredder can offer limited privacy protection, most businesses discard shredded documents, conveniently bagged up, in a dumpster where they're free for the taking to anyone willing to piece them back together.

Having your documents destroyed by a professional shredding company offers a more secure and reliable privacy protection solution. Your shredding provider can set up a scheduled document destruction service and destroy your paper records regularly, on-site at your business.

Never underestimate what an identity thief will do to steal your information. Refrain from placing your documents in trash receptacles, and outsource your shredding to a qualified company.

## Seven Simple Steps Towards a Longer Life

A study by the UCLA School of Public Health tracked 7000 men and women for more than 30 years. Those who had poor health habits doubled their risk of dying early, and increased their chances of suffering from disabilities later in life.

So what is the key to adding years to your life? They are surprisingly simple. Practice these seven good health habits to increase your chances for a long and healthy life.

1. Eat a nourishing breakfast every day. 2. Don't snack between meals. 3. Exercise regularly. 4. Sleep seven to eight hours every night. 5. Maintain a proper weight and eat a healthy diet. 6. Don't smoke. 7. Avoid excessive alcohol consumption.

It's good to know that the basics that are preached all the time are actually true. Of course, most of us suspected they were anyway. So maybe we sometimes need these studies to remind us it's time to start listening to what we know is good advice!

### TRIVIA QUIZ ANSWERS:

1. 78 pecans. 2. True. 3. Georgia. 4. 1,000 pounds. 5. True. 6. Thomas Jefferson. 7. Astronauts traveling to the Moon on the Apollo 13 and Apollo 14 missions. 8. 11,624 pecans. 9. Texas. 10. Some trees can grow as tall as 150 feet.

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