

## AUGUST SERVICE AWARDS

*Celebrating Pacific Employee Anniversaries*

**27 YEARS**

Archie Strauman

**20 YEARS**

Leon McKie

**14 YEARS**

Jay Sharma

**2 YEARS**

Steven Bacerra

### *Green Living: Reducing Waste*

Many waste-creating daily habits actually have green-living alternatives. For example, purchasing a durable, reusable water bottle eliminates the need for plastic bottled water. Using inexpensive tote bags for shopping errands eliminates the need for plastic bags that will later be thrown away. And if you ever do find yourself saddled with plastic shopping bags, you can use them to line your waste containers.

### What's Inside This Month?

*Thoughts from Richard Steed*

*Caring for Leather Furniture*

*Trivia Quiz: Sean Connery*

*Choosing a Great Pet Bed*

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

*Steps to Protect Your Identity*

*Driving and the Elderly*

*August Offers!*

### *Thoughts from Richard Steed*



Can you believe we're more than halfway through 2019? The notion that time flies became more apparent to me this year. I sit here looking at the calendar and am blown away that we're in August already.

Time, and my experience of it, are directly affected by context. When I'm doing something I love to do, with someone I love to do it with, then time disappears. When I'm faced with something that's hard and unknown, where I dislike the context, time drags so very slowly.

So I think I've finally figured it out. It's not because I'm getting older or that the world is speeding up. Time is flying by because I love what I do! I thoroughly enjoy the business of managing your company's vital information assets. While you might not be all that excited by boxes and media tapes and thoroughly shredded paper, I have a confession: I love them all! I love to know that you're entrusting these things to our care and I'm honored that you've chosen us to help you with your records and information management.

I love the people that work here with me, too, which makes time fly by all the quicker. We come to work every day and do a great job. We have fun in what we do. We make a difference.

The days fly by. I love coming to work every day. If this were a movie, I might just call it "A Wonderful Life." I hope that our service to you helps you to love what *you* do, and helps you to love going to your job every day, too!

*Richard*

*"Let the rain kiss you. Let the rain beat upon your head with silver liquid drops. Let the rain sing you a lullaby."*

—Langston Hughes

# 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 August!

## *Keeping the Beat*

If you're having trouble sticking to your exercise routine, it may be that all you need is a little music. Researchers at Fairleigh Dickinson University found that people who listen to music during a workout are more likely to stick to their exercise plan. Those who used music during their workouts also lost more weight and body fat.

Why does music have this effect? It is a motivating factor and is very effective at distracting you from the hard work of exercise, including pain, exertion, and sweating. Although upbeat music is best, you will get the benefits of music simply by listening to any music that appeals to you.

## *Caring for Leather Furniture*

While you may get your upholstered furniture cleaned every year, those leather pieces in your home often get overlooked. Leather furniture should be kept out of direct sunlight to prevent drying out and cracking. Once or twice a year, use a leather cleaner and conditioner, following the directions on the package. You will need to apply the solution carefully and try to prevent any excess from remaining on the furniture, as this can damage your clothing when you sit down if it's not all removed. Leather conditioner will help to keep the leather soft and flexible. In between big cleanings, dust or vacuum regularly, and always wipe up spills with a clean cloth as soon as possible.

## *Trivia Quiz: Sean Connery*

On August 25, Sean Connery will celebrate his birthday as he turns 89. Enjoy this trivia quiz in honor of the anniversary of his birth.

1. In 2000, what did Sean Connery receive from Britain's Queen Elizabeth?
2. Where was Sean Connery born?
3. How old was he when he was voted the Sexiest Man Alive by People Magazine?
4. What was the first James Bond movie he starred in?
5. What was the last James Bond movie he starred in?
6. Both Sean and his son, actor Jason Connery, played this character in separate productions. What classic character was it?
7. Although other James Bond films featured scenes with this sport, Sean Connery's films never showed him doing what?
8. In 1953, Sean Connery entered this contest, finishing third in the tall man's division. What competition was it?
9. What branch of the British military did Sean Connery serve in, just as his character James Bond did?
10. In how many films did Sean Connery portray James Bond?

*Answers on Back Page!*

## *August Holidays and Events*

### **Daily Observances:**

- 1 Girlfriend's Day
- 1 National Minority Donor Awareness Day
- 1 Respect for Parents Day
- 1 Lughnasadh
- 3 National Mustard Day
- 4 Coast Guard Day
- 4 Single Working Women's Day
- 4 Sisters Day
- 5 National Underwear Day
- 6 National Night Out
- 7 Particularly Preposterous Packaging Day
- 7 Professional Speakers Day
- 8 Happiness Happens Day
- 9 International Day of the World's Indigenous People
- 10 National Garage Sale Day
- 12 International Youth Day
- 12 Vinyl Record Day
- 13 International Left-Handers Day
- 14 Navajo Code Talkers Day
- 15 Best Friend's Day
- 15 National Relaxation Day
- 17 International Geocaching Day
- 18 Bad Poetry Day
- 18 Serendipity Day
- 19 National Aviation Day
- 19 World Humanitarian Day
- 21 Poet's Day
- 22 Be an Angel Day
- 25 Founders Day
- 25 Kiss and Make Up Day
- 26 National Dog Day
- 26 Women's Equality Day
- 28 Race Your Mouse Around the Icons Day
- 29 More Herbs, Less Salt Day
- 30 National Holistic Pet Day
- 31 Love Litigating Lawyers Day

### **Monthly Observances:**

- American Adventures Month
- Black Business Month
- Children's Eye Health and Safety Month
- Children's Vision and Learning Month
- Get Ready for Kindergarten Month
- Happiness Happens Month
- National Immunization Awareness Month
- National Spinal Muscular Atrophy Awareness Month
- Neurosurgery Outreach Month
- What Will Be Your Legacy Month

## PacBlog

### The Top 6 Benefits of a Document Storage Service

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-6-benefits-of-a-document-storage-service>

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 a lucky name.

Here is this month's challenge:

Where do monkeys hang out after work?

**Last Month's Answer to:**

*What vegetable should never be served on a boat?*

**"Leeks!"**

Last month's Winner:

**MARIA O'NEILL**

**COLEMAN & HOROWITT, LLP**

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

### Choosing a Great Pet Bed

Most pets enjoy having their own bed. If you're deciding on a bed for your dog or cat, be sure to choose one that will provide



warmth, support and a sense of security. What makes a pet bed great? Keep these tips in mind when shopping.

- A good pet bed should be made of durable and washable material. Natural fibers are best, and the fabric should not be treated with chemicals such as flame-retardants or stain-protectors.

- The bed should have a non-skid bottom to help keep it in place.

- Get a bed that will comfortably fit your pet even when he or she is stretching. But if you have a dog or cat that only sleeps curled up, you may need to get a smaller bed to provide a cozier feel.

- There are a variety of beds for special needs: hypoallergenic materials for allergic pets, orthopedic beds for animals with arthritis, and waterproof beds for pets with incontinence problems.

"Don't worry about burning the calories—that's already been done."



## 3 months FREE secure Destruction service

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## ***Steps to Protect Your Identity***

Over 14 million people fell victim to identity theft in 2018 and the trend doesn't seem to be slowing. That's why protecting your personal information has never been more important. Following a few simple strategies can help keep your identity safe.

Always shred confidential documents when you no longer need them. Do the same with outdated digital media. While it's tempting to make a few bucks off selling old hard drives and tapes, it isn't worth the risk of having your identity stolen. Even erased devices can contain sensitive personal data. A hard drive and media shredding company can help you securely destroy tapes and hard drives.

Store personal documents in a safe place. Just remember to keep duplicate copies in a secure alternate location in case you're unable to access the originals.

Cybercrime and identity theft go hand in hand, so keep your guard up when online. Ransomware attacks are on the rise and victims often fork out significant sums of cash to "free" their files. Update the virus and malware detection software on all your devices.

Identity theft criminals scour Facebook, Instagram and Twitter for personal information. Keep your social media accounts private and don't post travel arrangements, vacation dates, or other personal details to anyone other than family and friends.

Phishing emails can be difficult to spot. Always verify the sender's email address before clicking on a link. Keep an eye out for misspellings and grammar mistakes, and never open attachments from someone you don't know.

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## ***Driving and the Elderly***

Everyone seems to have a scary story about an elderly driver, but being older doesn't necessarily mean a person can't drive properly. According to the insurance industry, being older isn't the only risk factor to examine. More important are any medical conditions a person may have that may affect his or her ability to drive. The risk of having these conditions increases with age, making it very important to evaluate the abilities of drivers as they get older.

Studies by the Insurance Institute for Highway Safety indicate that elderly drivers have a higher rate of fatal crashes. But some of these are due to the fact that older drivers are more susceptible to dying in a crash, even minor ones, due to their own frailty.

Concerns about elderly drivers are valid, particularly in the cases of those with dementia. Sometimes it is necessary to take away this independence, and that can be a particularly emotional and intense time for both drivers and their loved ones. Most states do not require older drivers to undergo any special driving tests, so the responsibility often falls on adult children. Assistance can usually be found from the elderly parent's physician.

It is helpful to be upfront and honest, especially before the problem develops. Talking with an elderly parent while they are still capable of driving can help both the child and the parent understand what may lie ahead. The adult child should also occasionally take a car trip with the parent, letting the parent drive, to evaluate how he or she is doing. A plan can then be developed that respects both the needs of the parent and the safety of all involved. It is particularly important to discuss alternatives. Taking a car away can mean taking away all independence unless alternatives are available. Before this happens, take occasional bus trips together, learn more about public transportation, and develop a plan for ride-sharing. Remember that the time to discuss these issues is now—before it becomes an issue.

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## ***Talented Dog***

A small office placed a help wanted sign in their window. It stated, "Help Wanted: Must be computer-literate and bilingual."

Soon, a dog stopped in front of the sign, stared at it, and went into the office. He began to bark and whine and wag his tail, going back and forth between the office manager and the sign in the window. Eventually the office manager caught on. Although he was surprised, he decided to humor the dog and said, "To get this job, you'll have to prove you can use a computer."

The dog proceeded to sit down at a workstation and show the office manager how he could work all the programs, and even send files to the printer. The office manager was quite impressed. He said, "You certainly are the most amazing dog I've ever seen. But I'm afraid we *do* need someone who's bilingual."

The dog looked him straight in the face and said, "Meow."

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### **TRIVIA QUIZ ANSWERS:**

1. A Knight's Tale. 2. Edinburgh, Scotland. 3. 59 years old. 4. Dr. No. 5. Never Say Never Again. 6. Robin Hood. 7. Skiing. 8. The Mr. Universe competition. 9. The Royal Navy. 10. Seven films.

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