

AUGUST SERVICE AWARDS

Celebrating Pacific Employee Anniversaries

31 YEARS

Archie Strauman

24 YEARS

Leon McKie

18 YEARS

Jay Sharma

No Complaint

Little Johnny returned to his classroom after a long summer vacation. It was only two days when his teacher phoned Johnny's mother.

"Johnny is misbehaving in class. He can't sit still and his talking is getting disruptive," said the teacher.

"Well," said Johnny's mother, "this is something! I had Johnny for the last three months and not once did I call you to complain. I would hope you could show me the same courtesy!"

Quick Tips: Food Storage

What do you do with that small bit of leftover pesto, pizza sauce, or broth? You can freeze small portions of food in ice cube trays. Once they are frozen, pop the cubes out and store in large zip-top bags. You can then pull out exactly the amount you need to add to sauces, soups, or as a dip for your favorite snack or appetizer.

What's Inside This Month?

Thoughts from Richard Steed

Trivia Quiz: All About August

Want to Win a \$25 Amazon Gift Card?

Advantages of a Local Document Storage Provider

August Offers!

Thoughts from Richard Steed



Can you believe we've already sailed past the midway point of 2023? Time seems to be sprinting ahead at full throttle, and I can't help but marvel at how we find ourselves anchored in August already.

As I sit here contemplating the calendar, I've come to a revelation: time is a curious companion, influenced by the context in which we find ourselves. When we're engaged in activities we love, surrounded by cherished company, time gracefully slips away like a gentle breeze. On the other hand, when we face challenges and unfamiliar terrain, time sluggishly drags its feet.

So, here's my eureka moment: the swift passage of time isn't merely a sign of aging or a world on fast forward. It's the sheer joy I find in what I do! Yes, you heard me right—I'm head over heels for the business of managing your company's invaluable information assets. Boxes, media tapes, and meticulously shredded paper might not spark excitement for everyone, but I have a secret to share: I adore them all!

Knowing that you trust us with these essential elements warms my heart, and I'm truly honored that you've chosen our team for your records and information management needs.

And let me tell you, the people I work with here are incredible, too! Their passion and camaraderie make each day a delightful adventure. We take pride in our work, have a blast doing it, and strive to make a real difference.

Time flies because I genuinely look forward to coming to work every day. If our story were a movie, it'd be titled "A Wonderful Life." My hope is that our service to you adds joy to your work, making you love what you do and eagerly embrace each day at your job.

With August as our co-captain, we'll continue navigating through the year with enthusiasm, dedication, and the shared love for records management. Here's to a splendid second half of 2023, filled with cherished memories and accomplishments!

Richard

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!

Left-Hander Tidbits

August 13th is International Left-Handers Day. To celebrate, we have compiled a few interesting tidbits about this not uncommon trait.

Around 11 percent of Americans and Europeans are left-handed.

Men are more likely to be left-handed than women.

People of Asian or Hispanic lineage are slightly less likely to be left-handed than other ethnic backgrounds.

No gene for left-handedness has been identified, but it does seem to run strongly in families.

Most left-handers draw figures facing to the right.

There is a high tendency in twins for one to be left-handed.

Some famous left-handers: Queen Victoria, Alexander the Great, Babe Ruth, Richard Dreyfus, Ross Perot, Ronald Reagan, Bob Dylan, Harpo Marx, Ted Williams, Billy the Kid, Benjamin Franklin, Michelangelo, Nelson Rockefeller, Leonardo Da Vinci, Albert Einstein, Ludwig van Beethoven, Ringo Starr, Helen Keller, and Jack the Ripper.

Take a Walk

Research from the George Washington University School of Public Health has shown that the simple act of taking a walk after a meal could reduce the risk of developing type 2 diabetes in older people. A walk after eating reduces spikes in blood sugar that follow a meal.

Exercising is a great way to combat the development of many diseases. This study shows that it might be beneficial to spread out the time you spend exercising instead of having one burst of activity—as long as that exercise is timed correctly. Instead of relaxing, sitting, and watching television after eating, which researchers found was the worst thing you can do, older people can get the most bang from their exercising buck by heading outdoors. In the study, it was found that three short walks after meals were as effective as one 45-minute daily walk.

The research showed that the benefits of this type of exercise were especially helpful for those in their 70s and 80s. Often people in this age range find long periods of exercise too difficult. It may be easier to incorporate intermittent physical activity in this way. Older people also are less able to control blood sugar after meals. The effects of taking short walks after eating were significant in reducing blood sugar for up to three hours after a meal. So, next time you get up from the dinner table, tie on your shoes and take a jaunt around your neighborhood instead of crashing in front of the TV.



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August Holidays and Events

Daily Observances:

1-7 International Clown Week

- 1 - National Girlfriends Day
- 2 - National Ice Cream Sandwich Day
- 3 - National Watermelon Day
- 4 - National Chocolate Chip Cookie Day
- 5 - National Underwear Day
- 6 - National Root Beer Float Day
- 7 - National Lighthouse Day
- 8 - International Cat Day
- 9 - National Book Lovers Day
- 10 - National Lazy Day
- 11 - National Son's and Daughter's Day
- 12 - World Elephant Day

13 - International Left-Handers Day

- 14 - National Creamsicle Day
- 15 - National Relaxation Day
- 16 - National Tell a Joke Day
- 17 - National Nonprofit Day
- 18 - National Fajita Day
- 19 - World Photo Day
- 20 - National Lemonade Day
- 21 - Senior Citizens Day
- 22 - National Tooth Fairy Day
- 24 - National Waffle Day
- 25 - National Banana Split Day
- 26 - Women's Equality Day
- 27 - National Just Because Day
- 28 - National Red Wine Day
- 29 - National Chop Suey Day
- 30 - National Beach Day
- 31 - International Overdose Awareness Day

Monthly Observances:

- National Shooting Sports Month
- National Water Quality Month
- National Canning Month
- National Eye Exam Month
- National Catfish Month
- National Golf Month
- National Peach Month
- National Sandwich Month
- National Panini Month
- National Parks Month
- National Picnic Month
- National Romance Awareness Month
- National Wellness Month
- Psoriasis Awareness Month
- Spinal Muscular Atrophy Awareness Month
- National Family Fun Month

PacBlog

Tips for Moving from Paper to Digital Document Management

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/tips-for-moving-from-paper-to-digital-document-management>

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

**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:

Why wouldn't they let the butterfly into the dance?

Last Month's Answer to:

"Why are the elephants in the circus so poor?"

Because they work for peanuts!

Last month's Winner:

XAVIER MOLINA

**** CONGRATULATIONS ****

Email your answer to info@pacific-records.com

Trivia Quiz: All About August!

It's August! Test your knowledge of this summer month with 10 fun questions. Enjoy!

1. What astrological sign does August primarily cover?
2. In which sport is the "Augusta National Golf Club" famously known for?
3. Which famous playwright and author was born on August 9th, 1896?
4. In the Northern Hemisphere, what meteorological season does August belong to?
5. The Perseid meteor shower, a dazzling celestial event, typically occurs in August. What causes this annual phenomenon?
6. On August 15th, some countries celebrate a national holiday that marks the end of summer. What is the holiday called?
7. August was originally named "Sextilis" in the ancient Roman calendar. Why was it later renamed to "August"?
8. What is the official birthstone for individuals born in August?
9. In the United States, a popular event known as the "State Fair" often takes place in August. What is the primary attraction of this fair?
10. On August 26th, Americans celebrate "Women's Equality Day." What significant event does this day commemorate?

Answers on Back Page!



"I'm sure you're a team player, but we're just not looking for an action hero right now."

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Advantages of a Local Document Storage Provider

A Sense of Community

When someone mentions the term “shop local,” the word “community” instantly comes to mind. A community is a group of people with a common characteristic or interest living together within a larger society. Members of a community have a sense of trust, belonging, safety, and caring for each other. That description sounds appealing and describes a healthy and positive place to live, work and do business. But how does using a local document storage provider fit this description? Read on to find out how.

Document Storage

No matter where the facility is located, the primary service of a document storage company is to provide secure, accessible, and professional retention and management of your business records. While that may seem obvious, unfortunately not all document storage businesses can guarantee that. If you were promised a secure, accessible, and professional partner that offered document storage within your own community, that would be a win-win situation. Fortunately, there is one.

Accessibility

One great aspect of storing your records in an off-site location is that you gain more space to use for your primary business. This is important when office space is limited and expensive. You need quick and easy access to your files, and you might be concerned that off-site document storage will create a delay. However, when you choose to store your documents with a local storage provider, your files can be accessed and delivered quickly, 24/7.

Commitment

A local document storage provider will have connection to, and history with, the community where you live and work. They will have built their own local relationships and likely employ people you know; your friends, neighbors and maybe even family members. Local businesses tend to support local charities, youth organizations, initiatives and events that strengthen your community. And since local businesses often purchase locally as well, that money stays in the community.

Relationships

Building relationships locally also builds trust between businesses. They quickly realize they need each other and benefit from partnering together. A reliable and trustworthy business will be talked about and recommended, especially among friends, neighbors and local businesses. When you choose a local document storage provider for your storage needs you'll not only get great local service, but you'll also gain a business friend.

Pacific Records Management has been part of the Northern California community for over 65 years. We're committed to your records management and the community you serve.



Did You Know . . . You Can Pay Online?

Pacific customers can pay their invoices online at:

<https://pacific-records.com/pay-your-bill>



Clowning Around

August 1-7 is International Clown Week.

There are four basic clown types: the whiteface, the auguste, the hobo, and the character. The whiteface clown has the highest rank and often serves as a straight man to other clown types. Auguste clowns are the ones who receive the pranks: the pie in the face, the squirt of water, or the kick in the pants. Both hobo and character clowns are based on a specific character, and their makeup is less subject to rules than the other two types of clowns. A group of clowns performing for a particular circus is called a Clown Alley. In the US, a clown's act is called a gag. In Europe, it is called an entrée. Clowns were first mentioned in Egypt around 2400 B.C. A common clown superstition is that blue face paint brings bad luck. Coulrophobia is the term for a fear of clowns.

Trivia Quiz Answers:

1. Leo; 2. Golf; 3. H.G. Wells; 4. Summer; 5. Comet Swift-Tuttle; 6. Assumption Day or Feast of the Assumption; 7. Renamed in honor of Roman Emperor Augustus Caesar; 8. Peridot; 9. Agricultural exhibitions, rides, games, and food; 10. Commemorates the ratification of the 19th Amendment, enshrining women's right to vote

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