

## FEBRUARY SERVICE AWARDS

*Celebrating Pacific Employee Anniversaries*

### 25 YEARS

Lori Ornellas

### 21 YEARS

Tim Hoskins

### 16 YEARS

Ellen Clare

### 6 YEAR

Kenneth Porcho

### 3 YEARS

Dan Royal

### 2 YEARS

Kee Thao

*“Perfection is attained by slow degrees; it requires the hand of time.” —Voltaire*

### What’s Inside This Month?

*Thoughts from Richard Steed*

*Walking Safely*

*Trivia Quiz: Chinese New Year!*

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

*Benefits of Document Scanning*

*Beat that Morning Stress*

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*February Offers!*

## *Thoughts from Richard Steed*

It’s February! The most misspelled month of the year (unofficially speaking). Remember being a kid and learning to recite the months by rote then tackling spelling?

May was a breeze, June not bad at all, and as for April – once you realized there wasn’t a primate involved (Aperil) you were good to go.

December, a bit more complicated, was mastered early on simply because of the vital importance. Scientific fact: Cookies, candy and presents in any way, shape or form will garner children’s rapt attention.

Marching right along to . . . July (got ya!), which was no problem. November wasn’t too tough once you realized that only its first three letters differed from the all-important month it preceded (and heralded). And yes, March was easy, too.

February on the other hand, was an enigma – thanks to that errant “r.” Think about it: how many people actually properly pronounce February with the “r” sound prominently uttered?

“President Lincoln’s birthday is FebRuary 12th. Valentine’s Day is on Febrrrrruary 14th.” Try it. It sounds like you’ve been nipping the Valentine’s punch.

February and its pesky “r” can still plague us periodically in our writing and in our speech. It plays tricks on us. It should be February Fools Day instead of April Fools.

Maybe that “r” is there to remind us to keep us on our mid-winter toes? Goes without saying we’re on our toes here, and continuously committed to offering you the best data security and storage solutions tailored to your specific needs thisFebRuary and throughout the year.



### *Quick Tips: Healthy Living*

Researchers at the University of Pittsburgh found that people who recorded the size of each meal they ate using notations such as “small,” “medium,” “large,” and “extra-large” were just as likely to lose weight as those who tracked specific food, including calories, protein, and fat.

*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 February!

## *Valentine's Misstep*

Tom asked his friend Joey if he had bought his wife anything for Valentine's Day. "Of course," said Joey. "I bought her a belt and a bag."

Tom was impressed with his friend's effort and said, "That was kind of you. I hope she appreciates the thought."

Joey smiled and replied, "Me too! Hopefully now the vacuum cleaner will work better."

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## *Walking Safely*

If you are trying to get more exercise into your routine, walking is a great choice. Not only can you improve your fitness level, but you can enjoy the great outdoors at the same time. Unfortunately, many drivers do not always pay attention to pedestrians on the road, especially as dusk falls. Around 5,000 pedestrians are killed each year by motor vehicles.

What can you do to reduce your risk of injury or death from a car when walking? One of the best things you can do is wear a reflective vest or clothing. Be sure that the reflective area is large enough to be seen well and is exposed from every angle. Many brands of walking shoes have reflective material on the heels. Also dress in light colored clothing to maximize your exposure.

You should walk facing oncoming traffic. Walk defensively. Although pedestrians have the right of way, this doesn't mean a driver will always yield. Be aware of the traffic around you. If you are walking on a pedestrian path, always walk on the right-hand side so that faster walkers, runners, and cyclists can easily pass.

Never walk alone. If you have no one to walk with, be sure to tell someone the route you will be on and when you expect to return. Also, leave the headphones at home for maximum safety. You are not able to hear potential dangers if you are listening to music.

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## *This Month in History*

- February 1, 1790 - The Supreme Court convened for the first time with Chief Justice John Jay presiding.
- February 2, 1653 - New Amsterdam, known today as New York City, was incorporated.
- February 4, 1902 - Aviator Charles Lindbergh was born in Detroit, Michigan.
- February 7, 1714 - The first patent for a typewriter was issued in England.
- February 9, 1964 - The Beatles appeared on television for the first time in the U.S. on the Ed Sullivan Show.
- February 14, 1849 - President James Polk became the first U.S. president to be photographed while in office.

## *February Holidays and Events*

### **Daily Observances:**

- 1 Robinson Crusoe Day
- 1-5 International Networking Week
- 2 Groundhog Day
- 3 National Girls and Women in Sports Day
- 4 Quacker Day
- 5 Bubble Gum Day
- 6-12 Dump Your Significant Jerk Week
- 7 Man Day
- 7 Super Bowl LV
- 7 Wave All Your Fingers at Your Neighbors Day
- 7-14 Congenital Heart Defect Awareness Week
- 8 Laugh and Get Rich Day
- 8-13 Freelance Writers Appreciation Week
- 11 National Shut-In Visitation Day
- 11 Satisfied Staying Single Day
- 12 Chinese New Year
- 13 Employee Legal Awareness Day
- 14-21 Alzheimer's and Dementia Staff Education Week
- 14 National Donor Day
- 14 Saint Valentine's Day
- 15 Presidents Day
- 15 Susan B. Anthony Day
- 16 International Pancake Day
- 17 World Human Spirit Day
- 18 Introduce a Girl to Engineering Day
- 20 World Day for Social Justice
- 21 International Mother Language Day
- 21-27 National Eating Disorders Awareness Week
- 22 Single Tasking Day
- 23 Spay Day USA
- 24 Inconvenience Yourself Day
- 25 National Chili Day
- 28 National Tooth Fairy Day

### **Monthly Observances:**

- National Black History Month
- Library Lovers Month
- National Time Management Month
- AMD/Low Vision Awareness Month
- American Heart Month
- Bake for Family Fun Month
- National Boost Self-Esteem Month
- National Care about Your Indoor Air Month
- National Cherry Month
- National Children's Dental Health Month
- International Expect Success Month
- Fabulous Florida Strawberry Month
- National Laugh-Friendly Month
- Marfan Syndrome Awareness Month
- National Mend a Broken Heart Month

## PacBlog

### 6 Data Protection Myths, Debunked

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/6-data-protection-myths-debunked>

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)

*"Life has taught us that love does not consist in gazing at each other but in looking outward together in the same direction."* – Antoine de Saint-Exupery

**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:

How much is a skunk worth?

**Last Month's Answer to:**

*Where do snowmen keep their money?*

**In a Snow Bank!**

**Last month's Winner:**

**CINDY AFFELDT**

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

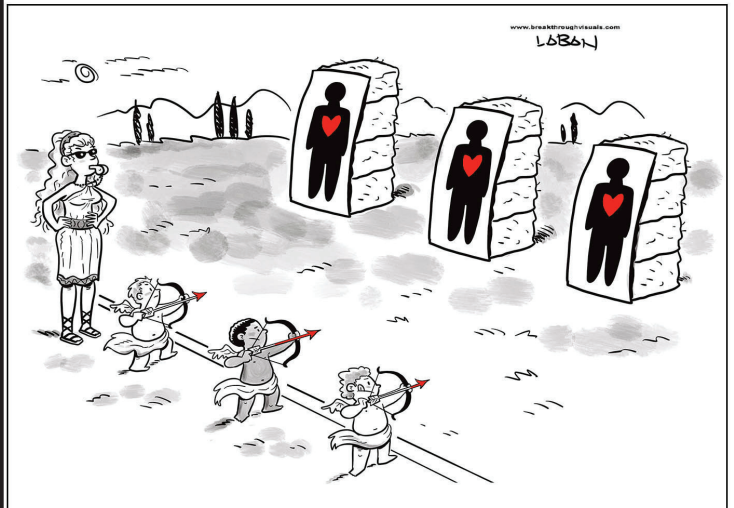
## Trivia Quiz: Chinese New Year!

February 12th marks the start of the Chinese New Year. How much do you know about this annual event? Test your trivia knowledge with this quick quiz!



1. Every year in the Chinese calendar is designated by an animal. What is this the year of?
2. The Chinese New Year does not fall on the same day each year. Besides February, what other month does it fall in?
3. What color symbolizes good luck in Chinese tradition?
4. True or False: The Chinese New Year falls on the second new moon after the winter solstice.
5. The year 2021 corresponds to what year on the Chinese calendar?
6. True or False: Tea is the most consumed drink in the world, second only to water.
7. Most large Chinese New Year's celebrations feature a dance in which people move underneath a large, multi-person costume in the shape of an animal. What is that animal?
8. What festival marks the end of the new year celebration?
9. What emperor do historians believe invented the Chinese calendar?
10. How long does the Chinese New Year celebration last?

*Answers on Back Page!*



**"Okay, Cupids, your big day is right around the corner. Let's make today's practice really count!"**

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## ***Benefits of Document Scanning***

Transitioning from paper records to digital files may seem daunting, but is worth considering for any small business. Filing and locating paper records takes time, especially when you must thumb through file cabinets filled with hundreds of documents. And file cabinets take up space. Document scanning eliminates time-intensive, manual, information retrieval tasks. Digital files are stored on a server or portable hard drive, allowing you to get rid of your file cabinets, and access information with just a few clicks of a mouse. As a result, you have more office space and time to focus on your business. Your staff can access digital files from any location, which helps them stay productive while working from home.

Document scanning also minimizes data breach risks. Paper files are not as secure as digital files. Anyone can open a file cabinet and access a confidential document. Digital files can be protected with passwords and user specific access levels, decreasing the risk of unauthorized access to personally identifiable information (PII) and protected health information (PHI).

Finally, office paper products are a huge part of the waste that ends up in landfills. Document scanning lessens your impact on the environment and helps you preserve our precious natural resources for future generations.

As you can see, transitioning from paper records to digital files is well worth the effort!

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## ***Beat that Morning Stress***

Your morning can have a big impact on the rest of your day. If you're starting out your day rushed, harried, and stressed, it may be time to reevaluate your daybreak routines. Think about these tips next time you're scrambling to get out the door.

- Figure out what you have to do each morning and allow enough time for it all. You may have to get up a few minutes earlier than you're accustomed to give yourself enough time for everything.

- Breakfast is an important start to your day. Instead of grabbing coffee and a doughnut on the way out, try to get a healthy start to your day. This will give you a good boost to your metabolism. Try a bowl of oatmeal, some yogurt, cheese, eggs, or whole wheat toast. Add in some fresh fruit and you'll get the energy you need.

- Another great way to start the day is get in a little bit of exercise. Exercise boosts energy levels and endorphins, leading to a jumpstart of your metabolism. If you can exercise outdoors, you'll also get the benefit of added sunshine. This can increase your vitamin D levels, and helps regulate the pineal gland, which controls melatonin levels.

- To make sure you don't forget anything, make a list the night before of tasks you have to complete before walking out the door. Include items you need to take with you and things you will be doing the next day. Knowing what to expect can help you feel less scattered in the morning.

- Children can get in on the act too. They should pick out their clothes the night before. You can also pack lunches and set out the dishes for breakfast. All essentials that need to be taken for the day should be placed by the entry door so nothing is forgotten.

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## ***Savings Advice***

Everyone has gotten financial advice, solicited or not, from someone in their life. Advice on saving and investing money can vary, but in good advice, there is always a common theme. Here are some simple tips that can make all the difference in how you view saving money.

### **Always save a little.**

No matter how much money you make, always put something aside. Think of it as paying yourself first, before any other bills or other spending. Whatever money comes into your life, you can and should be putting some of it away as savings.

### **Know the difference between needs and wants.**

This is simply a way to learn to control your spending. If you're honest with yourself, you will realize that much of your spending is want-based spending, not just on needs. If you can't distinguish between the two, you will end up spending much too much. Provide for the needs and only buy the wants if you can truly afford it and if you're providing for saving money as well.

### **Know the true cost.**

The true cost of many items is not just on the price tag. Consider all the time and energy you need for maintenance, storage, upkeep, and insurance on anything you buy.

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### **TRIVIA QUIZ ANSWERS:**

1. The Ox. 2. January. 3. Red. 4. True. 5. 4719th year. 6. True. 7. A lion. 8. The Lantern Festival. 9. Huangdi. 10. Up to 16 days.

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