

**JANUARY SERVICE
AWARDS**

Celebrating Pacific Employee Anniversaries

37 YEARS
Richard Steed

New Year's Resolutions

- About 45 percent of Americans make New Year's resolutions each year. Thirty-eight percent never make resolutions.
- Only eight percent of people are always successful in achieving their resolutions.
- Over 30 percent of resolutions are related to money and 38 percent are related to weight.
- After the first week, 75 percent of resolutions are still being kept. After six months, that is down to 46 percent.
- The older you get, the harder it is to keep your resolutions. About 40 percent of people in their twenties achieve their goals each year, while less than 15 percent of those over 50 do.

Source: Opinion Corporation

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January Offers!

Thoughts from Richard Steed

It's January, 2023, which could only mean one thing . . . the world didn't end yet. It seems every year someone's predicting the end of the world. Remember back in 2012 when people were talking about the world ending on December 21st? Many people took it more seriously that time. After all, it wasn't just the usual rogue cult leader making the prediction. That time it was the Mayans—a well-respected ancient civilization, no less.

Okay, okay, I'm sure many of you who took the time to research it, knew that the Mayan calendar didn't actually predict the end of the world. But its mysterious 2012 ending date sure had a lot of people worried.

Thankfully, we now have something new to worry about. We'll have our first full moon on January 6, 2023. This means we'll be able to squeeze in thirteen full moons this year. Oh no! Thirteen! Maybe the world will end on the thirteenth full moon? I'm sure someone somewhere has already predicted that.

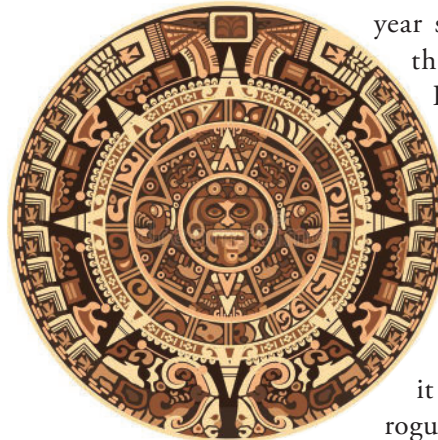
The 13th full moon will be on December 26, 2023. So if the world didn't end in December of 2012, then it most assuredly *might* in December of 2023! See? Lot's of chances for the world to end!

We're not rattled by any of it. We take the end of the world in stride here. In our business—which is to protect your business—we prepare for the end of the world every day. This fact would have been noted on the Mayan calendar, but, you know . . . they ran out of room.

So, if you want your information assets to be safe and sound after the next end-of-the-world, why not give us a holler?

You can find our contact info etched in the missing tablet of the Mayan calendar. For convenience, we've also listed it herein.

Richard

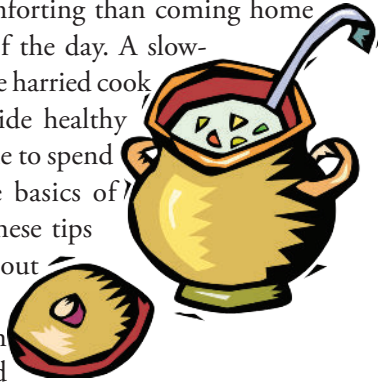


SHRED 6 DRIVES FOR THE PRICE OF 5

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

Slow-Cooker Tips

There is nothing more comforting than coming home to a hot meal at the end of the day. A slow-cooker is the best tool for the harried cook looking for a way to provide healthy comfort food with little time to spend in the kitchen. While the basics of slow-cooking are simple, these tips will help you get the most out of your crockpot.



- Root vegetables, such as potatoes, carrots, and turnips, should be placed in the bottom of the pot. Meat should then be added on top. This ensures that the vegetables will cook properly. All meat should be trimmed of fat before cooking, as excess fat will cause the temperature in the pot to rise, resulting in overcooked meat. You can also prevent overcooked meat by browning your meat first on the stovetop, eliminating much of the fat. Browning your meat first will also allow the meat to cook more evenly and give it a nice flavor and color.

- Prepackaged and cleaned ingredients can cut your preparation time and make meal preparation a snap. Consider using canned tomatoes, soup mixes, frozen vegetables, scalloped potato mixes, and pre-made sauces. Any frozen ingredients should be thawed before adding.

- If you find you are getting a late start to your slow-cooking preparation, you can speed the cooking time by using the High setting on your crockpot. One hour on High equals two hours on Low.

- Don't fill your crockpot insert to the brim. Your meal will cook better if it is no more than three-quarters full.

- Because the lid of your pot will stay on for such a long time, steam will tend to accumulate inside of the pot. This can lead to watered down dishes. To compensate, you may need to start with less liquid than you normally use in stovetop cooking. You may also use thickeners such as flour, cornstarch, or tomato paste to obtain the proper consistency.

- Don't peek during cooking! Each time you lift the lid of your pot, you are adding 15 to 20 minutes to the total cook time. You will also allow the release of steam, which can change the consistency of your dish. Meals cooked in your crockpot do not need to be stirred.

- Most crockpots are made with a removable stoneware insert. This stoneware is susceptible to quick changes in temperature. Thus, you should not place a hot pot on a cool surface. Likewise, if you have refrigerated your filled pot overnight, it should be brought to room temperature before placing in the slow-cooker base.

- For easier cleanup, spray the insert with nonstick cooking spray before filling. Most ceramic or stoneware inserts can be safely placed in the dishwasher.

January Holidays and Events

Daily Observances:

- 1 New Year's Day
- 2 National Thank God It's Monday Day
- 3 Drinking Straw Day
- 3 National Chocolate Covered Cherry Day
- 4 Trivia Day
- 4 World Braille Day
- 4 World Hypnotism Day
- 5 Twelfth Night
- 7 Orthodox Christmas Day
- 7 International Programmers Day
- 8 Argyle Day
- 8 Bubble Bath Day
- 8 National English Toffee Day
- 8 Show-and-Tell Day at Work
- 9 National Clean Off Your Desk Day
- 10 National Cut Your Energy Costs Day
- 10 United Nations Day
- 13 Blame Someone Else Day
- 14 Dress Up Your Pet Day
- 14 Organize Your Home Day
- 15 Humanitarian Day
- 16 Appreciate a Dragon Day
- 16 Martin Luther King, Jr Day
- 16 Religious Freedom Day
- 17 Kid Inventors Day
- 17 Rid the World of Fad Diets and Gimmicks Day
- 18 Thesaurus Day
- 19 Popcorn Day
- 19 Get to Know Your Customer Day
- 19 Women's Healthy Weight Day
- 20 National Disc Jockey Day
- 21 National Hugging Day
- 22 Chinese New Year
- 22 Celebration of Life Day
- 23 National Handwriting Day
- 23 National Pie Day
- 24 Belly Laugh Day
- 24 National Compliment Day
- 25 A Room of One's Own Day
- 26 National Peanut Brittle Day
- 27 Fun at Work Day
- 27 National Preschool Fitness Day
- 28 National Kazoo Day
- 29 Curmudgeons Day
- 29 National Puzzle Day
- 30 Bubble Wrap Appreciation Day
- 30 Inane Answering Message Day
- 31 Inspire Your Heart with the Arts Day

PacBlog

A Refresher on Privacy Protection Laws Affecting Your Business

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/a-refresher-on-the-privacy-protection-laws-affecting-your-business>

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:

What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?

Last Month's Answer to:

What two letters of the alphabet do snowmen prefer?

I.C.

Last month's Winner:

XAVIER MOLINA

Do you know the answer to this month's challenge?

Email your answer to info@pacific-records.com

Taking a Closer Look at Your Teeth



Sophisticated dental technology has allowed dentists to take a closer look at your teeth—and they are finding more cavities than they ever did before. Small tooth abnormalities are called “microcavities.” These small flaws in your teeth may or may not develop into cavities, but many dentists are now filling them routinely. This is considered a proactive strategy to prevent further decay.

But critics say that filling these microcavities is unnecessary, painful, and expensive. In fact, many of those opposed to this routine treatment say that this practice is driving up the overall cost of dental care, which could lead some people to avoid visiting the dentist for fear of the cost.

If you have a dentist who has identified a rash of small cavities after going years without needing a filling, be sure to discuss treatment options. A better approach may be to wait and watch. Examine the spots again in six months. If there is no change, it is probably fine to continue waiting and monitoring those areas.

Green Living: Hot Water

Heating water for home use is a big energy drain. To help reduce this energy consumption, wrap your water heater with an insulating cover. This can help keep as much as 1,000 pounds of carbon dioxide out of the environment. You should also wash as much of your laundry in cold water as possible. This saves up to 80 percent of the energy needed to clean your clothing.



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Make 2023 a Success with Records Management Best Practices

Another busy holiday season has ended and 2023 is already here! As you're getting back to business, here are our records management best practices to help you ensure a successful year for your organization:

- Start the year fresh by having old, outdated paper records securely shredded. Ask your shredding provider to deliver purge bins to your office, fill them with purged documents, and your shredding provider will take the bins and shred the contents so that none of the information can be reconstructed. It's a simple and secure solution for freeing up office space and keeping information protected.
- Don't forget to practice good shredding habits throughout the year. A "shred everything" policy takes the decision about what to shred out of the hands of employees. By shredding everything, you can prevent identity theft and corporate fraud and keep clutter at bay.
- Office shredding machines are a waste of valuable employee time, introduce hazards into the workplace like getting hair, jewelry or clothing caught in the shredder, and at the end, you have no proof your information was securely destroyed if the auditor comes knocking. Instead, invest in a scheduled shredding service. Secure shred consoles are placed in high-traffic office areas, next to printers, photocopying machines and other frequently used rooms. Documents deposited inside are collected and shredded weekly, monthly, or quarterly. When shredding is complete, you get a Certificate of Destruction. Every time.
- Review your document retention policy. Make sure your hard copy documents and electronic data are kept secure and backed up on a rotating system in case of data loss, malware, or ransomware. Review state and federal rules so you know which records to keep and which ones to destroy. Set final disposition dates for your files according to regulatory requirements.
- Lastly, document and clearly communicate your retention policy with regular training so your employees follow the correct protocols. Having the right records management practices is the key to success anytime. This year, you can use it to start 2023 off on the right foot!



The 2023 calendars are in!

Please email us if you didn't get yours and would like one, or if you would like some for your office: info@pacific-records.com



How to Review Us on Google

Thank you for being a client of Pacific Records Management!

As the online world grows and expands, one thing we rely on for business is client reviews. These reviews help us to achieve better ranking in search engines. Would you be willing to review our company? We've provided the links below with easy instructions to submit your review.

Thanks in advance for taking the time to help us! We appreciate your business and it is a pleasure to serve you.

Please go to the appropriate link below for your service area:

Sacramento: bit.ly/sac-review

Modesto: bit.ly/mod-reviews

Stockton: bit.ly/sto-review

Fresno: bit.ly/fres-review



You will be directed to a login screen for Google. If you're logged into your Google account, you will see a review window, and your review will be posted using your Google ID. If you do not have a Google account, click on the blue "Create account" link to create one.

Choose the rating that best represents your opinion of our company and the service we provide. Then in the open box area, please add a description to support your rating. Be sure to click the blue "Post" button when you're finished.

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