

MARCH SERVICE AWARDS

Celebrating Pacific Employee Anniversaries

Employee Service:

2 YEARS

Chris Flores

3 YEARS

Chris Sharp

4 YEARS

Gabriel Cornado

18 YEARS

Collings Aki

This Month in History

March 1, 1692 — Exactly 330 years ago this month, the first of several women accused of witchcraft admitted to being a witch in the Massachusetts Bay Colony of Salem. This led to events that culminated in the Salem witch trials.

What's Inside This Month?

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March Offers!

Thoughts from Richard Steed

Most of us are familiar with the old saying, “If March comes in like a lion it will go out like a lamb.” This phrase generally refers to springtime barometric weather pressures, but the conditions in our workplace and home life are certainly subject to



pressures, as well. Not barometric pressures—although some folks swear they can tell in their bones if a storm is brewing. We also have those familiar pressures we face from day-to-day living. (Truth-be-told, some folks can tell in their bones if those types of storms are on the horizon, too!)

Seems that no matter where we find ourselves professionally or personally at this juncture in our journey there is always more to accomplish. Pressure can sometimes be good for us if it prompts us forward in a healthy direction. Giving thought about our business and personal to-do lists and finding the gumption to check off some of those betterment goals can be confidence-building and invigorating. It's helpful to clarify what goals we're marching toward and gauge how we're progressing.

On the business front, we are always focused upon offering the top-of-the-line data storage and security services to our clients but believe me, we don't rest on our laurels. We continuously value your input and feedback and are always seeking 100% customer satisfaction. You are number one on our list! It is because of your trust and appreciation that we feel the pressure to outdo ourselves each month—and we always will.

March on!

Richard

Enthusiasm is the sparkle in your eyes, the swing in your gait, the grip of your hand, the irresistible surge of will and energy to execute your ideas.

—Henry Ford

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 March!

Trivia Quiz: Luck of the Irish

St. Patrick's Day is just around the corner. Test your knowledge of everything Irish with this trivia quiz.

1. What is the name of the river that runs through Dublin, Ireland?
2. What is always found on top of Irish Coffee?
3. The Celtic cross has a circle at its center. What does the circle represent?
4. Most people think the shamrock is the official emblem of Ireland. It isn't! Do you know what is?
5. Gaelic is spoken in Ireland and one other place. Where else is it spoken?
6. What percentage of American presidents has had Irish ancestry?
7. What percent of the Irish population has red hair?
8. What does "Erin Go Bragh" mean?
9. What percentage of Australians is of Irish descent?
10. What is the most popular surname in Ireland?

Answers on Back Page!

Your Best Retirement Investment

It is easy to find a wealth of information regarding financial investments for retirement, but don't overlook the investments you should be making in your health as well. Exercise can prove to be the best investment you can make towards your retirement.

One perk of investing in your well-being is that it can be done almost cash-free. It is easy to spend a lot of money on gym equipment or memberships, but you can start a healthier way of living without spending much more than the cost of some good fitness shoes.

It is obvious to most people that increasing the amount of exercise in your daily life can bring you long-term health benefits, but it can also save you money. By staying fit longer, you will spend less on doctor bills and medication costs. And by staying active longer, you will have more options in the event you choose to work into your retirement years.

Investing in an exercise program can also save you time. The amount of time you spend in regular exercise will increase your general well-being, giving you more focus and increasing your energy level. It can also add years to your life.

Of course, all investments have risks. You can minimize your risk of injury from exercise by consulting your doctor before beginning any exercise program. Start slowly and build gradually to a consistent daily routine. Break up your exercise goal into small pieces that can be completed during the course of a day. If you need extra motivation, try exercising with a friend. Choose an activity that you like to do, say walking or water aerobics. Chart your progress and reward yourself when you hit your milestones.

March Holidays and Events

Daily Observances:

- 1 Mardi Gras
- 1 Refired, Not Retired Day
- 2 Read Across America Day
- 3 I Want You to Be Happy Day
- 4 National Grammar Day
- 4 World Day of Prayer
- 6 Namesake Day
- 6-12 Return the Borrowed Books Week
- 7 National Be Heard Day
- 7-13 National Sleep Awareness Week
- 8 Girls Write Now Day
- 8 Organize Your Home Office Day
- 9 Learn What Your Name Means Day
- 10 World Kidney Day
- 11 Middle Name Pride Day
- 12 Genealogy Day
- 13 Check Your Batteries Day
- 13 Daylight Saving Time Begins
- 13-20 National Wildlife Week
- 14 Pi Day
- 14-19 International Brain Awareness Week
- 15 Ides of March
- 15 True Confessions Day
- 16 Freedom of Information Day
- 17 Saint Patrick's Day
- 18 National Biodiesel Day
- 19 National Quilting Day
- 20 National Agriculture Day
- 20 First Day of Spring
- 20-26 National Spring Fever Week
- 21 Memory Day
- 21-27 World Folk Tales and Fables Week
- 22 World Day for Water
- 23 National Puppy Day
- 24 World Tuberculosis Day
- 25 Pecan Day
- 26 Make Up Your Own Holiday Day
- 27 Education and Sharing Day
- 29 National Mom and Pop Business Owners Day
- 30 Doctors' Day
- 31 Bunsen Burner Day

Monthly Observances:

- Employee Spirit Month
- Music in our Schools Month
- National March into Literacy Month
- Small Press Month
- Spiritual Wellness Month
- Workplace Eye Health and Safety Month
- Youth Art Month

PacBlog

Why In-House Scanning Doesn't Work at Scale

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/](https://pacific-records.com/why-in-house-scanning-doesnt-work-at-scale)

[why-in-house-scanning-doesnt-work-at-scale](https://pacific-records.com/why-in-house-scanning-doesnt-work-at-scale)

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 do you get if you cross a four leaf clover with poison ivy?

Last Month's Answer to:

What do a car, a tree, and an elephant have in common?

They all have a trunk!

Last month's Winner:

DJ FECHNER

SENIOR RECORDS COORDINATOR

Email your answer to info@pacific-records.com

Quotations: Those Loveable Irish

*May you live as long as you want, and
never want as long as you live.*

It is a long road that has no turning.

There is no luck except where there is discipline.

*As you slide down the banister of life, may the splinters
never point the wrong way.*

*May the saddest day of your future be no worse than the
happiest day of your past.*

*Be kind to those that meet you as you rise. You may pass
them again as you fall.*

*May you have the hindsight to know where you've been,
the foresight to know where you're going and the insight to
know when you're going too far.*

There's no need to fear the wind if your haystacks are tied down.

*May you have warm words on a cold evening, a full moon on a
dark night, and the road downhill all the way to your door.*

Last Will

A woman decided that she was ready to put together a will and make her final requests. She went to her lawyer and he began to help her prepare the document. She told him she had two final requests. First, she wanted to be cremated. Second, she wanted her ashes scattered all over Macy's.

"Why Macy's?" asked the lawyer.

"Then I'll be sure that my daughters will visit me twice a week."



"Your secret offshore
bank account is overdrawn."

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Scan, Store, or Shred? How to Decide.

If you have ever moved as a kid, you may have been given the daunting task of going through all your cherished belongings to make three piles: Keep, Donate and Trash. It can be painful having to categorize the stuff you've been collecting your whole life. "Why can't everything just go in the keep pile?" you may ask.

In the management of business records, you may feel the same way about whether to scan, store or shred important business information. By making the decision each time you handle a document, you won't feel overwhelmed, and your records will constantly be in an organized and productive state. Here's our guidance on how to decide.

Scan It

Evaluate: Documents that are retrieved, viewed, or distributed frequently are considered active and should be scanned. The electronic images produced through scanning can be quickly located and shared.

Accomplish: Consult a document scanning provider who can scan your files promptly and at the highest quality possible. You will save money by allowing your staff to focus on their primary tasks, and prevent lost data by letting the professionals do the scanning.

Store It

Evaluate: For inactive files you are required to keep, consider whether you want to have them scanned or if hard copies will do. Then compare the cost and risk of keeping these rarely-used files on-site at your business versus in a purpose-built records storage facility.

Accomplish: Store inactive records in an off-site records center to be managed by experts who will keep your records safe and secure—while keeping your scanning costs to a minimum. Suddenly need an inactive file? Scan On Demand service allows you to retrieve it at a moment's notice.

Shred It

Evaluate: All records have a lifecycle. Know the legal retention period of each file, and when it reaches the end, have it shredded. Your company will remain compliant with information privacy laws and cut costs at the same time.

Accomplish: A reputable shredding company can supply you with shred collection containers and arrange scheduled pickup and secure file destruction, complete with a certificate of destruction.

Better yet, working with your records management partner to create a combined scanning, storage and shredding solution will ease the pressure on you by making compliance part of the process and keeping your files organized, productive, and compliant.

Seniors and Pets

Studies have shown that senior citizens who own pets are, in general, healthier, more physically active, and take better care of themselves than seniors who don't own animals. Owning a pet generates a sense of responsibility and caring, and can lead to setting a daily routine. The presence of a pet can often ease stress, and bring a calming influence during unsettled situations.

So, if the benefits are so great, many seniors must own pets, right? Actually, according to the American Veterinary Medical Association, only 10 percent of seniors own cats and 20 percent own dogs. Many seniors do not own pets to give themselves the flexibility of being able to travel without worry, and to save on the added expense of having to provide care for their pets while they're gone. Others are worried about the general costs of caring for a pet, wondering how they might afford pet care expenses on a fixed income. And some worry about their physical ability to care for a pet or what might happen if their future physical condition impairs their ability to provide for their animal.

Seniors, in this respect, are no different from any other prospective pet owner. They need to evaluate whether they can care for a pet and if they can afford the costs before they adopt an animal. Many humane societies across the country offer senior citizens low and no-cost adoptions and spay or neuter services. There are some programs designed to provide low cost vet care to lower income seniors, including some that distribute pet food.

Trivia Quiz Answers

1. River Liffey. 2. Cream. 3. The sun. 4. The harp. 5. The Isle of Man. 6. 40 percent. 7. About four percent. 8. Ireland Forever. 9. 28 percent. 10. Murphy.

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