

MARCH SERVICE AWARDS

Celebrating Pacific Employee Anniversaries

21 YEARS

Collings Aki

6 YEARS

Chris Sharp

5 YEARS

Chris Flores

2 YEARS

Esty Gonzalez

Zang Her

Scott Steers

1 YEAR

Javier Gandara

Ishmael Villa

Thoughts from Richard Steed

March is an interesting month. Winter's grip starts to loosen, daylight lingers a little longer, and the first signs of spring appear. It's a month of transition, a reminder that change is on the way—even if we still have to trudge through a few lingering snowstorms to get there.



It's also the time of year when many of us get the urge to shake off the dust—literally and figuratively. Spring cleaning is a time-honored tradition, whether it's opening the windows to freshen the air or finally tackling that closet filled with things we "might need someday." There's something about clearing out the old that makes space for new energy and ideas.

And just as we refresh our homes, it's a great time to do the same with our information. Maybe it's reviewing what's been piling up in filing cabinets, archiving outdated materials, or organizing digital files that have slowly descended into chaos. A little effort now can make everything easier to navigate when things get busy later in the year.

This season of renewal is also a great opportunity to reassess priorities and set the tone for the months ahead. Are there projects left unfinished? Goals that need a fresh perspective? Taking a moment to evaluate what's working and what needs adjustment can help create a clearer path forward, both personally and professionally.

March also brings St. Patrick's Day, a holiday filled with tradition, luck, and the promise of good fortune. While we can't always rely on a four-leaf clover to keep things in order, we can take a proactive approach to managing what matters most. Whether it's ensuring compliance, securing important documents, or simply tidying up, a little preparation goes a long way—much like a well-planned St. Paddy's celebration.

So, as you embrace the fresh start that March brings—whether by enjoying the first warm day, celebrating a bit of Irish cheer, or simply clearing off your desk—take a moment to appreciate the small transitions. Change happens gradually, but with a little effort, we can march forward into spring feeling just a bit more organized, lucky, and ready for what's ahead.

Richard

Making March Green!

Embrace St. Patrick's Day by planting trees or starting a garden. Wear green outfits, sip matcha, and host a nature-themed party. Support sustainability—recycle, reduce waste, and celebrate spring's renewal with vibrant, earthy flair!

What's Inside This Month?

Thoughts from Richard Steed

Making March Green!

Minimize Pesticides in Your Food

Want to Win a \$25 Amazon Gift Card?

Trivia Quiz: All About March!

Prepare for Your RIM Tax Season

March Offers!

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!

How to Minimize Pesticides in Your Food

If you're striving for a healthier diet, you're likely piling more fruits, veggies, and whole grains onto your plate. But eating "healthy" isn't just about what's on the label—it's also about dodging hidden toxins like pesticides that sneak into your groceries.

In the U.S., over a billion pounds of pesticides are sprayed on crops each year. They help keep harvests robust, but too much exposure can harm you. Studies link high pesticide levels during pregnancy to developmental issues in babies. For those with weakened immunity, long-term exposure might spark respiratory troubles, skin woes, memory glitches, or even cancers and neurological disorders. Kids? They're especially at risk.

One simple fix: go organic. Organic foods skip the synthetic pesticides, making them a safer bet—especially for raw eats or pesticide-heavy crops. The catch? Organic often costs more, and not everyone's wallet can stretch that far.

Can't go all-in on organic? Prioritize the riskiest culprits. Opt for organic apples, peaches, strawberries, nectarines, grapes, blueberries, celery, bell peppers, kale, spinach, green beans, lettuce, potatoes, and cucumbers. Juices made from these? Seek organic versions when your budget allows.

On the flip side, some foods naturally dodge the pesticide bullet. Conventional mushrooms, watermelon, grapefruit, sweet potatoes, cantaloupe, kiwi, eggplant, mangoes, asparagus, sweet peas, cabbage, avocado, pineapple, sweet corn, and onions are typically low-risk picks.

Here's the kicker: organic or not, fruits and veggies pack the same fiber and vitamins. The real win? Less toxic baggage. Cutting pesticide exposure matters most if you're feeding kids or teens. So, choose wisely, rinse thoroughly, and enjoy your greener, cleaner plate!

Beyond shopping smart, prep matters. Washing produce is non-negotiable—pesticides don't just vanish. Scrub firm items like apples or potatoes with a brush under running water; soak leafy greens for a minute or two. Peeling can help, too, though you'll lose some nutrients. For a DIY boost, mix a vinegar-water rinse—it's cheap and cuts surface residues fast.

Pesticide use evolves. Check 2025's "Dirty Dozen" and "Clean Fifteen" lists from the Environmental Working Group for the latest on high- and low-risk crops. Farmers' markets are another win—local growers often use fewer chemicals.

Trivia Quiz Answers

1.) Mars. 2.) The Spring Equinox. 3.) St. Patrick's Day. 4.) Light blue or bluish-green. 5.) The telephone. 6.) Daffodil. 7.) March Madness (NCAA Basketball Tournament). 8.) Mars. 9.) The Vernal Equinox. 10.) Pisces and Aries.

March Holidays and Events

Daily Observances:

- 1 Plan a Solo Vacation Day
- 1-7 National Write a Letter of Appreciation Week
- 2-8 Return the Borrowed Books Week
- 2 Namesake Day
- 3 Read Across America Day
- 4 Mardi Gras
- 4 National Grammar Day
- 5 Discover What Your Name Means Day
- 6 Nametag Day
- 7 National Day of Unplugging
- 7 World Day of Prayer
- 8 Genealogy Day
- 8 National Proofreading Day
- 9 Check Your Batteries Day
- 9 Daylight Saving Time Begins
- 10 Fill Our Staplers Day
- 11 Organize Your Home Office Day
- 12 Registered Dietician Day
- 13 National Open an Umbrella Indoors Day
- 13 World Kidney Day
- 14 Pi Day
- 15 Brutus Day
- 16 Freedom of Information Day
- 17 Saint Patrick's Day
- 17-23 World Folk Tales and Fables Week
- 18 Forgive Mom and Dad Day
- 18 National Biodiesel Day
- 20 First Day of Spring
- 21 World Down Syndrome Day
- 22 As Young As You Feel Day
- 22 World Water Day
- 23 World Meteorological Day
- 24 World Tuberculosis Day
- 25 Pecan Day
- 25 Tolkien Reading Day
- 26 Make Up Your Own Holiday Day
- 29 National Mom and Pop Business Owners Day
- 30 Doctors' Day

Monthly Observances:

- Irish-American Heritage Month
- Workplace Eye Wellness Month
- National Nutrition Month
- Music in Our Schools Month
- International Ideas Month
- Colic Awareness Month
- Credit Education Month
- Employee Spirit Month
- Expanding Girls' Horizons in Science and Engineering

PacBlog Year-Round Records Strategies for Tax Season

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/year-round-records-strategies-for-tax-season/>

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 would you never iron a four-leaf clover?

Last Month's Answer to:

Where does a boat go when it's sick?

To the Dock!

Last month's Winner:

JANESSA MALOUGH

**** CONGRATULATIONS ****

Email your answer to info@pacific-records.com

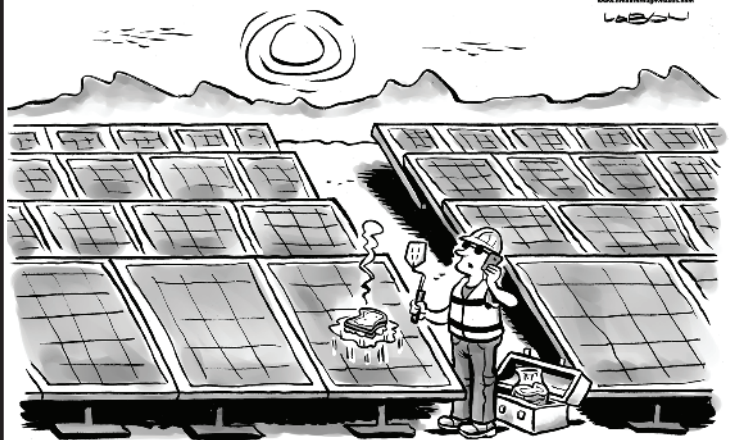
Trivia Quiz: All About March!

1. March is named after which Roman god, associated with war?
2. What seasonal event marks the official start of spring in the Northern Hemisphere?
3. Which holiday, celebrated on March 17th, is known for shamrocks and wearing green?
4. March's birthstone is aquamarine. What color is this gemstone typically?
5. In March 1876, Alexander Graham Bell made history by successfully testing what invention?
6. Which flower, often associated with the arrival of spring, is considered the birth flower of March?
7. What popular sporting event, known for its bracket-style tournament, takes place in the U.S. every March?
8. Which planet in our solar system is sometimes called the "Red Planet" and shares its name with March's namesake god?
9. What phenomenon occurs when the day and night are nearly equal in length, typically happening around March 20th?
10. Which zodiac signs are associated with March?

Trivia quiz answers at the bottom of page two!

"We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have."

— Frederick Koenig



"I'm just taking my lunch break."

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Prepare for Tax Season with These Records Management Tips

Albert Einstein said, “The hardest thing in the world to understand is the income tax.” Tax season can indeed feel overwhelming, but effective records management makes the process smoother, less stressful, and potentially more rewarding.

The Power of Preparation

Planning ahead simplifies tax preparation, ensures compliance, reduces stress, and helps maximize deductions. Whether you're experienced or new to filing, organized records will save you valuable time and effort.

Step 1: Review Your Records

Start by conducting a quick audit of financial documents to identify missing items.

- **Categorize your records** into:
 - *Personal*: Social Security info, medical expenses
 - *Business*: Invoices, payroll, expenses
 - *Miscellaneous*: Charitable donations, investments
- **Essential Documents Checklist**:
 - *Income*: W-2 forms, 1099 forms, investment income
 - *Expenses & Deductions*: Receipts (business, medical, education), mortgage interest, charitable donations, childcare expenses
 - *Tax Forms & Statements*: Prior-year tax return, bank statements, retirement contributions/distributions

Step 2: Organize for Easy Access

Good organization makes filing straightforward, whether your preference is physical or digital storage.

- Clearly labeled folders (Income, Deductions, Receipts)
- Digital storage: scan documents, secure cloud storage, or encrypted external drives
- Utilize tax software to manage documents easily

Step 3: Declutter & Dispose of Old Records

Recognize and safely discard outdated paperwork:

- Keep tax documents at least 3 years; property/investment documents longer (property ownership duration plus 3 years)
- Shred sensitive documents like bank statements, credit card bills, and old tax forms to prevent identity theft

- Consider professional shredding for large quantities

Step 4: Protect Your Sensitive Information

Tax documents hold personal and financial details attractive to cybercriminals. Implement security measures to keep your data safe:

- Secure physical documents in locked cabinets or fireproof safes
- Digital documents should be password-protected with two-factor authentication
- Regularly back up tax files externally or via encrypted cloud storage

Beware of tax scams:

- Avoid sharing sensitive information over email or phone
- Verify IRS communications directly from official IRS resources
- Choose secure tax preparation software

Step 5: Consider Professional Help

With frequent tax law changes and complex financial situations, professional assistance can save time and money.

Consider professional help if:

- You have multiple income sources (rentals, investments)
- You're self-employed or operate a small business
- You aim to maximize deductions and credits
- You're unsure about new tax laws

Professionals optimize deductions, ensure compliance, and simplify the process. Services available include:

- Document scanning & digitization
- Professional shredding
- Secure cloud-based tax document storage

Start Early for a Stress-Free Tax Season

Begin preparations early by reviewing, organizing, and securing your records. This approach reduces stress, saves time, and maximizes tax benefits.

Quick Tax Season Checklist

- Gather & categorize records
- Organize for quick access
- Declutter and safely dispose of old documents
- Safeguard sensitive information
- Seek professional guidance if needed

Taking these proactive steps today will make tax season easier, more organized, and ultimately stress-free.