

MAY SERVICE AWARDS

Celebrating Pacific Employee Anniversaries

26 YEARS

Kerry Pou

16 YEARS

Ray Medina

16 YEARS

Rafael Tellez

12 YEARS

John "Reggie" Jackson

Green Living: Blankets for Pets

Next time you update your bathroom, don't throw your old towels and rugs into the trash. Instead check with your local animal shelter. They will often take donations of small rugs, blankets, and towels for use in caring for their animals.

"Patience is the ability to idle your motor when you feel like stripping your gears."

—Barbara Johnson

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May Offers!

Thoughts from Richard Steed



Can you believe it's May already? Did you know that in May of 1990, Microsoft released Windows 3.0? What a difference THAT has made in our lives, eh? Mothers' Day is in May, too. Happy Mothers' Day to all the mothers out there! Did you know that the Friday before Mothers' Day is Military Spouse Day? Let's see . . . what

else? Well, May is one of my favorite months simply because it's spring!

Spring is the time for many of us to have a yard sale or start getting out the toys such as grills, boats and jet skis to prepare them for summer parties and fun. May is also a time for remembering the fun we had as kids. When I was a kid, for instance, we used to play with our parents' business invoices, which had carbon copies attached, and pretend we were selling products to each other. Perhaps you pretended to be in business too when you were a child? Those were the days!

Today it's much different. Instead of using carbon paper, we now use copy machines and scanners—if we bother with hardcopy at all. Instead of pretending to be in business, we really *are* in business. Instead of wasting tons of paper, we now recycle it. Oh, how the times have changed!

I've handled many confidential files in my lifetime, and my bosses trusted me to take care of them. But today you really have to be careful. Even recycling plant workers can have access to your personal information if you don't shred your documents before you toss them into the recycling bin. Identity theft has become so bad that you can't even be sure about putting your social security number on a job application! That's why I'm proud to be someone who, in these times, helps to eliminate such threats to our privacy.

Have a wonderful May, watching the children play, oh so differently than we did in our day!

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 May!

Trivia Quiz: Famous Mothers

1. The mother of Oscar winning actress Gwyneth Paltrow is also an actress. Who is she?
2. The famous painting titled, "Arrangement in Black and Gray: The Artist's Mother" is more commonly known by what title?
3. What common office supply product did Bette Nesmith Graham, mother of Monkee Mike Nesmith, invent?
4. What was Laura Ingalls Wilder's mother's name?
5. Which nursery rhyme mother found her cupboard bare when she went to get her dog a treat?
6. This fictional character's mother, Monique Delacroix, died when he was 11. Who is this character?
7. Who played Carol Brady on "The Brady Bunch"?
8. In the book "Little Women" by Louisa May Alcott, what did the sisters call their mother?
9. In which Beatle song do you hear the words, "Mother Mary come to me"?
10. The mother of a baby rabbit kit is called what?

Answers on Back Page!

Stress Busters for Those Short on Time

In your busy life, it can seem like you don't have much time to get to everything, much less take time to try to relieve the stress in your life. But there are some simple things you can do in just a few minutes that can make all the difference in your day. If you find yourself running around in circles everyday, take a few moments to stop and try these stress busting activities.

- Stop to complete a routine activity that doesn't take much brain power. Mowing the lawn, working in the garden, washing the car, or just taking a quick walk around the block can help stop the gears in your head from spinning out of control. Use the time to try to relax your thought process. The key is to choose activities that are repetitive and routine, letting your body and mind relax into a familiar and easy activity. And since you're choosing a task that can be completed in a short amount of time, when you're done, you'll have the satisfaction of knowing you've gotten a routine task done and out of the way. One less thing to think about!

- Do something out of the ordinary. If you find yourself overwhelmed with daily life, it may be time to step out of your day-to-day routine. Schedule a massage for your lunch hour, visit a museum, or stop to visit a friend. It may seem like you don't have time for such activities, but taking the time to do something different can work wonders for your mental state.

- If you really feel out of control, take some time to get organized. It is easy to put off clearing up your desk or organizing your closets. But the longer you let these tasks go, the more overwhelming they will seem. As with our above example, there is also a psychological boost once you're done, making you feel more in control and helping to add calm and order to your daily routine.

May Holidays and Events

Daily Observances:

- 1 May Day
- 2 Brothers and Sisters Day
- 3 Garden Meditation Day
- 3 World Press Freedom Day
- 4 Kentucky Derby Day
- 4 Star Wars Day
- 5 Cinco de Mayo
- 6 National Nurses Day
- 7 National Teacher's Day
- 8 Iris Day
- 8 World Red Cross Day
- 9 Lost Sock Memorial Day
- 10 Clean up Your Room Day
- 11 Birth Mother's Day
- 11 International Migratory Bird Day
- 11 National Train Day
- 11 Twilight Zone Day
- 12 Lilac Sunday
- 12 Mother's Day
- 13 Frog Jumping Day
- 14 Dance Like a Chicken Day
- 15 National Chocolate Chip Day
- 16 Love a Tree Day
- 17 National Bike to Work Day
- 18 International Museum Day
- 19 Boy's Club Day
- 19 World Plant a Vegetable Garden Day
- 20 Pick Strawberries Day
- 21 National Memo Day
- 21 Victoria Day (Canada)
- 22 Buy a Musical Instrument Day
- 23 Lucky Penny Day
- 24 Don't Fry Friday
- 25 International Jazz Day
- 25 National Missing Children's Day
- 25 National Brown Bag It Day
- 26 Sally Ride Day
- 27 Memorial Day
- 28 Amnesty International Day
- 28 National Hamburger Day
- 29 Learn About Composting Day
- 30 Water a Flower Day
- 31 World No Tobacco Day

Monthly Observances:

- National Bike Month
- National Hamburger Month
- National Photograph Month
- Date Your Mate Month
- Foster Care Month

PacBlog

Inside a Tape Rotation and Media Storage Service

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/inside-a-tape-rotation-and-media-storage-service>

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>

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**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 a lucky name.

Here is this month's challenge:

What does this say? nhappy

Last Month's Answer to:

What does this say? HIGH HIGH HIGH HIGH HIGH
High Five!

Last month's Winner:

PAM GALLEGO

Email your answer to info@pacific-records.com

Did You Know: National Parks

The United States National Park System was created by President Woodrow Wilson on August 25, 1916, 44 years after the establishment of Yellowstone in 1872 by President Ulysses S. Grant.

There are 401 areas comprising the national park system, covering more than 84 million acres in every state, the District of Columbia, American Samoa, Guam, Puerto Rico, and the Virgin Islands.

The largest national park in the United States is Wrangell-St. Elias National Park and Preserve in Alaska at 13.2 million acres.

At only 0.02 acres, the smallest national park in the United States is Thaddeus Kosciuszko National Memorial in Pennsylvania.

Almost 300 million people visit America's national parks each year.

Four national park sites have a waterway named Green River running through them.

The deepest national park is not the Grand Canyon, but Kings Canyon in California with a depth of 8,200 feet.

The first automobile permit for a national park was sold at Mount Rainier National Park in 1908.



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Do You Have a Disaster Recovery Plan?

Businesses have never been immune from fires, storms, floods, or earthquakes. But today, climate change brings increasing risks, as natural disasters now seem to happen in our own back yards more so than in previous decades.

A good disaster recovery plan can help your company recover from a catastrophic event. Know what records are essential to keeping your business running. Disaster recovery experts recommend storing vital business documents and backup media off site. A records center offers secure storage of mission-critical documents and makes sure they are accessible if a disaster strikes.

Backups are essential, but they won't do any good if your backup media is vulnerable. Magnetic media is sensitive to slight temperature and humidity changes. A media vault preserves your tapes and hard drives in a conditioned environment and keeps them organized and accessible. In the event of a catastrophe, your provider delivers them to your business or hot site.

Your employees need to be safe and prepared, too. Make sure emergency service provider and customer contact lists are up-to-date. Put alternate communication procedures in place in case company phone lines or internet connections are unavailable.

Remember to test your disaster recovery protocols to verify they work. With the help of your data protection partner, test at least every six months to make sure optimal recovery time objectives (RTOs) are met.

Hopefully, you'll never experience a catastrophic event. If you do, a disaster recovery plan will help you weather the storm.

Run Spot Run! Safe Jogging with Your Dog

If you are a runner, you may enjoy taking your dog with you when you go out running. But take care to evaluate whether running is the sport for your particular dog. Even dogs that love to run and chase things may not enjoy running long distances.

Having a canine running partner can have several benefits for both you and your dog. It is good exercise for both of you, and having a dog to run with can be a great motivator. But just as a human can experience a running injury, so can your dog. Striking concrete, asphalt, or gravel can be tough on a dog's feet. A dog with a thick coat can easily get overheated in warm weather, and a smaller, short-haired dog might get cold during the winter.



Short-nosed dogs like pugs, boxers, bulldogs, or mastiffs may have difficulty running. Their particular anatomy can make it harder to breathe when exercising. If you have such a dog, consider having him or her evaluated by your vet before embarking on a more rigorous running program.

To get the most out of running with your pet, and to make the experience safe for both you and your dog, remember these simple tips:

- Make sure your dog has good leash manners and can run safely while on a leash. Going for short jogs first is the best way to evaluate and work on this.
- Start with short distances and then gradually work toward longer distances. If your dog is obese, you should start with a walking program first.
- Map out your route ahead of time and take a test run without your dog. Look for uneven or unsafe surfaces and avoid those if you can. Also look for a place to take a break if you or your dog might need to cool off.
- If running in warm weather, choose cooler times of day. Take frequent breaks and bring plenty of water.
- After running in cold weather, check your dog's feet for any road salt that may be on his or her paws. Rinse his or her feet well. If the weather is extreme, it's best to leave your pet at home.

TRIVIA QUIZ ANSWERS:

1. Blythe Danner. 2. "Whistler's Mother." 3. Liquid Paper. 4. Caroline. 5. Old Mother Hubbard. 6. James Bond. 7. Florence Henderson. 8. Marmite. 9. "Let It Be." 10. A dog.

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