

MAY SERVICE AWARDS

Celebrating Pacific Employee Anniversaries

18 YEARS

Ray Medina

Rafael Tellez

Detect-a-Leak Week

Detect-a-Leak Week is held annually every May. This is the perfect time to give your home a once over, checking for leaks that may be costing you money. Even a small leak can add up to hundreds of dollars a year, and could damage surrounding fixtures, cabinets, or floors.

One of the biggest culprits is the toilet. You often cannot tell if your toilet is leaking simply by examining it. Place a few drops of food coloring, just enough to slightly color the water, in the main tank. Let it sit for several hours, then check the toilet bowl. If you see the color in the bowl, you have a leaky toilet and it needs to be repaired. Check for dripping faucets, pipes, and connections by examining all plumbing in your home. Use a lightweight cloth to wipe around each connection. If your cloth becomes wet, you have leaky plumbing that needs to be repaired.

Don't forget to stop those leaks that you can control. Turn faucets off all the way, and don't let water run when you brush your teeth. Don't use your toilet as a wastebasket. Instead of throwing items such as tissues in the toilet and flushing, use a small wastebasket in your bathroom instead.

What's Inside This Month?

Thoughts from Richard Steed

Food Risks to Seniors

Trivia Quiz: Hamburgers!

Want to Win a \$25 Amazon Gift Card?

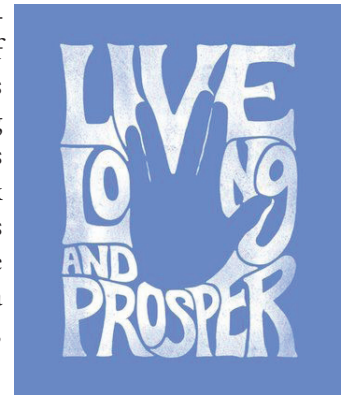
Why Offsite Document Storage Still Matters

How to Leave Us Google & Yelp Reviews

May Offers!

Thoughts from Richard Steed

It's May already—or finally—depending upon your frame of mind. Seems like everything's green, growing, stretching toward the sun. Some things are already reaching their peak of bloom. This also includes many people's allergies. The tissue companies must see a bloom in sales this time of year, as well, huh?



All sneezing aside, sometimes I catch myself pondering something off the cuff, such as where did the names of the months come from? After all, May is May and has been May ever since I can remember and long before that, I'm sure. I seem to vaguely recall that the months of the year are based upon the Roman calendar. A quick search discovered that this month was named after Maia, or Maius, which is the Italian goddess of spring. She's also the spouse of Vulcan (the ancient Greek one, not the one with pointy ears on Star Trek, otherwise, we'd probably catch people waving Leonard Nimoy's Vulcan Salute all month long.)

It's nice to know that with all the things that change, the month names have pretty much stayed the same (after a little finagling by Caesar to reap some extra days and rob February at the same time, but that's another story).

Each country uses the same months (albeit in their own language) and that is a small way of uniting everybody. Yeah, very small, but nowadays, we'll take what we can get. Don't forget that we, too, are united as a team to expertly handle all your records management needs, and we appreciate the opportunity to prove this to you each and every May day and beyond.

Richard

"You will find something more in woods than in books. Trees and stones will teach you that which you can never learn from masters."

— Saint Bernard

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!

Food Risks to Seniors

In the United States, we are able to enjoy one of the safest food supplies in the entire world. However, every year there are millions of illnesses due to food contamination, leading to over 5,000 deaths in the USA. Seniors are especially vulnerable to food-related illnesses. As we age, we can develop an impaired immune system. Stomach acid production also decreases, making our systems unable to kill all the disease-causing germs we are exposed to over time.

Luckily, the precautions we all need to take to protect ourselves from food-borne illnesses are simple. All food must be cooked thoroughly, especially meat, poultry, and eggs. When preparing food, all surfaces must be cleaned well, including cutting boards and utensils. After a surface has touched raw meat or fish, it should be washed in hot, soapy water before being used to prepare other foods such as vegetables or fruit.

All produce should be washed thoroughly, including fruits and vegetables that will be cut or peeled. This is because any bacteria on the rind or skin could be transferred to the interior as you cut.

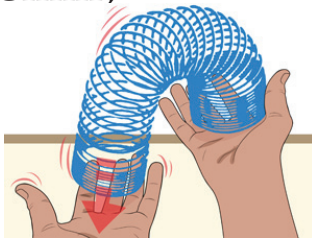
Finally, all leftovers should be refrigerated promptly, generally within two hours. If you are ever unsure whether a food is safe to eat, toss it. Better safe than sorry!

Quick Tips: Money

One of the biggest blunders you can make when budgeting is forgetting to include the inevitable expenses that don't recur on a monthly basis. This can include insurance payments, taxes, school supplies, pet care, dentist visits, gifts, and vacations, among other things. When planning your monthly budget, think about what you spent during the same time last year. Also look at your calendar and check for birthdays or other unexpected events. By doing this, you can plan ahead instead of relying on credit cards to cover these types of expenses.

Fun With Slinky

The Slinky was invented in 1943 by mechanical engineer Richard James. Ever since, millions of children and adults have had fun with this simple toy. What can you do with a Slinky? Most people enjoy watching a Slinky move back and forth in your hands. Walking down stairs or a board is also fun. To get the best stair stepping action from a Slinky, the rise of the steps or board should be about one foot for every four feet in length. Use two or more Slinkys to have a race. Next time you have a Slinky race, make it an obstacle race. Use boards and small objects to create a racecourse that will challenge any Slinky!



May Holidays and Events

Daily Observances:

- 1 May Day
- 1-7 Choose Privacy Week
- 3 Garden Meditation Day
- 4 Star Wars Day
- 5 National Day of Prayer
- 6 Hug Your Cat Day
- 8 Mother Ocean Day
- 9 Mother's Day
- 10 World Lupus Day
- 11 Donate a Day's Wages to Charity Day
- 12 Limerick Day
- 13 National Hummus Day
- 14 International Migratory Bird Day
- 14 Spring Astronomy Day
- 14 Underground America Day
- 14 World Fair Trade Day
- 15 International Day of Families
- 16 Mimosa Day
- 17 World Telecommunication & Information Society Day
- 18 Visit Your Relatives Day
- 19 National Hepatitis Testing Day
- 20 National Bike to Work Day
- 21 National Learn to Swim Day
- 22 Neighbor Day
- 23 International World Turtle Day
- 24 Brother's Day
- 25 National Missing Children's Day
- 25 National Senior Health and Fitness Day
- 26 National Eat More Fruits and Vegetables Day
- 30 Memorial Day
- 31 World No Tobacco Day

Monthly Observances:

- National Mental Health Month
- Spiritual Literacy Month
- Home Schooling Awareness Month
- National Allergy/Asthma Awareness Month
- Arthritis Awareness Month
- Asthma Awareness Month
- National Barbecue Month
- Better Hearing and Speech Month
- National Bike Month
- Global Civility Awareness Month
- Fibromyalgia Education and Awareness Month
- National Foster Care Month
- Gardening for Wildlife Month
- Get Caught Reading Month
- Gifts from the Garden Month
- National Hamburger Month
- National Good Car-Keeping Month

PacBlog

8 Excellent Reasons to Go Paperless

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/
8-excellent-reasons-to-go-paperless](https://pacific-records.com/8-excellent-reasons-to-go-paperless)

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:

Which fruit always travels in twos?

Last Month's Answer to:

What can be seen in the middle of April but not at the beginning or end?

The letter 'r'

Last month's Winner:

**DEANN ALEXANDER
HR SPECIALIST/RECRUITING
COORDINATOR**

Email your answer to info@pacific-records.com

Trivia Quiz: Hamburgers!

May is National Hamburger Month. To celebrate, we've put together this beefy trivia quiz to test your burger knowledge.

1. At which World's Fair did the "hamburger" begin its popular life in America?
2. The first hamburger chain was founded in Wichita, Kansas, in 1921. What was its name?
3. Where did the first McDonald's Restaurant open?
4. What year did the first McDonald's Restaurant open?
5. A 1,000 pound steer will yield how many quarter-pound hamburgers?
6. Which chain introduced the first double patty burger?
7. How many hamburgers do Americans eat on average each week?
8. What percentage of sandwiches eaten are hamburgers?
9. How many people from around the world have graduated from McDonald's "Hamburger University?"
10. Which fast food chain created the first modern-day drive-thru window in 1970?

Answers on Back Page!

Green Living: Grooming!

If your hairbrush is made of plastic, there's an easy way to make a greener choice in your grooming tools. There are a variety of natural material brushes on the market. Look for one with a wooden handle. Many natural hairbrushes are made from boar bristles. These bristles evenly distribute the natural oils in your hair, making it shinier and more manageable.



"Do you have any recommendation letters that aren't redacted?"

3 months FREE secure Destruction service

Get 3 months of free Secure Destruction service when you sign up for a new Secure Destruction account with a one-year agreement. Just mention this coupon! Email info@pacific-records.com for more information.

Why Offsite Document Storage Still Matters

While many companies have embraced the “paperless office” concept, paper records still play a critical role in many industries. Storage of hard copies can be problematic. In-house document storage is one of the biggest overhead expenses for any company. Leased office space is costly. File cabinets and banker’s boxes take up space but do not generate revenue. Not to mention that an office cluttered with files can have a negative impact on employee morale. Hiring clerical staff to manage paper records is cost prohibitive for most organizations. Even with added internal administrative resources, few companies have the right security protocols to keep sensitive documents out of the wrong hands.

Relocating documents to a commercial records center is an effective solution for transforming “dead” document storage spaces into profit-producing areas. Your records inventory is tracked with advanced bar code technology to eliminate the chance of misplaced files. Records center access is limited to rigorously-trained, background-screened records management professionals. They follow a strict chain of custody when handling documents with personally identifiable information (PII) and protected health information (PHI).

Offsite document storage helps you save money, minimize your data breach exposure, manage your information more efficiently, and improve the appearance of your office for a morale-boosting work environment.

Paper records are here to stay. The key is finding the right offsite storage solution.

How to Leave Us Google & Yelp Reviews

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.

How to Review Us on Google

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

Sacramento: <https://goo.gl/YVhD3A>

Modesto: <https://goo.gl/MU53Wp>

Stockton: <https://goo.gl/TbA9Zb>

Fresno: <https://goo.gl/hhQXMJ>



Next, sign in to Google+, and click the gray “Write a Review” button found just under our address.

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 red “Create Account” button link at the top right to get your free Google account.

In the Review section, 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 “Publish” button when you’re finished.

For Yelp . . .

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 a link below with easy instructions to submit your review

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

Sacramento: <https://www.yelp.com/biz/pacific-records-management-sacramento-5>

Modesto: <https://www.yelp.com/biz/pacific-shredding-modesto>

Stockton: <https://www.yelp.com/biz/pacific-records-management-stockton>

Fresno: <https://www.yelp.com/biz/pacific-shredding-fresno>



TRIVIA QUIZ ANSWERS:

1. The 1904 World's Fair in St. Louis. 2. White Castle. 3. Des Plaines, Illinois. 4. 1955. 5. 1,000. 6. Bob's Big Boy. 7. Three. 8. 60 percent. 9. 50,000. 10. Wendy's.

NEWS You Can Use is a free monthly newsletter from your friends at

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