

MAY SERVICE AWARDS

Celebrating Pacific Employee Anniversaries

1 YEAR

Anita Mendoza

20 YEARS

Ray Medina

Rafael Tellez

21 YEARS

Carmen Rutz

Green Gardening

Sustainable gardening is a growing trend among gardening enthusiasts who want to grow their own food while minimizing their environmental impact. By sourcing organic, non-GMO seeds and using techniques like composting, mulching, and companion planting, gardeners can create healthy, nutrient-rich soil that supports plant growth without relying on harmful chemicals or pesticides. Sustainable gardening also promotes biodiversity and supports local ecosystems by providing habitats for beneficial insects and wildlife. In addition to its environmental benefits, sustainable gardening can also be a fun and rewarding hobby that yields fresh, nutritious produce for you and your family to enjoy.

What's Inside This Month?

Green Gardening

10 Ways to Forgive and Let Go

Trivia Quiz: All About May

Want to Win a \$25 Amazon Gift Card?

2023 Updates to Data Protection Laws

May Offers!

Q1 Go Green Report

Thoughts from Richard Steed

The month of May is a time for renewal and celebration. The flowers are in full bloom, the sun shines bright, and the air is filled with the sweet aroma of new beginnings. It is also a time to honor and cherish the women who have shaped our lives, especially the ones who have given us the gift of life.

For many of us, the memories of our mothers are stored not just in our brains, but also in our hearts. We remember the scent of her perfume, the sound of her laughter, and the warmth of her embrace. We recall the moments she comforted us when we were scared or hurt, the times she made us laugh until our bellies ached, and the ways she showed us love and kindness every day.

As much as we try to capture these precious moments with technology, the truth is that our hearts hold the most vivid and cherished memories. It is the fragrance of a particular flower or the taste of a favorite dish that transports us back in time to those happy memories we hold so dear.

This month of May, let us take a moment to thank the mothers all around us for their unwavering love and devotion, for the sacrifices they have made, and for the way they have shaped our lives.

As you celebrate the moms in your life, know that we got you covered. Just as mothers use all available resources to protect their children, we invest in all of the latest technology to protect your business's vital data and assets. Like mothers, we cherish these "children" and promise to keep them safe and secure throughout their life.

Richard

This Month in History

May 18, 1980 — Mount St. Helens erupted in southwestern Washington state, blowing steam and ash more than 11 miles into the sky.



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!

10 Ways to Forgive and Let Go

Everyone faces a time in his or her life where there is anger and a need for forgiveness. It may be a family member, friend, or co-worker who has hurt you. How do you forgive someone when you find that forgiveness is very difficult? These tips can give you some food for thought.

1. Remember your best memories of him or her. If you are motivated, you can even write these memories down and present them to the person. This sometimes opens up some communication.

2. Spend your time thinking forward instead of backward. Concentrate your mental energy on good projects and events that are to come rather than rehashing painful memories over and over.

3. Ask forgiveness for your own wrong choices or responses. Asking for forgiveness gives you a way to understand more those who need your forgiveness.

4. Realize that forgiving doesn't always mean change. If you are forgiving someone only to make them change, understand that it may not happen. Be ready to forgive for your sake rather than to make someone else act differently.

5. Start small and practice forgiving. If you have trouble with forgiveness, try forgiving others for the small offenses you receive each day. Put that behind you and work on developing a habit of forgiving.

6. Understand that forgiveness is not a moment, but a process. You may not be able to let go of everything all at once, but you can begin to forgive. Renew your commitment to forgive over and over until you find a more peaceful state.

7. Know that forgiving does not mean condoning. You don't have to expect that the person who has hurt you won't experience some negative consequences from his or her actions. Forgiving also does not mean that you are saying that you were not hurt. You just need to know that you have forgiven the person.

8. Be kind to yourself once you've decided to forgive. You will still have those memories, but thinking about what happened doesn't mean you haven't forgiven. It is normal to relive events, but you can put it all in a different perspective when you have chosen forgiveness.

9. Get a trusted confidant. It doesn't help to gossip about someone who has hurt you, but keeping everything inside is not good for you either. Your spouse, a trusted friend, a therapist, or a spiritual counselor can help you vent without causing any further hurt. You may then find an easier path to forgiveness.

10. Find a way out. It may be that you are not able to forgive until your life circumstances change. If the situation is so difficult or you are continually being mistreated, you may need to leave that situation. It can be hard to consider ending a relationship or looking for a new job, but in some cases, this can be the beginning of a new start and can help you go down the path of forgiveness.

May Holidays and Events

Daily Observances:

- 1 - International Workers' Day (May Day)
- 2 - National Brothers and Sisters Day
- 3 - National Garden Meditation Day
- 4 - Star Wars Day
- 5 - Cinco de Mayo
- 6 - National Nurses Day
- 7 - National Tourism Day
- 8 - World Red Cross and Red Crescent Day
- 9 - National Lost Sock Memorial Day
- 10 - National Clean Your Room Day
- 11 - National Eat What You Want Day
- 12 - National Limerick Day
- 13 - World Cocktail Day
- 14 - Mother's Day
- 15 - International Day of Families
- 16 - National Love a Tree Day
- 17 - World Baking Day
- 18 - International Museum Day
- 19 - World Plant a Vegetable Garden Day
- 20 - National Pick Strawberries Day
- 21 - National Waitstaff Day
- 22 - National Maritime Day
- 23 - World Turtle Day
- 24 - National Scavenger Hunt Day
- 25 - National Wine Day
- 26 - National Paper Airplane Day
- 27 - National Don't Fry Day
- 28 - National Hamburger Day
- 29 - Memorial Day
- 30 - National Creativity Day
- 31 - World No Tobacco Day

Monthly Observances:

- National Bike Month
- Mental Health Awareness Month
- National Barbecue Month
- National Hamburger Month
- National Salad Month
- National Salsa Month
- National Strawberry Month
- National Vinegar Month
- Older Americans Month
- Skin Cancer Awareness Month
- ALS Awareness Month
- National Photograph Month
- National Physical Fitness and Sports Month
- National Pet Month
- National Preservation Month
- National Recommitment Month
- Better Hearing and Speech Month

PacBlog

Spring Cleaning Strategies for Your Records Management Program

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/spring-cleaning-strategies-for-your-records-management-program>

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:

I am never seen, only heard. When I speak, I might not use words. I can bring joy or cause you dread, and sometimes leave a ringing in your head. What am I?

Last Month's Answer to:

*I am always hungry, I must always be fed.
The finger I touch, Will soon turn red. What am I?*

FIRE

Last month's Winner:

DEANN ALEXANDER

Email your answer to info@pacific-records.com

Trivia Quiz: All About May

1. Which ancient civilization celebrated the arrival of May with a festival called Floralia?
2. What is the birthstone for May?
3. Which American holiday is celebrated on the last Monday in May?
4. In what year did the first Kentucky Derby take place?
5. Who wrote the poem "Ode to a Nightingale," which begins with the famous line "My heart aches, and a drowsy numbness pains"?
6. What is the name of the green fairy in the play "La Fee aux Choux" ("The Fairy of the Cabbages") by Charles Nodier?
7. Which famous Mexican holiday is celebrated on May 5th?
8. Who won the Men's Singles title at the 2021 French Open tennis tournament?
9. What is the name of the famous cherry blossom festival held annually in Washington, D.C. in May?
10. Which famous novel by Toni Morrison was awarded the Pulitzer Prize in May of 1988?

Answers on Back Page!

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2023 Updates to Data Protection Laws

Following the establishment of a new Constitution in 1787, Benjamin Franklin is credited with the quote, “In this world nothing can be said to be certain, except death and taxes.” Surprisingly, he left out one other certainty: change. Ever since the United States of America revolted against British rule and established our own rule of law, change has been the only constant. Change is inevitable. As technology evolves, criminals find new ways to steal and misuse personal information. This demands constant updates to information security and the data protection laws enacted to protect innocent people from becoming the victims of identity theft and fraud.

2023 and the years immediately preceding it have seen major changes to the laws that govern the collection, storage, security, and disposal of personally identifiable information (PII) and personal health information (PHI). The public is also being given more control over what data organizations can collect about them and what those organizations are allowed to do with that information.

Consider these recent data protection laws:

- The California Privacy Rights Act (CPRA) was enacted on January 1, 2023.
- Colorado Privacy Act (CPA) is expected to take effect on July 1, 2023.
- Connecticut’s Data Privacy Law, An Act Concerning Personal Data Privacy and Online Monitoring (CTDPA) will take effect on July 1, 2023.
- The Utah Consumer Privacy Act is expected to take effect on December 31, 2023.
- Virginia’s Consumer Data Protection Act (CDPA) began March 2, 2021.
- New York’s Stop Hacks and Improve Electronic Data Security Act (SHIELD) entered full enforcement in March 2020.
- Michigan, Ohio, Pennsylvania, and New Jersey are presently involved in active legislation, and 20 other states have inactive legislation that may become active in the near future.
- As states implement or update their data protection laws, they may include the right for individuals to request:
 - Access to inspect the personal information a given organization has collected
 - Correction of errors in their personal information
 - Deletion of their personal information
 - That their personal information shall not be sold or used for targeted advertising
 - An appeal should a business deny any of the requests above

Change is constant, and can be challenging, but these laws are all designed to protect the public. To make sure your business is up to date, take time to review the new laws this year and bring questions and concerns to the experts at your records management company.

Go Green Report

Recycling is part of our secured shredding process. Our environmentally conscious efforts provide savings of our precious natural resources as well as financial savings to our economy. The numbers below are only based on the paper we shred and recycle.

	Item	2023	All Time
Total Pounds Shredded in 1st Quarter 2023: 4,614,560 lbs, or 2,307 Tons	Trees Saved	39,224	1,083,657
	Gallons of Water Saved	16,150,960	446,211,801
	Gallons of Gas Saved	380,701	10,517,850
	Barrels of Oil Saved	20,766	573,701
	Kilowatts of Energy Saved	1,499,732	41,433,953
	Cubic Yards of Landfill Saved	7,614	210,357
	Pounds of Pollutants kept out of Atmosphere	138,437	3,824,673

Note: All Material is 100% recycled after shredding. Thank you for allowing us to help you GO GREEN!

Trivia Quiz Answers:

1. I. The ancient Romans. 2. Emerald. 3. Memorial Day. 4. 1875. 5. John Keats. 6. Melusine. 7. Cinco de Mayo. 8. Novak Djokovic. 9. The National Cherry Blossom Festival. 10. Beloved.

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