

## NOVEMBER SERVICE AWARDS

*Celebrating Pacific Employee Anniversaries*

**17 YEARS**

Vladimir Makarov

**13 YEARS**

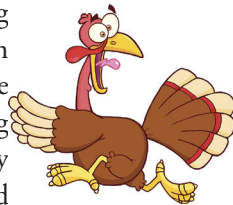
Gabriel Pereira

**7 YEARS**

Guerrero, Phillip

### *Extra Turkey Legs*

A turkey farmer was always experimenting with breeding a better turkey. Everyone in his family was fond of the legs, and there were never enough legs at Thanksgiving dinner for all six of them. After many frustrating attempts, the farmer finally had some success. The day after Thanksgiving, he was relating the results of his efforts to his friends at the general store. "Well I finally did it," he said. "I bred a turkey with six legs!"



They all asked the farmer how it tasted.

"I don't know," said the farmer. "I couldn't catch the darned thing!"

### What's Inside This Month?

*Thoughts from Richard Steed*

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*Want to Win a \$25 Amazon Gift Card?*

*Make Ahead Smoothies*

*Answers to Media Storage & Rotation Questions*

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*November Offers!*

### *Thoughts from Richard Steed*

November is the month of gratitude. We are grateful to surround ourselves and break bread with those we love. Whether we're dining upon turkey or tofu, the gathering and celebration is often thought-provoking as well as belt loosening.

It's the time of year for most of us to pull out family traditions, some of which go back decades and perhaps even centuries. What's interesting is that what we crave (and carve) has much to do with what we grew up with. It's a fact that our bodies are geared towards traditions and recurrent cuisines. The saying that we are creatures of habit fits nicely here, although our clothes might not fit so nicely once the grand feast is finished!

What was grandma's specialty each Thanksgiving? Whether it was silky smooth mashed potatoes and killer sausage dressing, or lumpy spuds and spongy rolls, the resulting primal urge to relive that meal year after year is the same. It's part of what makes us, us, and a family a family.

What we give to each other is not just organic sustenance but emotional fulfillment. Not that each yearly gathering turns out perfectly; far from it, usually. There might be some toes stepped on, some feathers ruffled (no turkey puns!), and more than a few rousing debates, but the fact that we opt to congregate together is truly the common thread.

We relish your business and the opportunity to give you the best and most reliable service, just as we know you relish the turkey tray and gathering around it with your loved ones. In this month of gratitude, I want to express to you, our client, just how grateful we are that you have chosen us to look after your information management needs.

Forever grateful,

*Richard*

*"There are times in the lives of most of us, when we would have given all the world to be as we were but yesterday, though that yesterday had passed over us unappreciated and unenjoyed."*

— Edward Hartpole Lecky

# 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 November!

## Trivia Quiz: Where in the World!

November 15-21 is National Geography Awareness Week. Test your worldly knowledge with this around-the-world trivia quiz.

1. Although French and Spanish are also spoken here, this tiny country, located in the Pyrenees Mountains, has designated Catalan as its official language.
2. Which of the world's nations with a population of over one million has the smallest area?
3. Through how many countries does the equator pass?
4. What is the national language of Kenya?
5. What two countries are separated by the Khyber Pass?
6. Which country exports over half the world's cork?
7. In what country is Casablanca located?
8. What is the second-highest mountain on Earth?
9. In which city would you find Copacabana Beach?
10. What is Bombay called today?

*Answers on Back Page!*

## Make Ahead Smoothies

Smoothies can be an easy way to increase your intake of healthy fruits and vegetables. But it also can take some time to wash, peel, and cut all those ingredients, which can be a challenge as you're trying to get out the door for work and school.

To make this easier, simply put your smoothie ingredients together ahead of time. The components of a regular-sized smoothie will fit into a standard sized ziptop sandwich bag. To make several at once, open up the bags and prop them up in a row on your kitchen counter. Then begin filling them.

Great ingredients to add to each bag include bananas, strawberries, blueberries, and peaches. Cut these fruits into chunks. Toss in some chopped nuts, kale or spinach, and top with several spoonfuls of yogurt. To add nutrients, consider adding a spoonful of coconut oil, protein powder, flax seeds, and raw honey. You can mix and match amongst the baggies to make a unique smoothie in each one.

After all your ingredients are placed in the bags, simply seal them up. Lay them flat on a baking sheet and place on a rack in your freezer. Once they're frozen, stack them in a gallon-sized ziptop bag and return to the freezer. This helps keep them organized and in one place.

To make your smoothie, remove a bag from the freezer and let it thaw for about 15 minutes. Place the contents in your blender and process until smooth. If you'd like, you can add coconut water, milk, or almond milk to get the right consistency and flavor. With this method, you can have a fast, tasty, and nutritious smoothie every morning with little hassle.



## November Holidays and Events

### Daily Observances:

- 1 National Authors Day
- 2 Plan Your Epitaph Day
- 3 Election Day
- 5 National Men Make Dinner Day
- 7 Sadie Hawkins Day
- 8 National Parents as Teachers Day
- 11 Veterans Day
- 12 World Pneumonia Day
- 13 World Kindness Day
- 14 World Diabetes Day
- 15 America Recycles Day
- 15-21 National Geography Awareness Week**
- 16 International Day for Tolerance
- 17 Homemade Bread Day
- 18 National Educational Support Professionals Day
- 19 Great American Smokeout
- 20 Universal Children's Day
- 21 International Games Day
- 23 Fibonacci Day
- 24 Celebrate Your Unique Talent Day
- 25 International Day for the Elimination of Violence Against Women
- 26 Thanksgiving Day
- 27 Native American Heritage Day
- 28 International Aura Awareness Day
- 29 Electronic Greetings Day
- 30 Computer Security Day**

### Monthly Observances:

- November
- National Native American Heritage Month
- National Novel Writing Month
- Lung Cancer Awareness Month
- American Diabetes Month
- Aviation History Month
- Banana Pudding Lovers Month
- Diabetic Eye Disease Month
- National Adoption Month
- National Alzheimer's Disease Awareness Month
- National Diabetes Month
- National Epilepsy Awareness Month
- National Family Caregivers Month
- National Georgia Pecan Month
- National Inspirational Role Models Month
- National Long-Term Care Awareness Month
- National Marrow Awareness Month
- Peanut Butter Lovers' Month
- Prematurity Awareness Month
- Vegan Month
- Worldwide Bereaved Siblings Month

## PacBlog

### Answers to Your Media Storage and Rotation Questions

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/answers-to-your-media-storage-and-rotation-questions>

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](mailto: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 couldn't the astronaut book a room on the moon?

Last Month's Answer to:

*Why don't mummies take vacations?*

**They're afraid to unwind!**

Last month's Winner:

**DYANN WOLFE**

**ADMINISTRATOR, NCSRA, INC.**  
**CONGRATULATIONS!**

Email your answer to [info@pacific-records.com](mailto:info@pacific-records.com)

## Questions to Ask Your Doctor

Next time you have to make a visit to your health care provider, don't forget to bring along some questions. To ensure your health and safety, you need to inform your doctor, and also become informed yourself. Here are some questions you may want to ask:



- Does this medication have any side effects?
- Will it interact with any of my current medications? (Bring a list of what you're currently taking.)
- Should I watch for any unusual symptoms or signs during this course of treatment?
- What foods, drugs, or activities should I avoid while receiving this treatment?
- What should I do if I miss a dose of my medication?
- When can I stop taking this medication?
- What can I do to best assist my treatment or recovery?
- While I'm here, is there anything else I need a checkup for?
- How can I best contact you if I need to?

Don't try to remember everything said during your visit. Plan on taking notes or bring along a relative or friend to take notes for you. You can record your visit to help you remember all the facts. Your doctor can also write down instructions for you or give you printed material explaining your treatment.



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# ***Identity Theft Prevention Tips for Your Family***

Identity theft can cause a ripple effect of consequences, including destroying your family's finances. A few simple steps can protect you and your loved ones' personal information.

During COVID-19, more families are shopping and ordering food online. Digital security is a must. Only shop on websites with "https" in the address bar. If you do not see a padlock symbol there, it means your personal information is not encrypted and may be intercepted by a hacker.

Be sure to install anti-virus and anti-malware protection on your family's laptops, tablets and smartphones. Avoid sharing login information. Every family member should have a unique password for frequently-used apps. A strong password contains at least 10 characters and combines uppercase and lowercase letters, numbers, and symbols. Most websites and applications now offer two-factor authentication; use it as an added layer of password protection.

Review your bank accounts and credit card statement for unauthorized charges. Every member of your family is entitled to a free annual credit report from one the major credit reporting bureaus. If you have yet to order your 2020 credit report, do so now.

Household trash and recycling bins potentially offer a treasure trove of personal data for thieves. A residential shredding service keeps discarded bills, receipts, and other confidential documents out of the trash.

Taking these proactive measures keeps you and your family safe.

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## ***Leaving Your Pet at Home***

When planning a trip, it may be a consideration to take your pet with you. But often, this is stressful for both you and your pet, and logistically may be near to impossible. If you decide to not bring your pet with you, you have several options: You can leave your pet at home where a family member or friend can look after it; you can hire a pet sitter; or you can leave your pet at a kennel.

If you choose to board your pet in a kennel, be sure to get references and inspect the facilities first. You can get recommendations from your veterinarian or local shelter. Find out whether your state requires inspections and whether your selected kennel has passed an inspection and meets mandated standards. Your pet should be able to accept basic commands and should be well socialized around other people and pets to be a good candidate for a kennel. He should also be current on vaccinations. If you are planning a long trip, a short stay at the kennel a week or two ahead of time can help your pet get used to the environment. This will also let you know if your pet has any problems with being away from home.

If you choose to drop your pet off at a family member's or friend's home, you should also take some of these same basic precautions. If the home has small children, spend some time beforehand playing with your pet and the kids. This will give them both a chance to learn how to properly interact with each other. You can bring your pet's bedding, bowls, and toys along as well. You will also need to make sure that any existing pets in the home get along well with yours.

If you're hiring a pet sitter, get references and interview the candidate beforehand. A pet sitter is a great option for pets that are elderly, need special care, or are timid. If you're going to be gone during the holidays, be sure to make reservations with your pet sitter early, as these are traditionally very busy times of the year. Leave clear instructions regarding the care of your pet, along with emergency contact information, and a way to contact you. You should have the pet sitter come over for an hour or two before your planned trip to get acquainted with your home, the location of pet supplies, and to spend some time getting to know your pet.

Whichever option you choose, you should feel free to leave and enjoy yourself without having to worry about the care of your pet. By planning ahead and giving your pet a chance to get used to the change in daily routine, you should have a smooth process for you and your pet.



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### **TRIVIA QUIZ ANSWERS:**

1. Andorra. 2. Singapore. 3. Fifteen. 4. Swahili. 5. Pakistan and Afghanistan. 6. Portugal. 7. Morocco. 8. K2, also known as Mt. Godwin-Austen. 9. Rio de Janeiro, Brazil. 10. Mumbai!

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