

NOVEMBER SERVICE AWARDS

Celebrating Pacific Employee Anniversaries

16 YEARS

Gabriel Pereira

10 YEARS

Guerrero, Phillip

Home Alone

It is estimated that over 40 percent of children are alone at home at some time. Parents may choose to leave children home alone to run errands, go to work, or attend social events. Remember these tips the next time you head out without your children.

- Communicate with your children your expectations while you are gone. Go over the rules for your home and for their behavior before heading out.
- Plan to check in with your children while you're gone. Instruct them to call in to you at set times. You should also consider calling at random times to check up on your children.
- Keep a well-stocked first aid kit in your home. Teach your children how to use it in case of an emergency.
- Discuss safety issues regarding visitors. Establish rules for visits by friends. Also let your kids know how to determine if it's safe to answer the telephone or the doorbell.
- Keep alcohol and medication inaccessible to children.

What's Inside This Month?

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November Offers!

Thoughts from Richard Steed

As the crisp air carries the aroma of pumpkin spice and fallen leaves, November arrives with a gentle reminder to embrace gratitude and foster growth. In the spirit of Thanksgiving, let's take a moment to reflect on the journey thus far and the blessings that have adorned our path.

Amid the vibrant hues of autumn, let's sow the seeds of appreciation in every corner of our lives. Whether it's expressing gratitude to a colleague for their unwavering support or simply taking a moment to appreciate the small victories, let's spread warmth and thankfulness like a cozy blanket over the hearts of those around us.

In the midst of bustling workdays, let's cultivate a positive mindset that nurtures resilience and fosters a thriving environment. Let's encourage one another, celebrate each other's accomplishments, and uplift spirits with words of encouragement. Together, let's create an environment where optimism and camaraderie flourish like the last remaining blooms of the season.

As we gather around the table for Thanksgiving, let's not just feast on delectable delights but also nourish our souls with tales of triumph and resilience. Let's cherish the hurdles we've conquered, the lessons we've learned, and the bonds we've forged. Let's raise a glass to the collective growth and progress that have shaped our shared journey.

In the spirit of giving, let's extend kindness to those around us and to the wider community. Whether it's lending a helping hand to a colleague in need or contributing to a charitable cause, let's create ripples of joy and compassion that reverberate far beyond our immediate circles. Let's make November a month of spreading warmth and cultivating a spirit of gratitude that transcends the season and lasts throughout the year.

As the world outside prepares for the winter slumber, let's bask in the glow of November's warm embrace. Let's cherish the moments, celebrate the connections, and nurture the seeds of kindness within us. In this season of gratitude, let's create a November to remember, filled with appreciation, growth, and a heartfelt spirit of thankfulness.

We are truly thankful for our clients here at Pacific. We appreciate each and every one of you, and we are grateful for your trust in allowing us to manage your business's vital records.

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 November!

Trivia Quiz: All About November!

It's November! Test your knowledge of this autumn month with 10 fun questions. Enjoy!

1. November is the eleventh month of the year in the Gregorian calendar. What does the name "November" mean in Latin?
2. In the United States, the fourth Thursday in November is celebrated as Thanksgiving Day. What was the original year of the first Thanksgiving celebration in the United States?
3. The birthstone for November is topaz. What is the alternative birthstone for November, often regarded as the modern choice?
4. In the United Kingdom, people celebrate Guy Fawkes Night on November 5th. What historical event does this holiday commemorate?
5. Every November, people from all over the world participate in a writing challenge, attempting to write a 50,000-word novel in just 30 days. What is this event called?
6. The birth of which famous scientist, known for his theory of relativity, is celebrated on November 14th?
7. In the United States, November is the month for what political event, where voters choose their representatives and government officials? What specific type of elections are usually held during this time in the U.S. for state and federal offices?
8. November 11th is celebrated as Veterans Day in the United States. In other countries, it is known as Remembrance Day or Armistice Day. What is the historical significance of this day?
9. In the Northern Hemisphere, November marks the transition from autumn to winter. What term is commonly used to refer to the gloomy and foggy weather often experienced during this period?
10. What is the zodiac sign for those born for most of November?

Answers on Back Page!

Green Thanksgiving!

This Thanksgiving, let's embrace sustainability by infusing some "green" practices into our celebrations. Begin by opting for locally sourced, organic produce and free-range turkey to support local farmers and reduce carbon emissions. Try using reusable dinnerware and cloth napkins instead of disposable options to minimize waste. Lastly, remember to compost food scraps and choose energy-efficient cooking methods to make this holiday both delicious and environmentally conscious.

November Holidays and Events

Daily Observances:

- 1 World Vegan Day
- 2 National Deviled Egg Day
- 3 National Sandwich Day
- 4 National Candy Day
- 5 National Doughnut Day
- 6 Daylight Saving Time Ends
- 7 National Bittersweet Chocolate with Almonds Day
- 8 National Cappuccino Day
- 9 World Freedom Day
- 10 National Vanilla Cupcake Day
- 11 Veterans Day
- 12 National Pizza with the Works Except Anchovies Day
- 13 World Kindness Day
- 14 National Pickle Day
- 15 National Philanthropy Day
- 16 National Fast Food Day
- 17 National Take a Hike Day
- 18 National Apple Cider Day
- 19 National Play Monopoly Day
- 20 Universal Children's Day
- 21 World Television Day
- 22 National Cranberry Relish Day
- 23 Thanksgiving Day
- 24 Black Friday
- 25 Small Business Saturday
- 26 National Cake Day
- 27 Advent Begins
- 28 Cyber Monday
- 29 Giving Tuesday
- 30 Computer Security Day**



Monthly Observances:

- American Diabetes Month
- Aviation History Month
- Banana Pudding Lovers Month
- Diabetic Eye Disease Month
- Lung Cancer Awareness Month
- National Adoption Month
- National Alzheimer's Disease Awareness Month
- National American Indian Heritage Month
- National Career Development Month
- National Diabetes Month
- National Entrepreneurship Month
- National Family Caregivers Month
- National Georgia Pecan Month
- National Inspirational Role Models Month
- National Lifewriting Month
- National Long-Term Care Awareness Month
- National Marrow Awareness Month

PacBlog

It's Cybersecurity Awareness Month.

Are You Protected?

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/its-cybersecurity-awareness-month-are-you-protected>

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 side of the turkey has the most feathers?

Last Month's Answer to:

What do spiders eat at barbecues?

Corn on the cobweb!

Last month's Winner:

**HELEN RIDDLE
PRA COORDINATOR**

Email your answer to info@pacific-records.com

8 Ways to Reduce Bedtime Stress

Here are eight tips to help make your bedtime more peaceful and relaxing when falling asleep is difficult due to stress:

1. Engage in a brief meditation session. Focus on your breath and let go of any intrusive thoughts, allowing your mind to find peace and tranquility.
2. Write in a journal. Expressing your thoughts and worries on paper can help clear your mind, making it easier to transition into a more restful state.
3. Practice gentle stretching. Perform a few simple yoga poses or gentle stretches to alleviate muscle tension and promote relaxation throughout your body.
4. Listen to calming music or nature sounds. Create a soothing atmosphere by playing soft music or natural sounds like rain or ocean waves to help ease your mind and induce sleepiness.
5. Use aromatherapy. Enjoy the relaxing scents of lavender, chamomile, or jasmine through essential oils or scented candles to create a calming ambiance in your bedroom.
6. Try progressive muscle relaxation. Systematically tense and relax different muscle groups to release built-up tension, allowing your body to unwind and prepare for sleep.
7. Read a calming book or magazine. Choose light, enjoyable reading material that helps shift your focus away from stressors and promotes a sense of calm before bedtime.
8. Limit screen time before bed. Minimize exposure to electronic devices and screens, as the blue light emitted can disrupt your sleep cycle. Instead, opt for activities that promote relaxation and rest.



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The Psychology of Data Security. Why Trust Matters.

Trust. It's one of the foundations of human interaction and relationships. We often attempt to create personal and business relationships based on first impressions and observations, but ultimately, genuine, long-lasting relationships are built on trust. Warren Buffett, an American businessperson, investor and philanthropist, likened trust to the air we breathe—it goes unnoticed when present, yet its absence is obvious.

Trust takes time to build but can be lost in an instant. That's why it's such a precious commodity. Similarly, partnering with a data security company is a commitment to trust. It's a true relationship. There's no room for speculation or assumptions, because the stakes are high.

When you partner with Pacific Records for your data security needs, you can trust that your expectations will be fulfilled, and your data will be safely managed. Here's why:

1. Legal Compliance: We adhere to all privacy laws including:

- US Privacy Act of 1974
- Health Insurance Portability and Accountability Act (HIPAA) of 1996
- Gramm-Leach-Bliley Act (GLBA) of 1999
- Children's Online Privacy Protection Act (COPPA) of 2000
- Sarbanes-Oxley Act (SOX) of 2002
- California Privacy Rights Act (CPRA) of 2020

2. Accessibility and Reliability: We provide you with 24/7/365 access to your records so when you need them, we deliver them quickly and securely. With our records retrieval and delivery and Scan On Demand services, you get uninterrupted access to your vital records without downtime.

3. Secure Off-Site Storage: Our off-site storage facility is designed to protect your files from theft, fire, water, environmental and rodent damage, providing a secure location for your important documents.

4. Backup Options: We offer secure backup systems including data storage, media rotation, and e-vaulting to protect your valuable information. These systems reduce the risk of data loss due to human error, disasters, or ransomware.

With Pacific Records as your data security partner, you can focus on what matters most—your business—knowing that your valuable information is in safe hands. Your trust is important to us, and we are committed to offering you peace of mind.

A Safe Thanksgiving for Your Pets

While sharing the Thanksgiving spirit with our beloved pets can be tempting, some foods can be harmful to them. It's important to avoid giving the following Thanksgiving-related foods to pets:

- Turkey bones: These can splinter and cause damage to the digestive tract.
- Onions and garlic: These contain compounds that can be toxic to pets, particularly cats and dogs.
- Gravy and rich, fatty foods: These can lead to pancreatitis in pets.
- Stuffing: It often contains ingredients like onions, garlic, and other potentially harmful spices.
- Raisins and grapes: These can cause kidney failure in some pets.
- Chocolate desserts: Chocolate is toxic to dogs and cats.
- Bread dough: Raw dough can expand in the stomach and cause discomfort or even more severe issues.
- Nutmeg: This common Thanksgiving spice can be toxic to pets if consumed in large amounts.

To ensure the safety and well-being of our furry friends during the holiday season, it's best to stick to pet-friendly treats and foods recommended by veterinarians.



Trivia Quiz Answers:

1. (.)Ninth, 2.)1621, 3.)Citrine, 4.)The foiling of the Gunpowder Plot, 5.)NANOwritMo (National Novel Writing Month), 6.)Albert Einstein, 7.)Elections; Midterm Elections, 8.)Commemorates the end of World War I, 9.)November Gloom; Autumnal Fog, 10.)Scorpio

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