

SEPTEMBER SERVICE AWARDS

Celebrating Pacific Employee Anniversaries

7 YEARS

Cheng Her

10 YEARS

David Meza

21 YEARS

Kevin Fenster

1 YEAR

David Postlethwait

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

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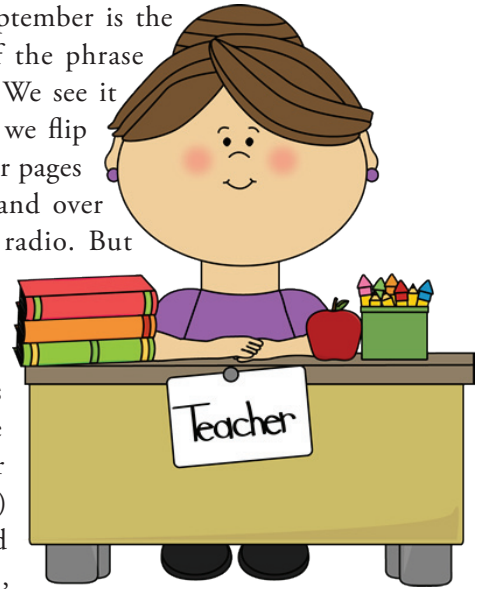
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September Offers!

Thoughts from Richard Steed

A sure sign of September is the ubiquitous use of the phrase “back to school.” We see it on TV, read it as we flip through newspaper pages and hear it over and over again on the car radio. But most importantly we feel it in our hearts. Somehow we all relate to this phrase whether we have little ones (or big college ones) actually headed back to school, or whether the concept merely lives on in our memories.



As I get older I tend to sympathize more with the back-to-schoolers I never used to think about at all—the teachers who are headed “back to school.” What about them? After all, next to parents, teachers are the most influential people of our formative years. How about a shout-out to them?

I wonder, with all the back-to-school excitement, does a family ever take a “beginning of the school year” photo of the teacher standing in front of a bush with his or her lunch bag?

I suppose it happens, but I tend to think the best photos of teachers live in the memories of their grown students. I know when I hear the phrase “back to school,” my memory flips through its photos of some of my favorite teachers—the ones who taught me to open up, to be myself, to think for myself and to be my own person. The ones who taught me these things yet at the same time made me feel safe and secure.

I didn't grow up to be a teacher so maybe I can't pass along all the great things I was taught. But I can pass along the feeling of safety and security some of my favorite teachers brought me. It's what I strive to bring my clients every day!

Richard

Shred 6 Drives for the Price of 5!

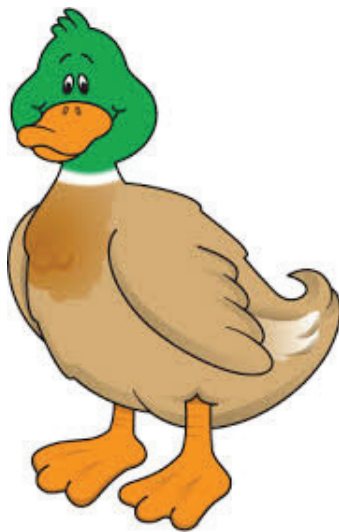
One (1) Hard Drive shredded FREE for every five (5) you bring in during the month of September!

New Trends in Food

Chefs love to innovate, so it is not surprising that there is always a new food trend popping up. Take a taste of some of these more recent interesting food ideas. You may get new food for thought for your own dinner prep.

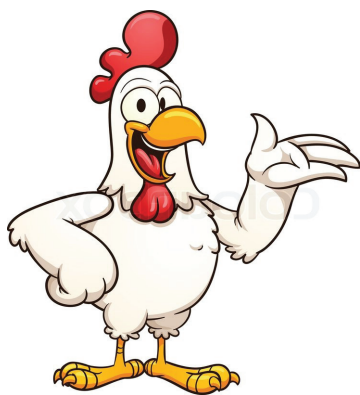
Duck Eggs

At West Bridge Restaurant in Cambridge, Massachusetts, chef and co-owner Matthew Gaudet offers duck eggs in a jar. They are cooked with potato puree and wild mushrooms, and topped with crispy duck skin. The chef recommends mixing all the components together before eating. How popular is this dish? Well, Chef Gaudet reports that he prepares more than 1,000 of these little jars each month. If you'd like a try at cooking duck eggs, check out your local farmers' markets. Some Whole Foods Market stores also carry them. If you can't find them local, you can order them at duckeggs.com.



Chicken Restaurants

A restaurant serving only chicken is nothing new, but virtually all of them have focused on fried chicken or chicken wings alone. There are several new concept restaurants opening that feature chicken in different forms. In New York City, you can get chicken hot dogs at Simply Chicken. You'll



find charcoal-grilled chicken at Fresa's in Austin and Filipino-style grilled and roast chicken at Pecking Order in Chicago.

Limiting Quantities

It seems crazy that a restaurant would only offer a limited quantity of a popular item on its menu.

After all, customers can get cranky if a restaurant runs out of something. But it is great for creating buzz and excitement. At the restaurant Marjorie in Seattle, their True Burger, made with Worcestershire onions, bacon, harissa ketchup, and bone marrow aioli, is only offered to ten customers a night. Also in Seattle, the Hawaiian restaurant Ma'Ono limits its extremely popular fried chicken dinners by only cooking 30 chickens each night.

September Holidays and Events

Daily Observances:

- 1 Emma M. Nutt Day
- 2 VJ Day, WWII
- 3 Labor Day
- 4 Newspaper Carrier Day
- 5 Be Late for Something Day
- 6 Read a Book Day
- 7 Neither Rain nor Snow Day
- 8 International Literacy Day
- 9 Grandparent's Day
- 9 Rosh Hashanah
- 10 Sewing Machine Day
- 11 911 Remembrance
- 12 National Chocolate Milkshake Day
- 13 Blame Someone Else Day
- 13 Friday the 13th
- 14 National Cream-Filled Donut Day
- 15 Make a Hat Day
- 16 Mayflower Day
- 16 Mexican Independence Day
- 16 Wife Appreciation Day
- 17 Citizenship Day
- 17 Constitution Day
- 18 Yom Kippur
- 19 International Talk Like A Pirate Day
- 20 National Pepperoni Pizza Day
- 21 International Peace Day
- 21 World Gratitude Day
- 22 Eid-UI-Adha
- 22 Oktoberfest
- 23 Autumn Equinox
- 23 Sukkot
- 24 National Cherries Jubilee Day
- 25 National Comic Book Day
- 26 Johnny Appleseed Day
- 27 Crush a Can Day
- 28 Native American Day
- 29 Confucius Day
- 30 National Mud Pack Day

Monthly Observances:

- Baby Safety Month
- Classical Music Month
- Fall Hat Month
- Hispanic Heritage Month
- Honey Month
- International Square Dancing Month
- Little League Month
- National Courtesy Month
- National Piano Month

PacBlog

5 Records Management Best Practices

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/>

[5-records-management-best-practices](https://pacific-records.com/5-records-management-best-practices)

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>

Quick Tips: Healthy Living

Many families do not get enough fruits and vegetables in their diet. To make trying new foods fun, designate a recurring food tasting day. Pick one fruit or vegetable and gather some fun facts about it. Then have a tasting of different varieties and preparations of that food. For example, you can have an apple day, where you make apple pie, serve apple sauce, and drink apple cider. After several of these tasting days, you'll have a list of fruits and vegetables that your family enjoys.

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:

Why do soccer players do well in school?

Last Month's Answer to:

How do bees brush their hair?

With a honey comb!

Last month's Winner:

MICHELLE MARTINEZ
CHIELPEGIAN • COBB

Email your answer to info@pacific-records.com

September Trivia: Small Countries

1. With a population of around 800 and a total area of 0.17 square miles, what is the smallest country in the world?
2. In what ocean is the small country of Nauru located?
3. What country is located on Mt. Titano in north central Italy?
4. Nevis is the smaller island of which Caribbean island country pair?
5. What island group is located in the Indian Ocean and gained its independence from the U.K. in 1965?
6. Barbados is the farthest east of what island group?
7. On what river is Liechtenstein located?
8. What tiny country is located along the French Riviera and was home to Princess Grace?
9. This country is the world's smallest island nation, the smallest independent republic, and the only republic in the world without an official capital. What is it?
10. This country derives most of its income from selling its Internet country code top-level domain .tv to marketers using it for television-related websites. What is the name of this country?

Answers on back page!

Green Living: Buying in Bulk

When buying in bulk, try to avoid single-serve packaging. It is better for the environment if you buy in bulk, but then transfer the products to your own reusable containers. Many stores sell individually wrapped products, but also sell larger packages of the same items. Buy the larger packages and divide them up at home to save on this waste.

**I might seriously
need to re-think
this business idea.**



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.

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 are 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 are 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

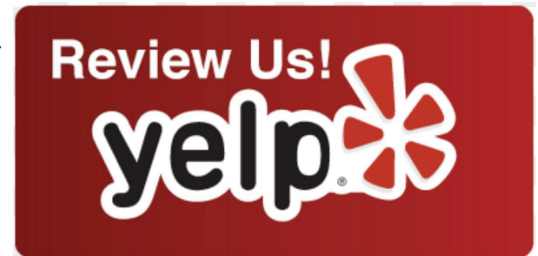
Thank you in advance for taking the time to help us! We appreciate your business and it is a pleasure to serve you.

Sacramento: <http://pacific-records.com/sacramentoreviews>

Modesto: <http://pacific-records.com/modestoreviews>

Stockton: <http://pacific-records.com/stocktonreviews>

Fresno: <http://pacific-records.com/fresnoreviews>



Secure Disposal of Electronic Devices

Think twice before selling or recycling your old computers, laptops, printers, fax machines or mobile phones. In a study released last year, the National Association of Information Destruction (NAID) found that 40 percent of electronic devices resold on the secondhand market contained personally identifiable information (PII). Retrieving data from decommissioned devices isn't rocket science; with downloadable shareware, sensitive data can easily be extracted from your electronics.

To protect against this threat, it's important for your company to have a secure and reliable data destruction solution in place. Erasing data or deleting files from your devices isn't enough to prevent identity theft and business fraud. The only way to completely remove sensitive information from decommissioned electronics is through destruction.

Several federal privacy laws require organizations to destroy unwanted devices containing PII and protected health information (PHI). In its July 2018 Cybersecurity Newsletter, the Department of Health and Human Services (HHS) Office for Civil Rights (OCR) reminded HIPAA-covered entities of requirements for destroying electronic hardware and media. Failure to comply with HIPAA, FACTA, or GLB privacy laws can result in monetary and/or criminal penalties.

The few bucks you may make from selling your outdated IT equipment isn't worth the risk of customer or patient identity theft and non-compliance fines. When in doubt, partner with a trusted records and information management provider who offers hard drive and media destruction services.

TRIVIA QUIZ ANSWERS:

1. Vatican City. 2. The Pacific. 3. San Marino. 4. Saint Kitts and Nevis. 5. Seychelles. 6. Lesser Antilles. 7. The Rhine. 8. Monaco. 9. Nauru. 10. Tuvalu.

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