

April  
2016

## NEWS You Can Use

### *Spring Into Spring Cleaning*

It's that time of year. As the air gets warmer and the sun shines more each day, it is the perfect time to tackle all those chores you've been putting off. Chores don't have to become overwhelming. Just keep these simple tips in mind.



#### **First Things First**

Don't try to clean a cluttered room. Spend time putting things away first so you don't waste time cleaning around obstacles. You'll be happier with a less cluttered room as well. And remember to vacuum before dusting, so you don't kick up dust onto your freshly cleaned furniture.

#### **Have the Right Tools**

Any chore is easier with the right equipment. Have on hand a broom, dust pan, mop, vacuum, cleaning rags, scrub brush, bucket, sponges, step ladder, and paper towels. When gathering your cleaning products, remember to use heavy-duty types. Look for products that are multi-use to cut down on the number of bottles you have to carry through your home.

#### **Clean Safely**

Never use a cleaning product without first reading the label. Make sure you properly ventilate your cleaning area. And always keep cleaning solutions out of the reach of children.

#### **What's Inside This Month?**

*Thoughts from Richard Steed, Earthling  
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Brain Teaser: Win a \$25 VISA Gift Card!  
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### *Thoughts from Richard Steed*

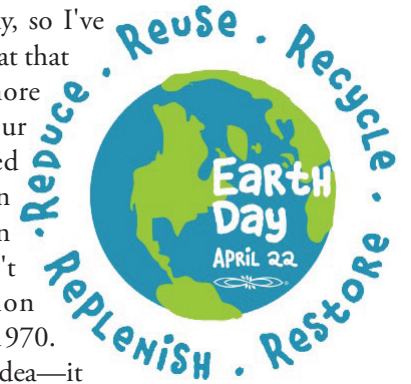
April 22nd is Earth Day, so I've been thinking about what that means to me. It's a more recent observance in our culture, first celebrated in 1970, but has been slowly gaining traction ever since. I admit I didn't pay too much attention to Earth Day back in 1970.

I knew it was a good idea—it certainly wasn't hurting anything to honor our planet with a special day—but it wasn't until years later that its importance really began to sink in for me. As the media began to report increasing problems with pollution and its effects on the ozone layer along with scary climate change statistics, I, like many others, really began paying attention.

Today 46 years after the first Earth Day, it's almost unthinkable to consider some of the wastes our society was guilty of just a few decades ago. Still, I'm proud to be an Earthling. Yes, we've had a wasteful past, but we saw the error or our ways and took action—action that has dramatically reduced the pollutants we put into our atmosphere and rivers and streams. We recognized our problem and bettered ourselves, which is about as much as you can ask of a race of beings. Yes, I'm glad to be an Earthling, and I feel blessed to be part of a business that helps protect our planet by helping businesses like yours reduce, reuse, and recycle.

Thank you for choosing us, and have a happy April and a wonderful Earth Day!

*Richard*



#### **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)

# 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 April!

## APRIL SERVICE AWARDS

*Celebrating Pacific Employee Anniversaries*

Employee Service:

**13 YEARS**

Jerry Pineda

**9 YEARS**

Sanjay "Jay" Prasad

### *Basic Toolkit for Small Home Living*

Every home, large or small, needs a good basic toolkit. You never know when you'll need a wrench or a screwdriver. So what makes up a good collection of tools for someone who lives in a smaller home or apartment? This list should get you started.

- Screwdrivers with flat and Phillips heads
- Mini-screwdriver
- Adjustable wrench
- Hammer
- Small level
- Tape measure
- Pliers
- Wire snips
- Utility knife
- Duct tape
- Flashlight
- Contact cement or other good glue
- Assortment of screws, nails, washers, bolts, and nuts
- Toolbox to hold everything



If your budget can afford it, you might enjoy having cordless tools in your collection. You can't beat having a cordless, battery-powered screwdriver when it comes time to put together that bookcase or bicycle.

### *April 22nd is Earth Day!*

*"We do not inherit the earth from our ancestors; we borrow it from our children."*

— *Native American Proverb*

### *Quick Tips: Organizing*

Is paper clutter getting you down? Mail might be the biggest culprit. Try to always sort your mail near your recycling bin. Immediately recycle all that junk mail. You will find that you have cut your mail clutter by half or more with little effort.

## *April Holidays and Events*

### **Daily Observances:**

- 1 April Fools Day
- 2 International Pillow Fight Day
- 2 World Autism Awareness Day
- 5 National Deep Dish Pizza Day
- 6 Drowsy Driver Awareness Day
- 7 International Beaver Day
- 7 International Snailpapers Day
- 7 World Health Day
- 9 National Former Prisoner of War Recognition Day
- 12 International Day of Human Space Flight
- 13 National Bookmobile Day
- 14 International Moment of Laughter Day
- 14 Pan-American Day
- 15 Income Tax Pay Day
- 16 Record Store Day
- 17 International Haiku Poetry Day
- 18 International Amateur Radio Day
- 19 Education and Sharing Day
- 21 Kindergarten Day
- 22 Earth Day
- 23 World Book and Copyright Day
- 23 World Book Night
- 25 World Penguin Day
- 25 World Malaria Day
- 26 Hug An Australian Day
- 26 World Intellectual Property Day
- 27 Administrative Professionals Day
- 28 World Day for Safety and Health at Work
- 29 National Arbor Day
- 30 International Jazz Day
- 30 World Healing Day
- 30 World Tai Chi and Qigong Day
- 30 World Veterinary Day

### **Weekly Observances:**

- 1-7 Laugh at Work Week
- 3-9 National Window Safety Week
- 4-10 Explore Your Career Options Week
- 10-16 National Library Week
- 10-16 National Volunteer Week
- 10-16 Pan-American Week
- 10-16 Week of the Young Child
- 16-24 National Park Week
- 17-23 National Karaoke Week
- 24-30 World Immunization Week
- 25-29 Fibroid Awareness Week

### **Monthly Observances:**

- National Stress Awareness Month
- Alcohol Awareness Month
- Workplace Conflict Awareness Month

## PacBlog

### 3 Affordable Privacy Protection Solutions for Your Business

PacBlog is the monthly web log of Pacific Records Storage. To read this month's installment, please click the title below.

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

[3-affordable-privacy-protection-solutions-business](http://pacific-records.com/3-affordable-privacy-protection-solutions-business)

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: Home

Increasing the security of your home doesn't need to be difficult or expensive. Make sure all your windows have blinds or curtains. Install motion sensors on outdoor lights. Trim bushes and shrubs around the outside of your home so that a burglar doesn't have a place to hide. If your front door is not visible from the street due to overgrown or misplaced vegetation, clear out this overgrowth.

### Do You Want To Win A \$25 VISA 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:

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

**Last Month's Answer to:** *What is a "fishy" five letter word that spells and means the same thing even if you flip it upside-down?*

**"SWIMS"**

Last month's Winner:

**DENICE D. TURNER**  
**PACETPA**

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

### By the Numbers: Bottled Water

- Global sales revenue from bottled water tops \$65 billion per year.
- The largest consumer markets for bottled water are (in order) the United States, Mexico, China, and Brazil.
- There are 1,500 water bottles consumed in the United States every second.
- 40% of all bottled water is taken from municipal water sources, a.k.a. tap water.
- The average number of plastic bottles used per person annually in the United States is 167.

Source: International Bottled Water Association

*"I have no special talents. I am only passionately curious."* — Albert Einstein

### Quick Tips: Green Living

The average life of a cell phone is 18 months—not because it quits working, but because people upgrade to newer models rather quickly. That means lots of phones are discarded each year. To recycle your phone instead, you can donate it to one of the many charities that collect used cell phones. They will repurpose it for use by others, refurbish it and sell it to raise money, or will contract with a recycling company to extract the metals and plastics in your phone.



"Ever since they invented cloud computing, I keep getting data stuck between my toes."

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## Go Green Report:

2015 TONS Shredded: 3,562 (7,123,130 Lbs!)

	Quantity	Financial Value
Trees Saved	60,554	\$15,138,500
Gallons of Water Conserved	24,934,000	\$ 112,203
Killowatts of Energy saved	14,604,200	\$ 1,168,336
Cubic Yards of Landfill Saved	11,755	\$ 587,730
Pounds of Pollutants kept out of Atmosphere	213,720	\$ 1,068,600
<b>TOTAL Savings to Environment</b>		<b>\$18,075,369</b>

*Sources: U.S. EPA calculations and actual prices from wholesale suppliers of paper, electric, water and landfill companies.*

## Cataract Surgery Can Help Prevent Hip Fractures

By the age of 70, over half of all Americans will develop cataracts. In fact, the older you are, the more likely it is that you will not escape cataracts. There are effective treatments for cataracts, including surgery. Not only can this type of surgery remove cloudy lenses, it can also improve vision for those who are near- or far-sighted.

A surprising benefit of cataract surgery is a lessened risk of breaking a hip in a fall. A study of Medicare patients showed that patients who had cataract surgery had a significant reduction in the number of hip fractures, with a 16 percent decrease in this type of injury. Vision loss is a major factor in seniors' risk of falling, and a reduction in visual sharpness and depth perception can lead to a loss of balance, stability, and mobility.

Many people believe that they are "too old" to receive cataract surgery. But researchers have found that you can never be too old. In fact, they found the greatest benefit in terms of reduced hip injury was in patients over 80 years of age.

Cataract correction is more than just improving vision. It should be considered part of a comprehensive approach to better health and overall well-being.

## Those Doggone Allergies

Just like humans, dogs can develop allergies. If your dog often gets fits of coughing or sneezing, skin problems, or seems generally uncomfortable, he may be suffering from an allergic reaction.

Symptoms of allergies in dogs include itchy, red or scabbed skin, increased scratching, runny eyes, sneezing, coughing, snoring, and constant licking. Just like humans, dogs can be allergic to pollen and mold, dust, cigarette smoke, cleaning products, prescription drugs, fabrics, and certain foods.

If food is the suspected allergen, pinning down the culprit can take some work. A food allergy in a dog usually results in itchy skin, ear infections, and gastrointestinal problems. Your vet can work with you to use an elimination diet to identify the specific allergens. If you and your vet cannot figure out what's causing these symptoms, your dog may need further testing using an intradermal skin test similar to the one used for humans.

If you suspect an allergy, the first line of defense is to remove the aggravating substance from your dog's environment. Irritated skin can be treated with topical medications. Practice good flea control and keep your home's environment clean and as free from dust and mold as possible. Weekly bathing can help remove allergens from your dog's coat. If food is the problem, then your vet can recommend a diet free from any identified allergens.