

Christmases in History

- 1818 - Franz Joseph Gruber composed "Silent Night" on Christmas Eve.
- 1642 - Isaac Newton, scientist, was born in Woolsthorpe, Lincolnshire, England.
- 1776 - General George Washington led 5,400 troops in crossing the Delaware River to launch a surprise attack on a Hessian force in Trenton, New Jersey.
- 1871 - Giuseppe Verdi's opera, "Aida," premiered in Cairo, Egypt, to celebrate the opening of the Suez Canal.
- 1899 - Humphrey Bogart was born in New York City.
- 1998 - Christmas was celebrated in Cuba when Fidel Castro's government announced that it was a regular holiday in the Cuban calendar, after having been abolished as a holiday since 1969.

Early Shopping

It was Christmas and the judge was in a merry mood as he asked the prisoner, "What are you charged with?"

"Doing my Christmas shopping early," replied the defendant.

"That's no offense," said the judge. "How early were you doing this shopping?"

"Before the store opened."

Quick Tips: Organizing

Organize your favorite necklaces and bracelets by placing a wall-mounted peg coat rack within easy reach. Hang the jewelry to keep it tangle-free. This will also add some decorating interest to your room as you can display your most attractive jewelry.

What's Inside This Month?

How to Manage Your Digital Records

Christmases in History

By the Numbers: Diamonds

Trivia Quiz: It's a Wonderful Life

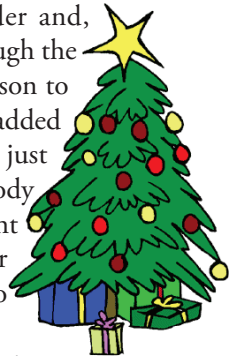
Brain Teaser: Win a \$25 VISA Gift Card!

6 Tips for a Debt-Free Holiday

December Offers!

Thoughts from Richard Steed

Ah, December! The smell of pine, cider and, sometimes, a simmering panic waft through the house. Panic? Sure...admit it. 'Tis the season to be jolly often glides in on a sleigh of added pressure. Pressure to decorate the house just right, and pressure to remember everybody on your gift list. Pressure not to be caught re-gifting that plastic neon shoe organizer (or is it a hamster cage?) and pressure to "be" merry.



"Merriness" is sort of mandated this time of year, and for some people it's not easy to accomplish. Yet it is those people—the ones who have had a difficult year leading up to the holidays (lost loved ones, illness, lost their jobs, etc.)—who need us to reach out to them the most.

Not necessarily with gifts (although homemade sugar cookies are rarely sneered at, especially by this fellow) but more importantly with our time; an empathetic ear or even a hug or two. It's a wonderful present to give yourself. You will feel far more connected with the real reason for the season if you do.

As the hustle and bustle tries to take hold, you can relax in one aspect—we're here for you. So as you are storing away those gifts in an attempt to hide them from prying, sly, younger eyes, (ahem, good luck with that...) trust that we've got your records management covered, just like always.

Meanwhile, try and slow things up a bit this year and seek out the "stuff" that matters. For 'tis not in the fancy, ribbon-wrapped box; but in the precious moments of togetherness and benevolence where the true "merry" of the season is nestled.

Merry Christmas!

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

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 December!

Trivia Quiz: It's a Wonderful Life

Every holiday season, Frank Capra's classic movie, "It's a Wonderful Life" makes the rounds on television stations. People have seen it over and over. See how much you remember from this oft-repeated holiday classic.

1. What was Sam Wanewright's jolly greeting?
2. What was the name of George's guardian angel?
3. What Sesame Street characters were named after the cop and the taxi cab driver in the movie?
4. What was Mr. Potter's first name?
5. How many Oscars was the film nominated for?
6. When the Martinis moved into their new home, what three things did George and Mary give them?
7. How much money did Uncle Billy lose when he accidentally gave it to Mr. Potter wrapped in a newspaper?
8. What did George have in his hand when he left Martini's bar?
9. What book did the guardian angel carry with him?
10. What was the name of the Bailey family maid?

Answers:

1. Hee-haw! 2. Clarence. 3. Bert and Ernie. 4. Henry. 5. 5. 6. A box of sals, a loaf of bread, and a bottle of wine. 7. \$8,000 8. His insurance policy. 9. The Adventures of Tom Sawyer. 10. Annie.

"Strength does not come from physical capacity. It comes from an indomitable will."

— Mahatma Gandhi

Did You Know: Cold Weather!

- Butte, Montana, has more days each year where the temperature drops below freezing (223 days) than any other city in the lower 48 states of the U.S.
- The snowiest U.S. location, based on average snowfall, is Stampede Pass, Washington, with 440.3 inches.
- Based on normal daily minimum temperature, Barrow, Alaska, is the coldest U.S. city with a normal daily temperature of 4.1 degrees Fahrenheit.
- Rogers Pass, Montana, holds the distinction of being the coldest U.S. location in the lower 48 states with a record low of -70 degrees F (-57 degrees C) on January 20, 1954.
- The coldest temperature ever recorded anywhere on Earth was at Vostok Station in Antarctica on July 21, 1983. It dipped down to -128.6 degrees F (-89.2 degrees C) that day.
- The most snow recorded in a one-year period in the United States was 102 feet (31.5 meters) during the winter of 1971-1972 on Mount Rainier, Washington.

December Holidays and Events

Daily Observances

- 1 Antarctica Day
- 1 Bifocals at the Monitor Liberation Day
- 1 World AIDS Day
- 2 Special Education Day
- 2 Special Kids Day
- 2 International Day for the Abolition of Slavery
- 3 International Day of Persons with Disabilities
- 4 National Salesperson's Day
- 5 Bathtub Party Day
- 5 World Soil Day
- 6 National Miners Day
- 6 National Pawnbrokers Day
- 7 National Pearl Harbor Remembrance Day
- 7 International Civil Aviation Day
- 9 International Anti-Corruption Day
- 10 Human Rights Day
- 11 Official Lost and Found Day
- 11 International Mountain Day
- 12 Gingerbread Decorating Day
- 12 International Shareware Day
- 12 National Day of the Horse
- 15 Bill of Rights Day
- 15 Cat Herders Day
- 17 Wright Brothers Day
- 18 Underdog Day
- 18 International Migrants Day
- 20 International Human Solidarity Day
- 21 Celebrate Short Fiction Day
- 21 Humbug Day
- 21 First Day of Winter
- 24 Christmas Eve
- 25 Christmas
- 26 National Whiner's Day
- 29 Tick Tock Day
- 31 Make Up Your Mind Day
- 31 New Year's Eve
- 31 No Interruptions Day

Weekly Observances

- 10-17 Human Rights Week
- 25-31 It's About Time Week

Monthly Observances

- Worldwide Food Service Safety Month
- Bingo's Birthday Month
- National Impaired Driving Prevention Month

Christmas waves a magic wand over this world, and behold, everything is softer and more beautiful. — Norman Vincent Peale

PacBlog

The Benefits of a Local Document Storage Provider

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/the-benefits-of-a-local-document-storage-provider>

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>

DECEMBER SERVICE AWARDS

Celebrating Pacific Employee Anniversaries

18 YEARS
Greg Tudor

"Christmas is not as much about opening our presents as opening our hearts." — Janice Maeditere

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:

How do you warm up a freshly painted room?

Last Month's Answer to: *How do you get a baby astronaut to sleep?*

"ROCK-IT"

Last month's Winner:

NATASCHA SCHMID
FIRM ADMINISTRATOR

Email your answer to info@pacific-records.com

By the Numbers: Diamonds

- An estimated \$13 billion worth of rough diamonds are produced each year, of which approximately \$8.5 billion are from Africa (65 percent).
- The U.S. claims a 38 percent share of the global diamond jewelry market.
- Only about 30 percent of diamonds are of gem quality. The remaining 70 percent are used for industrial applications including cutting, drilling, grinding, and polishing.
- To produce a single one-carat diamond, 250 tons of earth have to be mined.
- Botswana produces more diamonds than any other country, mining more than 24 million carats a year. Next is Russia with almost 18 million carats, followed by Canada at 11 million carats.



Sources: World Diamond Council

Quick Tips: Green Living

Did you know that "sell-by" and "use-by" dates on food products are not federally regulated? They are not intended to indicate how safe the food is to eat. Rather, they are just the manufacturer's recommendation for best quality. Almost all foods can be safely eaten after their use-by dates. Knowing this can help reduce your home food waste.



"I used to bury my bones. Now I upload them to the cloud."

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6 Tips for a Debt-Free Holiday

Is the trick to getting rich just making more money? Expert money managers will admit that having a higher income doesn't hurt. But the real strategy that does work is simply spending less than you make, whatever that income is.

Overspending on holiday shopping is one of the most common mistakes people make in their personal budgeting strategies. Instead of entering this January with a spending hangover, use these tips to keep your holiday budget from exploding.

1. Make a list

It seems obvious, but you should have a list of people you want to buy gifts for. The trick is to make sure that everyone belongs on that list. It doesn't always make sense to send gifts to out-of-town relatives you haven't seen in years or colleagues who normally don't exchange gifts. Even if you feel an obligation, it might be better to agree together to do something different. Share a lunch with a friend, send some special photographs from the past year to a cousin, or bake some homemade bread for a neighbor.

2. Shop early

Waiting until the last minute can lead to stress-influenced decisions. You may also be paying more for shipping if ordering online. Shopping early in the season lets you make smarter decisions, helps keep you on budget, and reduces stress. Buying with a time crunch can make you spend more than you wish.

3. Pay with cash or a debit card

The best way to pay off debt is to not accumulate it in the first place. When you set a realistic budget for holiday spending, you can simply get that amount in cash and take it with you shopping. If you run out of cash, you are done shopping! By using cash or a debit card, you won't have any holiday bills at all in January.

4. Use only one credit card (if you must use a card)

This strategy makes sense on several levels. If you use a credit card that has a good reward program, you'll maximize the rewards you get if all your purchasing goes on that card. Paying off the card right away means you'll pay no interest. Keep your receipts as you shop and do not go over your budget. If you do go over inadvertently, make a decision to return the more expensive gifts and choose alternatives to stay within your budget.

5. Don't panic

If you find yourself running out of time and money, simply put off your shopping. Since so much gift exchanging occurs during the holidays all at once, your friends and family might actually enjoy a gift given a couple of weeks later even more. Simply tell your gift recipients that you are pressed for time and will catch up with them during the post-holiday season. Both you and gift-receiver will probably appreciate the less stressful pace.

6. Plan ahead for next year

If you are struggling with your holiday budget, regroup in January and plan ahead for the following Christmas. Putting away even just a small amount each week or month can make all the difference. It also allows you to purchase gifts during the year when you see good deals or one-of-a-kind items. Save those gifts for the next holiday season and you'll save time and money when December rolls around again.

Laughter is the Best Medicine

Cognitive neuroscientists are discovering new ways that humor and laughter can help keep us healthy. There are many benefits to having a great sense of humor. Researchers have found that humor keeps our heart healthy by making our blood vessels more pliable, which can reduce the risk of heart attacks. The body also produces disease-fighting cells and antibodies when in a humorous mood.

Humor also acts as an exercise for the brain. Researchers have found that watching a comedy routine before an IQ test increases the score of those participants. Laughter also improves problem solving and critical thinking.

The benefits are so strong that many doctors are now recommending therapeutic humor for cancer patients and others fighting chronic diseases. There are workshops, support groups, and even "laughter yoga" offered around the country to promote the benefits of humor and joy while undergoing medical treatment.

And you don't have to be funny yourself to gain these benefits. Studies have shown that the simple act of laughing provides the best results. Even smiling during the day can improve your health and mental state. More research is ongoing to see if there are ways to tap into these benefits and to increase our understanding of this mind-body connection. In the meantime, don't forget to laugh today!

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