

## Household Tip: Garbage Disposal

Your garbage disposal is a hard working part of your home. It can seemingly chop up anything put into it. But it does take some care to keep your garbage disposal from becoming damaged or broken. To keep your garbage disposal running at its peak, keep these tips in mind.



- Never run your garbage disposal without also having a strong flow of cold water going. After the grinding has stopped, continue running the water for another 30 seconds.

- Do not allow silverware or other small utensils to drop into the garbage disposal. If one does, use long-handled tongs to remove it.

- Never put your hand into your garbage disposal, even when it is turned off. Do not lean over the garbage disposal when it is running.

- Do not grind large bones or fibrous materials like corn husks, celery, asparagus ends, etc. Do not put liquid fats or grease into the garbage disposal.

- Do not let food sit in your garbage disposal. Run it each time food is placed into it.

## 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)**

## What's Inside This Month?

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## Thoughts from Richard Steed

Groundhog Day got me thinking this year. Has anybody ever checked to see if the little buggers ever get it right? I mean, we spend all this time and energy—some towns having massive celebrations, forcing the poor creatures into making a pretty chancy prediction—and does anybody have any data on whether these predictions turn out to be accurate?



Turns out someone does. Wikipedia.

I spent some time on the world's largest online encyclopedia and found twenty-two groundhogs—from "Pierre C. Shadeaux" of New Iberia, Louisiana to "Shubenacadie Sam" of Shubenacadie, Nova Scotia to "Stormy Marmot" of Aurora, Colorado (yeah "Punxsutawney Phil" of Punxsutawney, Pennsylvania was in there, too)—that had made predictions on February 2, 2016.

I'm sure everyone recalls that the winter of 2016 was basically the "winter that wasn't." But did the our little furry psychics get it right?

Those of you who know me well, know I'm not easily impressed. But I have to say I was a good deal impressed with what I found. The 2016 tallies had sixteen of the little *Marmota monax*es calling for "Early Spring." This compared to only six detractors that went out on a limb to declare "Six More Weeks of Winter" despite the obvious evidence of that being rather unlikely. Rebels.

The aforementioned Pierre C. Shadeaux was the groundhog who got it the most right, declaring "Six More Weeks of *Spring*." Funny little woodchuck, thumbing his twitchy little nose in the face of last year's wimpy winter.

So what's the point?

Well the point is this: In order for me to have done that ground(hog)breaking research, the records needed to be readily available. Thanks to Wikipedia, they were.

Kind of like yours are.

At a moment's notice.

Call me if you need any run over to you.

Happy February!

*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 February!

## FEBRUARY SERVICE

### AWARDS

*Celebrating Pacific Employee Anniversaries*

#### 21 YEARS

Lori Ornellas

#### 19 YEARS

Tony Silva

#### 17 YEARS

Tim Hoskins

#### 12 YEARS

Ellen Clare

#### 5 YEARS

Israel Lopez

#### 2 YEAR

Porcho, Kenneth

#### 1 YEAR

Josh Parisi

### *Trivia Quiz: Flapjacking Fun*

February is National Hot Breakfast Month. How much do you know about the first meal of the day? Test your breakfast knowledge with this trivia quiz. Answers on back page!

1. This ready-mix food product was introduced in 1889, but did not become popular until 1893, when the owners hired Nance Green to be featured in its marketing. What is the product?
2. In the U.S., what part of the pig is bacon made from?
3. Which is the lowest in fat: French toast, waffles, or pancakes?
4. More than 75 percent of the world's supply of maple syrup comes from what country?
5. How many gallons of sap does it take to make one gallon of maple syrup?
6. True or false: Only one egg in 20,000 might be contaminated with salmonella.
7. What country does the world's most expensive coffee, Kopi Luwak, come from?
8. What is unusual about Kopi Luwak coffee?
9. The first automatic pop-up toaster was introduced in 1926 under the name Toastmaster. How much did this first toaster cost?
10. Hash browns were properly called "hashed brown potatoes" before the name was shortened to "hash browns." When did this name change become commonly used?

## *February Holidays and Events*

### Daily Observances:

1. No Politics Day
- 2 Ground Hog Day
- 2 Candlemas
- 3 The Day the Music Died
- 4 Eat Ice Cream for Breakfast Day
- 5 National Weatherman's Day
- 5 Superbowl Sunday
- 6 Lame Duck Day
- 7 Wave All you Fingers at Your Neighbor Day
- 8 Boy Scout Day
- 8 Kite Flying Day
- 9 Toothache Day
- 10 Umbrella Day
- 11 National Inventors Day
- 12 Abraham Lincoln's Birthday
- 12 Plum Pudding Day
- 13 Clean out Your Computer Day
- 13 Get a Different Name Day
- 14 Ferris Wheel Day
- 14 National Organ Donor Day
- 14 Valentine's Day
- 15 Candlemas
- 15 National Gum Drop Day
- 15 Singles Awareness Day
- 16 Do a Grouch a Favor Day
- 17 Random Acts of Kindness Day
- 18 National Battery Day
- 18 National Drink Wine Day
- 19 National Chocolate Mint Day
- 20 Cherry Pie Day
- 20 Hoodie Hoo Day
- 20 Love Your Pet Day
- 20 President's Day
- 21 Card Reading Day
- 22 George Washington's Birthday
- 22 Be Humble Day
- 22 Walking the Dog Day
- 22 International World Thinking Day
- 23 International Dog Biscuit Appreciation Day
- 23 Tennis Day
- 24 National Tortilla Chip Day
- 25 Pistol Patent Day
- 26 Carnival Day
- 26 National Pistachio Day
- 26 Tell a Fairy Tale Day
- 27 Polar Bear Day
- 27 No Brainer Day
- 28 Mardi Gras
- 28 National Tooth Fairy Day

## PacBlog

### What to Do If Your Identity Is Stolen

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/what-to-do-if-your-identity-is-stolen>

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>

*“Learn to get in touch with the silence within yourself and know that everything in this life has a purpose.”*  
—Elisabeth Kubler-Ross

### 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 do a car, a tree, and an elephant have in common?

**Last Month's Answer to:** *Why don't mountains get cold in the winter?*

**“They Wear Snow Caps”**

Last month's Winner:

**DEBBI DOVERSPIKE  
GLOBERUNNERS, INC**

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

## Green Living: Tissues & Forests



Aside from the pulp source used for making tissues, some manufacturers also use dangerous and highly toxic bleaching processes; plus fragrances and other additives with dubious origins. Even for those of us who “buy green,” the problem is you can't always trust what's written on the box. Some manufacturers use vague, green-sounding statements to refer to their forestry source. Terms like “renewable plantings” and “sustainably managed forests” which sound good, but are often used rather loosely.

It's better for consumers to look for solid statements on the product packaging, such as “no bleaching”, “unbleached” and “100% recycled paper.”

Thankfully, in recent years tissues made entirely from recycled paper are now more commonplace and affordable. A few of the brand names offering facial tissues with 100% recycled content include 7th Generation, Green Forest, Ecosoft, Marcal and White Swan.

In addition to saving trees, using recycled paper products brings other environmental benefits such as requiring 60% less energy and 50% less water than making paper from new materials.



“For the last time, I don't know what possessed my parents to sign my report card with a crayon.”

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# The Rise of HIPAA Enforcement

Staying compliant with the Health Information Portability and Accountability Act (HIPAA) just got harder for healthcare entities. The Department of Health and Human Services' Office for Civil Rights (OCR) recently suggested that it was stepping up audit and enforcement efforts.

With this development, it's worth reviewing your risk profile and security practices:

- Make sure you have a designated Security and Privacy Officer as required by law.
- Review your Business Associate agreements to ensure they have been updated with the latest HIPAA provisions and requirements.
- Head off potential vulnerabilities with a security assessment. This includes ensuring that patient health information (PHI) is only accessed by authorized individuals. Make sure files are stored securely and handled with a secure chain of custody at all times. Printed medical records should be locked away and out of the public's view. Similarly, outdated and expired patient files should be destroyed promptly and securely with a verifiable and documented shredding process. All electronic PHI must be encrypted so it cannot be accessed if lost or stolen.
- Update your privacy policies to reflect any revisions or changes.
- Make sure your employees understand HIPAA rules and your organization's specific security policies and procedures. They are your practice's first line of defense against privacy breaches.

When it comes to HIPAA compliance, the stakes have never been higher for healthcare providers. Following these measures will help your practice avoid potential violations.

## Liven Up Your Valentine's Day

Tired of giving a card and some candy? There are lots of new and creative ways to show your affection for your loved one. Consider trying these off-the-beaten-path ideas this Valentine's Day.

### Make a photo gift.

It's easy and inexpensive to have a photo put on a mug, t-shirt, key chain, or even playing cards. Choose a happy photo of the two of you together, enjoying each other's company. If you get an early start, there are plenty of reputable online companies that provide these image transfer services. If you only have a day or two to put something together, then call your local big-box stores and see what they might be offering.

### Make something by hand.

Whether you make a cake, knit a scarf, write a poem, or cook an entire dinner, your loved one will appreciate the time you put into your gift.

### Enjoy the outdoors together.

Taking a walk or hike together can be romantic and calming. It gives you and your honey a chance to connect and talk.

### Get some petals.

Ask at your florist for some of the petals they trim off of their roses. These petals are usually fresh and lovely and are even sometimes free. Use them to decorate your dinner table, bed, or to float in a bathtub.

### Get a photograph taken.

Arrange to have a professional photographer take pictures of you together. Not only is this an enjoyable activity, but you will also create a lasting memory.

*"See how nature—trees, flowers, grass—grows in silence; see the stars, the moon and the sun, how they move in silence...we need silence to be able to touch souls."*

—Mother Teresa of Calcutta

### TRIVIA QUIZ ANSWERS:

1. Aunt Jemima Pancake Mix. 2. Pork bellies. 3. Pancakes. 4. Canada. 5. 40 gallons. 6. True. 7. Sumatra. 8. It is harvested from the excretions of a marsupial that consumes the beans and excretes them unharmed. 9. \$13.50. 10. Not until around 1970.

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