

## *Why Invest in a Professional Shredding Service?*

Every day, your business creates and collects paper documents with confidential customer, employee and financial information. What happens to these records when they become out of date, unneeded or no longer relevant?

If you shred confidential documents with a simple office shredder, you may be increasing your company's identity theft exposure. When your employees use an office shredder, the shredded output likely ends up in a dumpster or recycling container, where it is essentially free for the taking. According to a 1998 Supreme Court ruling, "Once an item is left for trash pick-up, there is no expectation of privacy or continued ownership." Identity thieves are known to scavenge through dumpsters looking for discarded sensitive information. The same thieves have proven to be quite adept at reassembling strip-shredded documents.

Unlike doing it yourself, our professional shredding service keeps your shredded documents out of the trash where they're vulnerable to theft. Locked collection containers are strategically placed throughout your office facility. Once documents are inserted in the containers, they cannot be removed. Daily, weekly or monthly, the contents of the containers are collected by our specially trained shredding representatives, shredded into 16mm pieces, mixed with other shredded paper and then recycled. When your documents are destroyed, you receive a Certificate of Destruction noting the date of shredding. This closed-loop process decreases your overall risk of breach, and helps keep you compliant with state and federal privacy laws.

Secure document disposal practices protect the privacy of your customers, employees, and vendors. If you are not already shredding with us, we'd love to serve you. More importantly, we want to ensure your discarded paper records stay out of the wrong hands.

### What's Inside This Month?

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## *Thoughts from Richard Steed*



Happy Birthday, America!

Sometimes with our schedules as crazy as they get, we tend to pass over or forget the true meaning behind some of our celebratory practices and holidays. This month of July, for example, is not only prime time to hit the beach and root for our favorite baseball teams; it is also the very special month in which we celebrate the birth of our country. Can you believe we are already 241 years old?

Considering our rapidly advancing age, I'd say we are still looking mighty pretty. Yes, we definitely have areas where we need to grow and learn, but relatively

speaking, a couple hundred years is pretty young for a country.

Truth be told, we live in the greatest place on earth and it is still something that we should be proud of and celebrate. So, this year, while I'm gathering with friends and family to enjoy those perfectly barbecued hot dogs and hamburgers, I'm going to try and remember what the celebration is all about in the first place!

Lastly, I want you to know that as much as we are privileged to live on this soil, I am equally privileged to have your business. Thank you, as always, for your patronage, and . . .

Happy 241st Birthday to the Good Ol' USA!

*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 July!

## JULY SERVICE AWARDS

*Celebrating Pacific Employee Anniversaries*

**5 YEARS**

Matt Anderson

**2 YEARS**

Richard Hernandez Jr.

## *The Hidden Dangers of CFL Bulbs*



Compact fluorescent bulbs are a great way to save money and are a green solution to lighting your home. CFL bulbs are designed to last for several years. But eventually, they need to be replaced, either because they have burned out or due to breakage. It is important to know how to properly handle

these light bulbs, as they contain mercury which can be harmful if it makes contact with skin or is ingested or inhaled.

If you have a bulb that has broken, first open a window and leave the room for at least 15 minutes. Remove pets from the room as well.

Next, put on some rubber gloves. Carefully scoop up the fragments with stiff paper or thin cardboard. Place the broken pieces in a sealable plastic bag. Wipe the area with a damp paper towel or disposable wet wipes. Place these in the plastic bag as well.

If the breakage occurred on a hard surface, do not use a vacuum or broom to clean up the broken bulb. If the bulb has broken on a carpeted surface, remove all materials you can with the above method. To pick up small pieces and powder, use a sticky tape such as duct tape. If this does not remove all remaining bits, you can use the vacuum cleaner with some precautions. Remove the vacuum bag (or empty and rinse the canister) and put the bag or vacuum debris in a sealable plastic bag.

Once you have picked up all the debris, seal up the plastic bag and then place this bag in a second plastic bag. Place the bags in an outdoor trash container or in a protected place outdoors until the next trash pickup.

You will need to check the disposal regulation where you live to make sure you can dispose of this type of waste with your normal trash. Some places require you to take it to a community hazardous waste disposal center.

## *July Holidays and Events*

### Daily Observances:

- 1 International Joke Day
- 2 World UFO Day
- 3 Compliment Your Mirror Day
- 4 Independence Day
- 5 National Bikini Day
- 6 National Fried Chicken Day
- 7 National Strawberry Sundae Day
- 8 National Blueberry Day
- 9 National Sugar Cookie Day
- 10 Teddy Bear Picnic Day
- 11 World Population Day
- 12 Pecan Pie Day
- 13 Embrace Your Geekness Day
- 14 Bastille Day
- 14 National Nude Day
- 15 Cow Appreciation Day
- 16 National Ice Cream Day
- 17 Global Hug Your Kids Day
- 18 National Caviar Day
- 19 National Raspberry Cake Day
- 20 Moon Day
- 20 Ugly Truck Day
- 21 National Junk Food Day
- 22 Hammock Day
- 22 Ratcatcher's Day
- 23 National Hot Dog Day
- 23 Parent's Day
- 23 Vanilla Ice Cream Day
- 24 Amelia Earhart Day
- 24 Cousins Day
- 25 Threading the Needle Day
- 26 Aunt and Uncle Day
- 27 Take Your Pants for a Walk Day
- 28 National Milk Chocolate Day
- 28 System Administrator Appreciation Day
- 29 National Lasagna Day
- 30 National Cheesecake Day
- 30 Father-in-Law Day
- 30 International Day of Friendship
- 31 Mutt's Day

### Weekly Observances:

Week 2 Nude Recreation Week

### Monthly Observances:

National Blueberry Month  
National Anti-Boredom Month  
National Cell Phone Courtesy Month  
National Hot Dog Month  
National Ice Cream Month  
National Picnic Month

## PacBlog

### *What to Know about Digital Device Disposal*

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-know-about-digital-device-disposal>

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: Money*

You are entitled to one free credit report each year from the three credit bureaus (Equifax, Experian, and TransUnion). You do not have to pay to receive this, so be wary of any service that charges you. Many of these services are really selling you other products, including credit monitoring, credit repair, or debt consolidation. They give you a free credit report, but also sign you up for their service. You often do not see the charge for this for a month or two and are then billed monthly. To avoid this, use AnnualCreditReport.com to get your free report each year.

*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:

What do you call a puppy born in the Sahara?

**Last Month's Answer to:** *What was Mickey Mouse's original name?*

**Mortimer**

**Last month's Winner:**

**TYLYNN BENTON**

**ADMINISTRATIVE ASSISTANT**

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

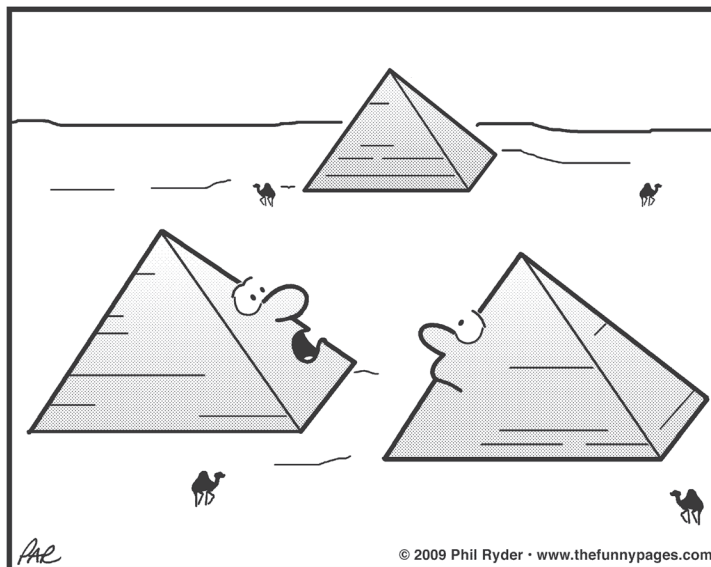
### *Green Living: Looking for an animal companion? Consider a recycled pet!*

Recycling pets doesn't mean turning your cat into a bird or your dog into a ferret, but it is a wonderful green way to approach the acquisition of your next animal companion. Environmental issues aside, it's also a very humane choice.

One of the great misconceptions about getting an animal from a shelter is that they are "damaged goods." But most rescue pets end up being the most lovable ones once they get past the hurdle of trusting their new master. A good home with a caring owner does wonders for a once-neglected animal. In the case of dogs, they just want to be part of a pack – and will seek your acceptance by behaving appropriately with a little training and time.

So, if you're truly into recycling, why not consider a "recycled" pet from a shelter? In most cases, spaying (or neutering) and immunization is included with the adoption fee.

*"Gardening requires lots of water—most of it in the form of perspiration." — Lou Erickson*



*"They say that in a few thousand years, data vaults will be half our size."*

**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](mailto:info@pacific-records.com) for more information.*

# Summer Health Travel Tips for Seniors

Summer is a great time to travel. If you or a loved one is a senior, you should be aware of some extra precautions to take before hitting the road. Check with your doctor before you leave. Ask if you should take any special precautions while away. Your doctor may ask you to come in for a check-up and will be able to suggest any vaccinations you may need if you are leaving the country.

On your trip, you should bring a list of your current medications, copies of your prescriptions, and details of any medical conditions you have. You should also pack a list of contact information for not only family, but also all of your physicians.

All of your medications should be placed in your carry-on bag and should be kept in their original containers. This can help you get through customs more easily and is helpful in the event you need a refill while you are away.

Finally, enjoy some of the perks of being a senior. Ask about special shuttle services, early boarding procedures, and discounts for seniors. You can not only save time and money, but you will have a more relaxing, unrushed, and problem-free vacation.

## The Wit of Benjamin Franklin

Benjamin Franklin is often referred to as the first American humorist. He published Poor Richard's Almanack from 1732 to 1758. In addition to the usual weather forecasts, household hints, and calendar, Franklin also included his own unique humor. Here are some of his most witty sayings, many of which have stood the test of time.

- A penny saved is a penny earned.
- Well done is better than well said.
- Remember that time is money.
- Early to bed, early to rise, makes a man healthy, wealthy, and wise.
- People who are wrapped up in themselves make small packages.
- Haste makes waste.
- Keep your eyes wide open before marriage, half shut afterwards.
- Never leave that till tomorrow which you can do today.
- God helps them that help themselves.
- Fish and visitors smell in three days.
- Little strokes fell great oaks.
- Three may keep a secret, if two of them are dead.
- In this world nothing can be said to be certain, except death and taxes.



*“Whether you think you can or think you can’t, you’re right.”*

— Henry Ford

## Trivia Quiz: Ice Cream!

July is National Ice Cream Month. Test your frozen confection knowledge with this cool trivia quiz!

1. A popular ice cream topping is sprinkles, also known as nonpareils. Nonpareils is French for what?
2. What flavor of ice cream is most popular?
3. Which American ice cream company has the slogan, “Ice Cream of the Future”?
4. Which U.S. state has the most Dairy Queen stores?
5. Which U.S. state makes the most ice cream each year?
6. What is the bestselling frozen novelty in the United States?
7. In which country was ice cream made available to the general public for the first time?
8. Sorbet is unique in that it does not have what ingredient?
9. What do you call the paper wrapper around the bottom of an ice cream cone?
10. A Baked Alaska is an ice cream dessert baked in the oven. What keeps the ice cream from melting?

### TRIVIA QUIZ ANSWERS:

1. Without equal. 2. Vanilla. 3. Dippin' Dots. 4. Texas. 5. California. 6. The Klondike Bar. 7. France. 8. Dairy products. 9. The jacket. 10. A meringue covering.

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