

Don't Ignore Low-Tech Data Security Threats

In the digital age, safeguarding your network systems and data from cybersecurity threats is a must. But don't ignore low-tech data security threats. Physical data breaches can also cause long-term damage to your company. That's why it's important to have a strategy for preventing theft and unauthorized access to your documents and media.

Start by implementing a clean-desk policy. Documents with sensitive and confidential information should never be left out in the open where they can be photographed, copied or stolen. Require employees to store and lock documents away when desks and workstations are unattended. Computers and laptops should be locked and password protected when not in use. Conduct random spot checks during and after the workday to verify compliance with your clean-desk policy.

A scheduled shredding program ensures sensitive paperwork is securely destroyed. We can deliver shredding consoles to your office. These locked receptacles make it easy to dispose of documents and files while eliminating the risk of tossing shredded material in a dumpster. When your shredding consoles are filled, the contents are professionally destroyed and recycled.

If you're backing up offline, don't forget to have a secure storage solution for your backup media.

Bringing tapes home with you is too risky. With a media vaulting and rotation service, your tapes are transferred to a climate-controlled media vault where they are tracked and protected. Your media is cycled back to you according to your backup schedule.

Remember, a comprehensive data security strategy accounts for a wide range of threats.

What's Inside This Month?

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March Offers!

Thoughts from Richard Steed



Most of us are familiar with the old saying, "If March comes in like a lion it will go out like a lamb." This phrase generally referred to springtime barometric weather pressures, but the conditions in our workplace and home life are certainly subject to pressures, as well. Not barometric pressures—although some folks swear they can tell in their bones if a storm is brewing. We also have those familiar pressures we face from day-to-day living. (Truth-be-told, some folks can tell in their bones if those types of storms are on the horizon, as well!)

Seems that no matter where we find ourselves professionally or personally at this juncture in our journey there is always more to accomplish. Pressure can sometimes be good for us if it prompts us forward in a healthy direction. Giving thought about our business and personal to-do lists and finding the gumption to check off some of those betterment goals can be confidence-building and invigorating. It's helpful to clarify what goals we're marching toward and gauge how we're progressing.

On the business front, we are always focused upon offering the top-of-the-line data storage and security services to our clients but believe me, we don't rest on our laurels. We continuously value your input and feedback and are always seeking 100% customer satisfaction. You are number one on our list! It is because of your trust and appreciation that we feel the pressure to outdo ourselves each month—and we always will. March on!

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 March!

Rental Trouble

A boating company rented boats by the hour and would radio each boat when their time was up, reminding them to return to the dock. Upon scanning the lake, the company operator noticed a boat that was not on his ledger. He called into the radio microphone, "Boat 99, what time did you sail out?"

An employee walked up to the operator and said, "Sir, we only have 98 boats. There is no boat 99."

Looking pale and stunned, the operator then called into the microphone, "Are you having any trouble, boat 66?"

Did You Know: Poisons

Even after a snake is dead, it can still harm you. The muscles of a snake's jaw can open and close for up to an hour after death. Venom can still be injected into an animal or person during this time.

When it was first introduced to Europe by the Spanish, many thought the tomato was poisonous, so it was only grown as an ornamental plant.

In 1989, the world's first poisonous bird was discovered in Papua New Guinea. The bird's feathers and skin contain homobatrachotoxin, also found in the poison dart frog.

Quick Tips: Money

If there are just one or two people in your household, you may find it difficult to use up certain food items before they go bad. Consider splitting some purchases with a friend, neighbor, or family member. For example, potatoes are cheaper by the 10-pound bag, but it may take you two months to go through them. Instead, split the bag with a neighbor, sharing the cost and the goods. You will still get a good price without losing any savings to food spoilage.

March Trivia: Erin Go Bragh!

Enjoy your St. Patrick's Day with this trivia quiz to test your Irish knowledge.

1. What does "Erin Go Bragh" mean?
2. What are the colors of the flag of Ireland?
3. What is the name of the Irish priest depicted by Spencer Tracy in the 1938 classic film "Boys Town"?
4. In traditional Irish folklore, what occupation does a leprechaun usually have?
5. What is the title of the final novel by Irish writer James Joyce?
6. Where else besides Ireland is Gaelic spoken today?
7. What percentage of U.S. Presidents had Irish ancestors?
8. What accomplishment made Irishmen Harland and Wolff famous?
9. What the only two days of the year that Irish pubs close?
10. What is the longest river in Ireland?

Answers on back page!

March Holidays and Events

Daily Observances:

- 1 World Compliment Day
- 1 Plan a Solo Vacation Day
- 2 Old Stuff Day
- 3 I Want You to be Happy Day
- 4 March Forth and Do Something Day
- 5 Learn What Your Name Means Day
- 5 Cinco de Marcho
- 6 Dentist's Day
- 7 Alexander Graham Bell Day
- 8 Proofreading Day
- 10 Mario Day
- 11 Oatmeal Nut Waffle Day
- 12 Napping Day
- 12 Alfred Hitchcock Day
- 13 Jewel Day
- 14 Pi Day
- 15 Everything You Think is Wrong Day
- 15 Absolutely Incredible Kid Day
- 16 Every Thing You Do is Right Day
- 17 Submarine Day
- 18 Awkward Moments Day
- 19 Let's Laugh Day
- 20 World Storytelling Day
- 20 Proposal Day
- 21 Common Courtesy Day
- 22 International Goof Off Day
- 23 OK Day
- 23 Puppy Day
- 23 Near Miss Day
- 24 Chocolate Covered Raisins Day
- 25 Waffle Day
- 25 Tolkien Reading Day
- 26 Make Up Your Own Holiday Day
- 27 Spanish Paella Day
- 28 Something on a Stick Day
- 29 Smoke and Mirrors Day
- 30 Take a Walk in the Park Day
- 31 Bunsen Burner Day

Weekly Observances:

11-17 Girl Scout Week

Monthly Observances:

Academy Awards Month
American Diabetes Alert Month
American Red Cross Month
Colorectal Cancer Education and Awareness Month
Credit Education Month
Dolphin Awareness Month
Employee Spirit Month
Gender Equality Month

PacBlog

The Biggest Data Security Risks of 2018 and What You Can Do about Them

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/biggest-data-security-risks-2018>

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>

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

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:

How many apples can you place into an empty box?

Last Month's Answer to: *What word becomes shorter when you add two letters to it?*

SHORT

Last month's Winner:

CAROLINE FRENO

DEGREGORI, GORMSEN & RINGER, LLP

Email your answer to info@pacific-records.com

Green Living: Shaving!

Disposable razors are ultra-cheap, but create a lot of waste. Two billion disposable razors are purchased annually in the USA. It's safe to say that about the same amount end up in landfills. And those that don't end up in landfills, well it's disturbing to think where they might turn up. One way to help protect the environment is to extend the life of your disposable razors.

Most people know that you don't have to throw out a disposable razor after its first use, and most of us—ladies and gentlemen alike—squeeze at least a few shaves out of each one. But what if you could squeeze out a few more? You'd save some money while also helping the environment, right? Sounds like a win-win. An important way to help extend the life of a razor is to protect its blade from rust and corrosion, which will speed up the dulling process. As water is the catalyst for corrosion, making sure to thoroughly rinse, and then dry, the blade after each use is the a good way to keep it from prematurely degrading. You could also place the blade in a container of olive oil after each use, thereby keeping moisture from settling back onto it and causing corrosion.

While we're on the subject of olive oil, you can also use it in place of shaving cream, thus saving the environment (and your skin!) from the chemicals contained in many shaving foams (triethanolamine, BHT, sodium benzoate—oy!). Then there's always good old-fashioned shaving soap and a lathering brush. Feels good on your skin, too!



"The person who stole my identity died of boredom. His family is now suing me for wrongful death."

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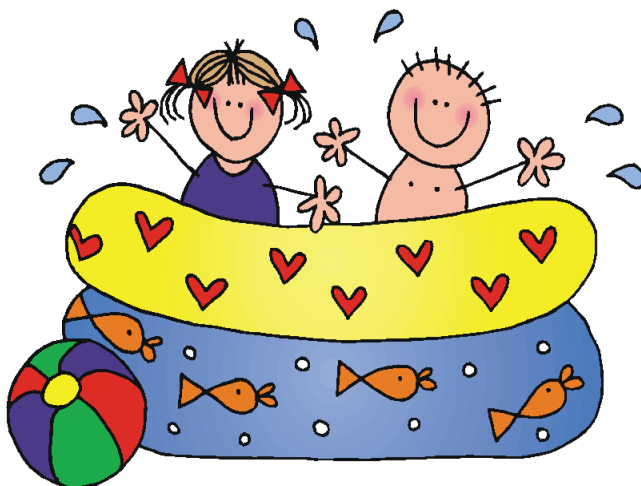
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Water Safety for Spring

As the weather warms up, so do the potential hazards of water. Children will soon be spending more time outdoors and will still encounter the dangers of water in the home. More than half of drownings among children under the age of one occur in bathtubs. Small children this age can also drown in the very small amounts of water found in toilets and buckets. In fact, of all the children between the ages of seven months and fifteen months who have drowned since 1984, almost 90 percent have died from accidents involving five gallon buckets. These buckets are found in many households and are commonly used for cleaning and mopping.

To keep your child from becoming a victim, never leave your child unsupervised near any type of water. Both standing and moving water can be hazardous, and children can easily drown in as little as three or four inches of water. An adult should supervise your child at all times.

Small children should also be supervised at all times when bathing or using the toilet. Shower doors and toilet seats should be closed when not in use. Better yet, keep your bathroom door closed. Take care to empty all buckets immediately when you are done using them. Always store buckets upside down. Check your child's outdoor environment before he or she begins to play. Empty any water out of buckets, garbage cans, wheelbarrows, or flower pots. By taking these simple precautions, you can help keep your child safe from these common water hazards.



It's Never Too Late to Quit

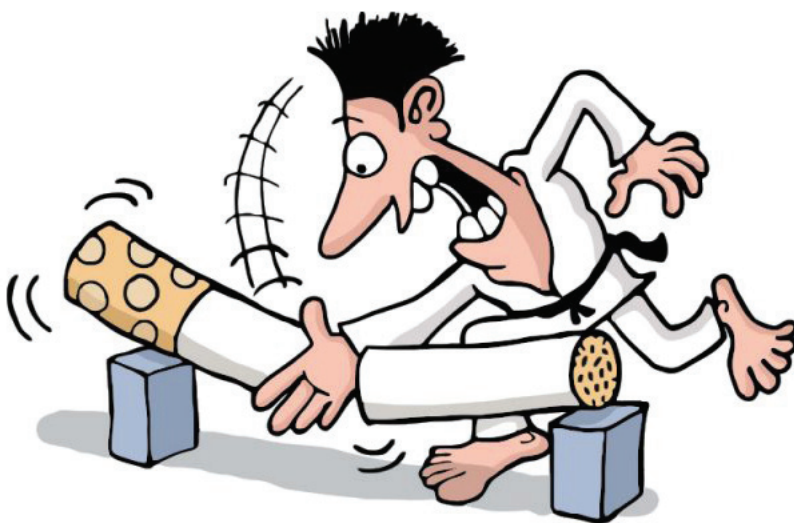
Many seniors who smoke feel like it's too late to quit. If you've been smoking almost your whole life, it may seem that it's not worth it to quit later in life. But there are some real benefits to quitting, even if you are older.

First, you will find that your senses of taste and smell will improve. As you age, these senses naturally begin to decline. Smoking intensifies that effect. But quitting smoking will improve your sense of taste and smell, letting you enjoy your food and environment much more.

You also will benefit from an immediate reduction in your heart rate and blood pressure. There is improved lung function in ex-smokers. If you deal with a chronic or nagging cough, giving up smoking will improve that. This is a gradual improvement, but research by the American Cancer Society shows that the cilia in your lungs regains normal function within about six months. After a year of quitting, your risk of coronary heart disease is cut in half. After five years, your risk of mouth, throat, esophagus, and bladder cancer is also half of that of a smoker's.

Finally, you will immediately begin to save money. Smoking is expensive and every dollar you don't spend on cigarettes is more money in your pocket. As most seniors are on a fixed income, this can make a significant difference.

It can be difficult to quit after decades of smoking, but there is assistance available for seniors. Medicare beneficiaries are eligible for coverage of smoking cessation counseling even if there is no symptom of disease. Talk to your doctor if you are ready to quit smoking and would like help.



TRIVIA QUIZ ANSWERS:

1. Ireland Forever! 2. Green, orange, and white. 3. Father Flanagan. 4. A cobbler or shoemaker. 5. Finnegans Wake. 6. Isle of Mann and Scotland. 7. Over 40 percent. 8. The built the Titanic. 9. Christmas Day and Good Friday. 10. The Shannon.

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