

MEET THE TEAM

Rafael Tellez was born in Mexico City and lived there until he was 23 when he moved to San Jose. He worked for a transportation company in Milpitas for 7 years before moving to Modesto in 2003. It was at that time he started with Pacific.

Rafael and his wife of 13 years are the proud parents of a 2 year old daughter and a 3 month son. He also tells us he has 2 dogs that are part of the family!.

When he isn't working, he enjoys taking his daughter to the park, and playing "futbol" not football!! He is also a 49er fan. He is very handy and enjoys fixing things.

Rafael is a valuable part of our Modesto team. He is dependable, hard working, and always has a cheerful disposition.



Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

– Leo F. Buscaglia

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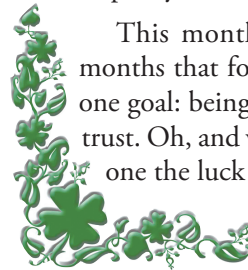
All together now! The days go marching one-by-one, hurrah! hurrah! the month of March has just begun, hurrah! hurrah!

Ah, are you "seasoned" enough to remember that old tune about those marching ants? No? Me neither. Seriously, (now that we're on the subject) although ants are looked upon as unwanted pests in the kitchen, you've got to admit they really do show an immense amount of fortitude and team spirit.

It is hard not to be impressed with how diligently they work together to achieve the desired result. Whether it's locate a spill of sticky honey behind the toaster or search out a bathroom sink for hydration in times of drought they forge forward.

Everybody in that ant colony has a job to do and they sure do it well. We've all seen videos where one, lone ant somehow possesses super-human (super-anty?) strength while power-lifting a picnic table full of grub, right? Okay, maybe that's a bit of an exaggeration. Definitely, they can hoist a huge crumb off of the picnic table, at least. Amazing, in its own right.

It occurred to me that if ants were people, our company would be filled with them – all of us working together towards fulfilling all of your data storage and security needs. We are the colony of workers that you can count on without any of those pest-y side effects.



This month, just like the months before and the months that follow, we are continuing to march toward one goal: being the best at what we do and keeping your trust. Oh, and whether you're Irish or not, we wish everyone the luck of the Irish this month! March on!

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.

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Senior Drug Safety

Often as we age, we are faced with having to take a variety of prescription drugs in order to treat disease or illness or to maintain our health. As the number of drugs taken increases, so does the chance of an adverse interaction occurring between the medications we take. As a general rule of thumb, any time a drug is prescribed, be sure to give a list of current medications you are taking to your doctor and pharmacist and ask specifically whether there might be any cause for concern.

What may be a surprise to many seniors, however, is the possibility for adverse interactions with non-prescription medication as well. Although over-the-counter drugs are generally safe, often there can be reactions to other drugs taken at the same time. It is important to treat any over-the-counter drugs you take as seriously as you treat your prescription medication. Next time you are prescribed a drug, be sure to include on your list of medications all the non-prescription drugs you are taking. You should also include any herbal or vitamin supplements, as these can also have some surprising and adverse effects with some prescription medication.

Quotations: Spring

Can words describe the fragrance of the very breath of spring? -- Neltje Blanchan

If spring came but once a century instead of once a year, or burst forth with the sound of an earthquake and not in silence, what wonder and expectation there would be in all hearts to behold the miraculous change.
-- Henry Wadsworth Longfellow

Spring is when life's alive in everything.
-- Christian Rossetti

Spring in the world! And all things are made new!
-- Henry Wadsworth Longfellow

If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall. I would go to more dances. I would ride more merry-go-rounds, I would pick more daisies. -- Nadine Stair

Spring is nature's way of saying, "Let's party!"
-- Robin Williams

Everything holds its breath except spring. She bursts through as strong as ever. -- Emily Carr

Science has never drummed up quite as effective a tranquilizing agent as a sunny spring day. -- W. Earl Hall

Spring is when you feel like whistling even with a shoe full of slush. -- Doug Larson

Is it so small a thing to have enjoy'd the sun, to have lived light in the spring, to have loved, to have thought, to have done. -- Matthew Arnold

March Events

- 1 National Horse Protection Day
- 2 World Day of Prayer
- 3 National Anthem Day
- 4 Namesake Day
- 5 Fun Facts About Names Day
- 6 Organize Your Home Office Day
- 6 Peace Corps Day
- 7 National Be Heard Day
- 8 International Working Women's Day
- 8 Day For Women's Rights and International Peace
- 9 Middle Name Pride Day
- 10 Genealogy Day
- 11 Check Your Batteries Day
- 13 Good Samaritan Involvement Day
- 14 Registered Dietitian Day
- 15 Companies That Care Day
- 16 Lips Appreciation Day
- 17 St. Patrick's Day
- 18 Forgive Mom and Dad Day
- 20 Kiss Your Fiancé Day
- 20 First Day of Spring
- 21 Memory Day
- 22 International Goof-Off Day
- 22 World Day for Water
- 23 National Day of Unplugging
- 23 World Meteorological Day
- 24 World Tuberculosis Day
- 26 Legal Assistants Day
- 29 National Mom and Pop Business Owners Day
- 30 Doctors' Day
- 31 National Love Our Children Day



Astrological Sign:

Pisces (Feb 20-Mar 20) &
Aries (Mar 21-April 20)
Flowers: Daffodil, Jonquil
Birthstone: Aquamarine

March is also:

- Employee Spirit Month
- International Listening Awareness Month
- Optimism Month
- International Ideas Month
- Poison Prevention Awareness Month
- Red Cross Month
- Save Your Vision Month
- Spiritual Wellness Month



Healthy Living

If you are looking for a great food to aid in appetite and blood sugar control, look no further than black beans. These beans are one of the best meat-free sources of protein, with over 15 grams per cup. They are also packed with fiber, giving you that full feeling. The starch in black beans helps regulate blood sugar. Black beans also have the highest antioxidant level of any bean. Add some black beans to burritos, salads, soups, chili, salsa, omelets, and nachos.

Travel Tip

Consider completing a travel journal on your next trip. Start before you even leave home by writing about your plans, including your must-see stops. You can also include a packing list and a gift list of friends and family to buy for. During the trip, record your activities and adventures, including what you liked and didn't like. Finally, when you get home, finish your journal with your memories and ideas for your next visit. If you do get the chance to travel to the same place again, your journal will be a valuable resource and will help make your next trip even better.

Home Tip

How do you know when it is better to repair a broken appliance or to replace it? First, you need to get an estimate of the repair. If your appliance is relatively new, it may be covered under warranty. On a newer appliance you will find that even if you have to pay for the repair yourself, it may still be better than buying a new unit. But if your appliance is older, the repair may cost almost as much as replacing the unit. Because of improvements in energy use, replacing it may even save you money in the long run.

Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship. -- Buddha

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:

Riddle: I'm as big, okay bigger than an elephant, but lighter than a feather. What am I??

Last Month's Answer to: *There are four girls, and four apples in a basket. Every girl takes an apple, yet one apple remains in the basket. How is this possible?*

ONE GIRL TOOK THE BASKET. SHE TOOK THE LAST APPLE WHILE IT WAS IN THE BASKET.

Last month's Winner:

CONNIE BERGSTROM

HARDY ERICH BROWN & WILSON

Email your answer to info@pacific-records.com

Did You Know: Marveling at the Moon

The dark spots on the moon are caused by basins on the moon filled with basalt.

The moon reaches a temperature of 243 degrees F at midday on the lunar equator. At night, the temperature drops to -261 degrees.

The Sea of Tranquility is on the moon, but is not a real sea. It is a "maria," one of the regions that appear dark when looking at it.

The footprints made by astronauts walking on the moon will not erode or blow away, as there is no wind or water on the moon.

Astronaut Neil Armstrong first stepped on the moon with his left foot.

Astronaut Alan Sheppard hit a golf ball on the moon, sending it 2,400 feet.

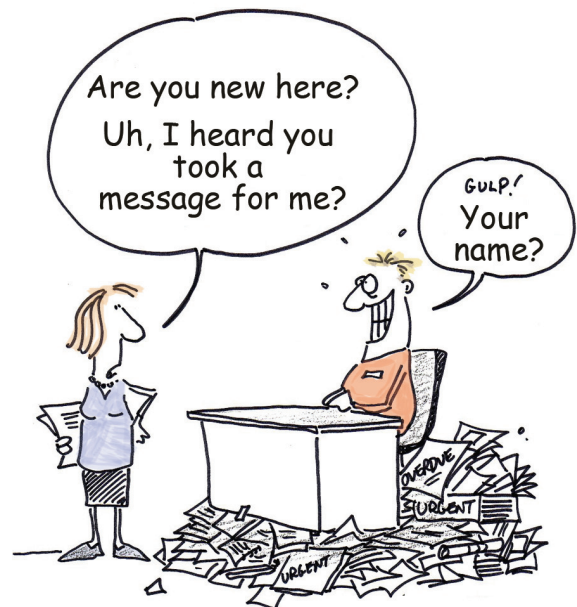
Just 22 seconds' worth of fuel remained when Apollo 11's lunar module landed on the moon.

You are always viewing the same half of the moon, since it rotates at exactly the same rate it is moving around the earth.

Flying once around the moon is the equivalent of a round trip from New York to London.

The last man to step on the moon was Gene Cernan in 1972.

There are over 500,000 craters on the moon that can be seen from Earth.



Get 5 FREE Storage Cartons!

Buy 25 or more Pacific Records Management cartons and get 5 FREE anytime in March with mention of this coupon!

Caring for Your Houseplants

Although it is still too early to begin outdoor planting, you can still enjoy the benefits of plants indoors. Houseplants add serenity and beauty to your home. There is also the added benefit of cleaner, healthier air. Research by NASA for the space station has shown that plants can absorb harmful chemical vapors, including formaldehyde, benzene, and carbon monoxide. With a little luck, and these tips, growing healthy and hearty houseplants can be easy.

LOCATION

Place your plants in the sunniest parts of your home, especially in winter. If that is not possible, consider investing in artificial lighting that mimics sunlight. Placing a timer on your lights ensures that your plants get all the light they need every day. Keep your houseplants away from extremes of hot or cold, such as drafty windows, fireplaces, or heater vents.

WATERING

Be careful about watering your plants too much. The number one killer of houseplants is over-watering. Although houseplants need plenty of moisture, too much water in the soil itself is harmful to your plants' root systems. Only use pots with drainage holes. Use a tray underneath and always water just until water drains out the bottom.

Do not water every day. Plants prefer to dry out between waterings, and can go days or even weeks, until the next

watering. How can you tell if you are not properly watering your houseplants? They may begin to wilt or look as if they are dying, with discoloration and/or dropping leaves. Check the soil moisture level by placing your finger an inch or two into the soil. If it is damp, your plant has probably been over-watered. Let it dry out before watering again. If it is dry, you may have gone too long between waterings. Water your plant and see if it perks up. In most cases, if it has not wilted too much, it can be saved.

Treat any signs of pest infestation—speckling or webbing on the leaves—as soon as possible. You may even be able to see the insects themselves. Remove them by hand, or use a chemical treatment.

CLEANING

Your houseplants can absorb air more easily the cleaner they are. Dust your houseplants regularly. If they become particularly dirty, give them a shower! Loosely pack the pot with crumpled newspaper to cover the soil. Wrap the whole pot and newspaper-covered soil with a garbage bag, using tape to secure. Place the plant in the shower and, using lukewarm water, completely clean the plant. If you'd like, you can use a very mild solution of dishwashing soap. Use a soft sponge or cloth and be sure to rinse your plant well after washing. Also be sure to clean the underside of the leaves, where pests are most likely to be found.

Five Ways to Overcome Your Hate of Exercise

Everyone knows that exercise is a good way to keep your weight down and to increase your general health and well-being. But what do you do if you hate to exercise? Instead of just giving up, try these strategies to get in the exercise you need.

1. Make exercise a routine. We may hate to do laundry or get the oil changed in our car, but we do it anyway. Why? Well, it becomes part of our routine. Add exercise to your list of things that must get done each week.

2. Give yourself some incentives. Working toward a goal is a great way to make yourself do something. Find something that feels like a good reward and only indulge when you have met your exercise goals. It can be anything from a weekly dessert treat to some new clothes or a weekend away. But be sure to set realistic goals so that you are rewarding yourself fairly often.

3. Find ways to incorporate exercise into your daily life. Take the stairs, walk around the block at lunch, or walk your dog

when you get home. If your children are in sports or activities, use your time waiting for practice to end to walk or run. Instead of dreading a long workout each day, you can look forward to little breaks from your daily grind.

4. Take it slow at first. Committing to going to the gym every single day may be setting you up for failure. And once you miss a day, you have the temptation to just throw in the towel. Instead, give yourself a realistic schedule. You might try going on a walk a couple of times a week and swimming once a week. Once you can commit to this lighter schedule without fail, add in some more activity.

5. Take a break once in a while. Even if you are gung-ho about increasing your exercise levels, you still need to schedule rest days into your routine. Even high-performance athletes plan for days off when training. This keeps you from becoming exhausted or burned out and gives your body a chance to reenergize.

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