

MEET THE TEAM

Bernie Hamby was born in Artesia California which is in Los Angeles County. She only lived there for 3 months when her family moved to Elk Grove. She lived there for much of her childhood. Her family then moved to Escalon, CA. She continues to live in Escalon today with her sister and Mother, whom she takes care of.



Bernie Hamby

Bernie graduated from Escalon High School in 1984 and later attended the Institute of Technology where she took general business courses. She worked for a bank for 10 years and later with Orchard Supply and True Value Hardware. She began working for Pacific Records Management in 2004. Bernie first started in Modesto and now works in our Stockton facility in

our document scanning division. She also helps in customer service roles for both our Stockton and Modesto customers.

Bernie enjoys walking her dog which is a mix between Terrier and Chihuahua, reading, shopping and traveling. She says her favorite destination has been Hawaii, but would love to visit Disneyworld in Florida.

Green Living

Your home computer uses electricity even when you are not using it if you do not shut it down. Make it a habit to shut down your computer each night or if you don't expect to use it for the next two hours. If you do want to keep your computer running, at least turn your monitor off each time you step away.

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APRIL SPECIALS!

Thoughts from Richard Steed

Well, March has left the building and the fresh days of April are ready to take tenancy. Another month checked off, another brand new start; a particularly special, unique time full of hope and promise.

April literally means "to open," such as the rampant foliage of flowers and trees bursting forth revealing their beauty from within. Religious holidays are also nestled within April's calendar and we have it from a highly regarded (albeit floppy-eared) source that April is also the official "chocolate eaters" month. That makes this time of year "eggstra" sweet!

Even for the most efficient and pragmatic folks it's difficult to deny a sense of wonder when the calendar flips to spring. Just walking to your car you might hear baby birds calling for their dinner, or witness a new-born tulip (that wasn't there yesterday!) bowing to you in the April breeze. Ain't it grand?



This is a month of renewal in a variety of ways. We all need these periodic reminders of how glorious this world can be in order to help keep our cynicism at bay. It's fulfilling to be hopeful,

feel blessed and to take a moment to pause to soak it in. It rejuvenates our inherent belief that, just as Louis Armstrong sang, It IS "a Wonderful World."

It's also a wonderful time for us to renew our pledge to you that we shall keep all of your data and storage needs securely covered and to thank you for trusting us with your most precious information. We appreciate the opportunity to put your minds at ease and wish you peace and prosperity (and some fabulous chocolate!) throughout this month and beyond. Happy Spring!

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

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Going Nuts: Tasty Recipes for Spiced and Sugared Nuts

SUGARED PEANUTS

In a heavy saucepan, combine two cups of peanuts, one cup of sugar, and 1/2 cup of water. Cook over medium heat until the sugar dissolves, about ten minutes. Spread the peanuts on a buttered sheet pan and bake in a 300 degree oven for 15 minutes. Cool and store in a covered container.



CROCKPOT SUGARED WALNUTS

In a crockpot, stir 16 ounces of walnut pieces and 1/2 cup melted butter together. Add 1/2 cup confectioners' sugar and stir until well blended. Cook on low heat, stirring occasionally, until the nuts are coated with a crisp glaze, usually about two hours. Sprinkle the nuts with a well-blended mixture of cinnamon, allspice, and ginger. Cool before serving.

BARBECUED PECANS

Melt two tablespoons butter in a large saucepan. Add 1/4 cup Worcestershire sauce, one tablespoon ketchup, and two dashes hot sauce. Add four cups pecan halves and stir to coat well. Spread on a buttered sheet pan and toast at 400 degrees for about 15 to 20 minutes, stirring frequently. Cool before serving.

TERIYAKI ALMONDS

Toss two cups of almonds with one teaspoon of lemon juice, one tablespoon vegetable oil, 1/4 teaspoon onion powder, one tablespoon soy sauce, one teaspoon brown sugar, 1/2 teaspoon ginger, and 1/4 teaspoon garlic powder. Add salt to taste and toss to coat well. Spread on a buttered sheet pan and toast at 325 degrees for 15 minutes, stirring frequently. Cool and store in an airtight container.

Energy Saving Tips for Apartment Dwellers

Living in an apartment can mean that you are not able to change or upgrade your home as you would if you owned a home. You can still take some simple steps to reduce your energy costs. Consider these:

- Use easy-to-install window-sealing kits to block out drafts and save you on your energy bill.
- Change the filter in your furnace once a month during heating season.
- During winter, close drapes and blinds at night. This can reduce heat loss through windows by up to sixteen percent.
- Move obstructing furniture and draperies away from radiators, baseboard units, and air registers.

April Events

- 1 April Fools Day
- 2 World Autism Awareness Day
- 4 National Day of Hope
- 5 National Fun at Work Day
- 6 Drowsy Driver Awareness Day
- 7 World Health Day
- 10 National Equal Pay Day
- 11 National Bookmobile Day
- 12 International Day of Human Space Flight
- 12 Walk on Your Wild Side Day
- 14 International Moment of Laughter Day
- 15 National Take a Wild Guess Day
- 17 Blah Blah Blah Day
- 17 National Stress Awareness Day
- 18 International Amateur Radio Day
- 19 National High Five Day
- 22 Earth Day
- 22 National Jelly Bean Day
- 23 World Book and Copyright Day
- 24 National Teach Children to Save Day
- 25 Administrative Professionals Day
- 25 Malaria Awareness Day
- 26 Poem in Your Pocket Day
- 26 Richter Scale Day
- 26 Take Our Daughters and Sons to Work Day
- 27 National Arbor Day
- 28 National Rebuilding Day
- 28 Spring Astronomy Day
- 28 Workers Memorial Day
- 28 World Healing Day
- 28 World Veterinary Day
- 30 National Honesty Day

Astrological Sign:

Aries (Mar 21-Apr 20) & Taurus (Apr 21-May 21)
Flowers: Daylily, Sweet Pea
Birthstone: Diamond

April is also:

- Alcohol Awareness Month
- Cancer Control Month
- Defeat Diabetes Month
- Prevention of Animal Cruelty Month
- Workplace Conflict Awareness Month
- World Habitat Awareness Month



ATM Safety

Using an ATM can put you at risk for theft or personal injury. To stay safe, avoid use ATMs during night time hours or in low-traffic areas. Have your card out of your wallet before approaching the ATM. Never write your personal identification number on your card and shield your hands from view when entering the number. Finally, put your money away before leaving the ATM and always take your receipt.



APRIL SERVICE AWARDS

Celebrating Pacific Employee Anniversaries

9 YEARS

Jerry Pineda

5 YEARS

Sanjay "Jay" Prasad

5 YEARS

Tony Douglas

Good Pet Etiquette on the Road

When you are traveling with your pet, you can have a better time for you and your animal if you keep in mind these pet etiquette tips.

- Make sure your pet is healthy before you leave home. Get a check-up at your vet. Tell him or her where you are traveling so that you can get some information on how to keep your pet healthy on the road.

- Keep vaccinations current and double-check requirements if you are traveling outside of the country or to a quarantine area.

- Let your pet get used to its carrier before you leave home. It is best to give your dog or cat a few weeks to feel comfortable in a carrier.

- If you are flying with your pet, don't feed him or her within four hours of takeoff. No water should be given within two hours of takeoff.

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: What goes round the house and in the house but never touches the house?

Last Month's Answer to: *I'm as big, okay bigger than an elephant, but lighter than a feather. What am I?*

THE WIND

Last month's Winner:

JENNIFER BUSTAMANTE

CITY OF RIVERBANK

Email your answer to info@pacific-records.com

Internet Tidbit

You love your social network. Now you can have a social network for your dog or cat. Go to Dogster.com or Catster.com and become a member. When you visit the Community section of the website, you can join or start a group. Each group is focused on a particular topic, like a breed, a cause, or even pet owners local to you. Meet up with other pet owners to share information and social time with your animal. You will also find listings of local pet businesses, dog parks, reviews, and more.



Travel Tip

If you are traveling with young children, you know it can be a challenge to keep them entertained in the car or on a plane. Pack a small bag ahead of time with simple, inexpensive toys that you wrap individually in gift wrap. Pull one out every time you need a new distraction for your little one. Not only is unwrapping the item fun, but it can then be played with for some time. Just remember that you cannot take wrapped items through airport security, so bring the goods and supplies with you and take a moment away in the terminal to wrap them before getting on the plane.

Prosperity depends more on wanting what you have than having what you want. – Albert F. Geoffrey

True prosperity is the result of well-placed confidence in ourselves and our fellow man. – Benjamin Burt



Get 5 FREE Storage Cartons!

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

Laughing the Stress Away

"If you can laugh at it, you can survive it." -- Bill Cosby

Stress affects everyone and has become one of the most serious health issues of our times. There are many ways to deal with stress, some more effective than others. One of the quickest and easiest ways to reduce stress is to find humor in your daily life.

In fact, it turns out that laughing is good for your overall health. Researchers have found that people with heart disease were 40 percent less likely to laugh in humorous situations than those with healthy hearts. Laughter strengthens the immune system and lowers high levels of stress hormones. Business researchers have also recognized the benefits of laughter and humor in problem solving and creativity in business environments. Workers who find their jobs fun perform better and get along better with co-workers than those who do not view their jobs as fun.

It is easy to inject humor into your daily life. Take time each day to enjoy something funny. Read a book of jokes or talk to a friend who makes you laugh. Also, being able to laugh at yourself goes a long way towards reducing stress. Humor can keep you from taking yourself too seriously and can make dealing with others easier. It can also distract you from the situation that is causing you stress, allowing you to take a moment to see things in a different light.

So, next time you are feeling stressed out, take a moment for yourself. Take a deep breath, smile, and think a funny thought. Grab a bite to eat with a funny friend or watch your favorite sitcom. Although it doesn't get rid of the situation, you will be better equipped to handle your daily stress.



Ditch the Antibiotics to Treat Your Sinus Infection

Nearly 20 percent of prescriptions for antibiotics in the United States are given to adults with sinus infections. While this has long been the standard for treating this condition, a new study has given doubt to the efficacy of the use of these drugs. As reported in the Journal of the American Medical Association, the most common antibiotic used, amoxicillin was no better at treating the symptoms of a sinus infection than a placebo. In fact, not only was there no benefit in terms of treating the pain, runny nose, and congestion of a sinus infection, patients also reported no difference in terms of their general well-being, side effects, or missed days of work.

Most sinus infections are caused by a virus, which does not respond to antibiotics. But these drugs were thought to be a good response to bacterial sinus infections. The problem lies in the fact that practitioners are unable to tell the difference between a sinus infection caused by a virus and those that have progressed into a bacterial infection. It is now understood that the use of antibiotics is only needed rarely.

The good news is that even without antibiotics, the vast majority of sinus infections will resolve within two weeks. In the study, about one-third of both the group given the antibiotic and the one given the placebo reported feeling better by day three of treatment. By day ten, over 80 percent said they felt much better.

Doctors still face demands by patients for a quick treatment for what ails them. Many have begun writing prescriptions with the instruction to only fill it if there is no improvement in symptoms within three days. This can help curtail the overprescription of these drugs, which can lead to long-term development of drug-resistant bacteria and viruses.



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