

Quotations: Reality

Reality is merely an illusion, albeit a very persistent one.
– Albert Einstein

How many legs does a dog have if you call the tail a leg?
Four. Calling a tail a leg doesn't make it a leg.
– Abraham Lincoln

What is reality anyway! It's nothing but a collective hunch.
– Jane Wagner

What we call reality is an agreement that people have arrived
at to make life more livable. – Louise Nevelson

Few people have the imagination for reality.
– Johann Wolfgang von Goethe

Question reality, especially if it contradicts the evidence
of your hopes and dreams. – Robert Brault

Listening to both sides of a story will convince you that
there is more to a story than both sides. – Frank Tyger

The human understanding is like a false mirror, which,
receiving rays irregularly, distorts and discolors the nature
of things by mingling its own nature with it.
– Francis Bacon

Reality is too much to take in heapfuls, but sprinkle it
sparingly upon life's path and most can tread it lightly.
– Terri Guillemets

Reality is the leading cause of stress
amongst those in touch with it.
– Jane Wagner

Thoughts from Richard Steed

What's in a month? Well, in this month, there are 31 days. This got me to thinking about how we keep "storage" of our minutes. We stack them into hours, file the hours into days, box the days into months, pallet the months into years, warehouse the years into decades . . . and on it goes. We collect them into something that is seemingly more tangible and easier to relate to.

How odd might it be, for example, if we just numbered the days consecutively? Even if we started anew each year, it would be *really* weird. "Okay, we're set to meet on day 115 at 1:15 for lunch. See you in 46 days!" And if we *didn't* start each year anew, it would be a nightmare. When does day 734,560 fall anyway? *In* fall? No? Spring, summer, winter? What would happen to May Day?

Storage, even of days, is a very useful thing! Okay, now I'm sure the more astute among you have already seen where I'm headed with this. But surely you can forgive me for touting the value of storage—even if I'm doing so in a rather kooky way.

No . . . we don't literally pile days into file cabinets. And it can still be challenging keeping up with them even using Google Calendar! But having weeks, months and consecutively numbered years in which to place their context certainly helps us interact sanely with one another. We can say, "Hey, remember that great game last February 5th?" and our friends will know what we're talking about . . . just as you can give us a specific file to pull for you—thanks to yet another great system of organized storage—and we can have it for you in jiffy.

It makes me happy to know we're the place you come to for your tangible storage needs. Thanks for giving us that responsibility this month of May, also known as "Days 122-153!"

Richard

What's Inside This Month?

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MAY SPECIALS!

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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Keeping Your Cool

PROTECTING YOURSELF FROM THE DANGERS OF SUNSTROKE

Warmer weather is just around the corner. Along with the fun of outdoor activities come some dangers, too. Among those dangers is sunstroke, also called heat stroke. To protect you and your loved ones from this hazard, keep these tips in mind this summer.

Early symptoms of heat stroke are dizziness, headache, rapid pulse and breathing, and fatigue. Warning signs that indicate a serious condition of sunstroke are hot, flushed skin, a decrease or stoppage of sweat production, an elevated body temperature, confusion, and eventually, a loss of consciousness. Extreme temperatures can cause the body's temperature to rise. Dehydration can cause a decrease in sweat evaporation, which is the body's mechanism for cooling itself. Without this, you have no way of bringing down the high temperature.



Severe sunstroke can lead to shock and eventually failure of the body's vital systems, including the heart, lungs, kidney, and brain. Rapid treatment is the key. The sooner the victim receives assistance, the better.

To assist someone showing symptoms of sunstroke, first call for help by dialing 911. While waiting for medical assistance, take steps to cool the body. Move the victim to a cooler place. Remove tight fitting or heavy clothing and use cool, wet cloths to cool the victim down. Give fluids slowly and continually.

To avoid getting sunstroke in the first place, remember to drink plenty of fluids on warm days or when your activity level is up. Avoid caffeine and alcohol, both of which can dehydrate you. Wear light colored, loose clothing and always wear a hat in direct sunlight. Try to stay in the shade and take breaks as needed. If you do find that you are experiencing any symptoms of heat stroke, get help immediately.

Internet Tidbit

One of the best parts about going on a road trip is stopping at fun and interesting roadside attractions. But how do you find all those quirky, off the beaten path places? Simply visit RoadsideAmerica.com to find over 10,000 odd and fascinating places. You'll find interactive maps, a blog featuring such treasures as the Sight of the Week and Latest Tips, and a great search feature. So, if you are up for seeing the world's largest six pack of beer in Wisconsin, a giant peach water tower in South Carolina, or a field of Cadillacs buried nose down in Texas, be sure to make RoadsideAmerica.com the first stop on your trip.

www.RoadsideAmerica.com

May Events

- 1 Lei Day
- 1 May Day
- 1 Mother Goose Day
- 2 Great American Grump Out
- 3 National Day of Prayer
- 3 National Day of Reason
- 3 Paranormal Day
- 3 World Press Freedom Day
- 4 Star Wars Day
- 5 Cartoonists Day
- 6 No Diet Day
- 8 National Teacher Day
- 9 National Receptionists Day
- 10 World Lupus Day
- 11 Military Spouse Appreciation Day
- 12 National Babysitters Day
- 12 Stay Up All Night Night
- 12 World Fair Trade Day
- 13 Mother's Day
- 15 Peace Officer Memorial Day
- 15 International Day of Families
- 16 Biographers Day
- 18 International Museum Day
- 18 National Bike to Work Day
- 18 National Defense Transportation Day
- 19 Armed Forces Day
- 20 Neighbor Day
- 22 National Maritime Day
- 23 International World Turtle Day
- 24 Brother's Day
- 24 International Tiara Day
- 25 National Missing Children's Day
- 28 Memorial Day
- 30 Hug Your Cat Day
- 30 National Senior Health and Fitness Day
- 31 World No Tobacco Day

May is also:

Heal the Children Month
International Business Image Improvement Month
International Civility Awareness Month
International Victorious Woman Month
Melanoma/Skin Cancer Detection and Prevention Month
Motorcycle Safety Month

Organizing Tip

Your child's closet can be a disorganized mess if he or she doesn't have the right items to organize clothes, toys, and sporting goods. Start by installing a second rod in the middle of the closet to give your child easier access to hanging things. Install some hooks along a hallway to hold hats, a backpack, and sports gear. Put a bin for shoes on the floor of the closet and place a stacking basket organizer in the closet for other small items. Finally, make sure your child has a small hamper to hold dirty clothes so they don't end up on the floor.

Astrological Sign:

Taurus (Apr 21 - May 21) &
Gemini (May 22 - Jun 21)

Flower: Lily of the Valley,
Hawthorn

Birthstone: Emerald



MAY SERVICE AWARDS

Celebrating Pacific Employee Anniversaries

12 YEARS

Adam Ege

9 YEARS

Ray Medina

9 YEARS

Rafael Tellez

5 YEARS

John "Reggie" Jackson

Healthy Living

Researchers studying weight loss have found that most people will state that they need to lose 50 or more pounds to be "successful" at losing weight. This often sets them up for failure by making this goal seem out of reach. A better strategy is to set a reasonable goal, such as losing 10 pounds. Studies have shown that even a 10 pound weight loss has measurable effect on your blood sugar level and overall well-being. Once you've hit that first goal, simply set another until you've gotten as healthy as you can.

**Rough winds do shake the darling buds of May,
and summer's lease hath all too short a date.**

— William Shakespeare

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: It's been around for millions of years, but it's no more than a month old. What is it?

Last Month's Answer to: *What goes round the house and in the house but never touches the house?*

THE SUN

Last month's Winner:

RITA ESPINOZA

MAYOL & BARRINGER

Email your answer to info@pacific-records.com

Organizing Small Living Spaces

It can be a challenge to live in a small space. But a smaller home doesn't have to be a cluttered home. There are some things you can do to make the most of your space.

Get rid of anything unnecessary. Clutter should be attacked without mercy. Go through clothing, toys, papers, knick-knacks, and kitchen items. If it hasn't been worn or used in some time, it probably is not needed and is simply taking up your valuable space.

Get creative about finding and using space in your home. Consider purchasing several under-bed storage containers. This is the perfect place to store linens and seasonal clothing. Purchase only very tall bookcases, dressers, and storage cabinets to make the most of your vertical space. Drawer organizers and storage boxes are inexpensive ways to manage your miscellaneous items. Use a hanging shoe organizer to handle small items, like toys, hair accessories, cleaning supplies, office supplies, and bath and beauty products.

With a little planning and some creative thinking, your smaller home can be a "Home Sweet Organized Home!"

Green Living

When painting a room, you can reduce the environmental hazards in your home with some advance preparation and thought. Try to only buy as much paint as you will need. It is better to go buy more if you run out than to have several cans left over. Place a fan in a window of the room you are painting, with the fan facing out, to remove fumes from the room. Any moisture issues on the walls, ceiling, or floor should be resolved before you begin painting.

Bet ya can't believe it . . .

Fred and I have scanned already,

all the way up to 1985 . . .

it won't be long now...



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

How Not to Spring Clean Your Home

Spring is in the air and thoughts turn to annual spring cleaning chores. Spring cleaning can be hard enough to squeeze into your busy schedule. But it can be even more difficult if you make some of the common mistakes people make when performing this annual ritual. To make your spring cleaning tasks easier, stay away from these common pitfalls.

Don't try to tackle cleaning a room without a plan. Start by decluttering any area that you wish to deep clean. If you try to clean without removing items that are out of place or that need to be discarded, you will find that it takes much longer to accomplish your goal.

Don't use the wrong cleaning products. Read the labels before using to ensure that you are using the correct type of cleaner. You should also be aware of any safety precautions you should take, including whether you need to have high levels of ventilation.



Time for spring cleaning!

Don't take on more than you can handle. It is admirable to have a goal of cleaning your whole house in a weekend, but it is sometimes better to only tackle one room a week. By doing this, you will ensure that each room is cleaned well and that you won't suffer from burnout.

Don't hurt yourself. Take care when lifting heavy objects and moving furniture. If necessary, ask for help before attempting strenuous tasks.

Don't be distracted. Let your answering machine handle any incoming phone calls and keep visits from family and friends to a minimum. If you focus only on your spring cleaning job, you will finish faster. In fact, if you are constantly interrupted, you may end up simply abandoning the job at hand and could find that you have trouble getting back to it.

Don't put it off. Spring cleaning is such a big job because we only do it once or twice a year. If you try to keep up with cleaning jobs throughout the year, you will find it easier to tackle annual spring cleaning work. Ignoring these chores only means that they will get bigger and bigger.

Spring Cleaning Your Car

The warmth of spring is a great reason to get out and give your car a good cleaning. After months of cold winter weather, and the dirt and grime our cars pick up during the winter months, your car is probably in need of a spring cleaning. It is especially important to remove any lingering road salt or other de-icing chemicals off of your vehicle.

Start by tackling your car's interior. To clean your vehicle's upholstery, use a sponge or a spray with dry-cleaning fluid, or a warm water and vinegar solution, to wipe off any stains. Repeat the procedure until all stains are gone. Stubborn stains can be treated with a commercial stain treatment. Vinyl interior surfaces of your car will benefit from treatment with a surface protector. Be sure to get to those surfaces that are hard to reach, including around panel switches and along seams.

Spend some time organizing the interior of your car. Remove all trash and vacuum thoroughly. Organize your CDs and other items that you wish to keep in your car. You may want to keep a small organizer crate in your car to hold miscellaneous items that might make their way to the floor of your car or under your seats.

On the exterior of your car, check for any areas that need paint touchups. You can usually purchase paint that matches your car's surface. Cover any small scratches or bare areas that might be prone to rust.

To keep from having to spend hours washing your car every so often, spend some time each week cleaning the exterior and tires. If you commit each week to washing your vehicle, it will only take a short time to complete the job, since you haven't let the dirt build up on your car.



Safety Tip

Warm weather means the boating season is in full swing. To be safe on the water, make sure that everyone in a boat or being towed on an inner tube is wearing a personal floatation device. Do not consume alcohol when on the water and always limit boating to safe weather and water conditions.

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