

MEET THE TEAM

CARMEN RUTZ

Carmen was born in Santa Clara, CA and lived there until she moved to Stockton at the beginning of her freshman year. Her family transferred to Stockton due to her father's employment. Carmen attended and graduated from Linden High School in Linden, CA.

Carmen and her husband are the proud parents of a 9 year old daughter. In their spare time, they enjoy going to the beach...mostly in Aptos and Santa Cruz as well as camping. She also enjoys swimming and spending time with her family. She is lucky to live close by her sister and her husband and 2 nephews as well as her parents.

Prior to joining Pacific, Carmen worked as an assistant office manager for a local home store. Carmen joined Pacific in 2002. She works in the accounting department at our corporate office. Recently, she has also taken on additional duties in our Shredding division and is the friendly voice behind many of our incoming sales calls.

Carmen said her favorite movie is Grease...her favorite food is meatloaf and when asked what tops her "bucket list" she said visiting the pyramids in Egypt. She is serious, for her 45th birthday, she will be there!!

Carmen is a devoted and hard working employee. She always brings a smile to the work place and is a valued team member.



Thoughts from Richard Steed

July is technically mid-summer and mid-summer often means television repeats, rehashes, and reruns (re-puns intended). Oh, and re-ality TV. Now there's an oxymoron.

New reality shows are erupting constantly, taking up what used to be "rerun" space and some of them are rather good. Ahem. Well, gee, a few of them are. A handful...almost? One?

Okay, not nearly enough of them are worth finding the clicker for, let alone powering up the TV, which got us to thinking—why not have a reality show based around *our* business? Makes sense. After all, as data storage providers we are pivotal players in the business world. We are not only in charge of maintaining your data storage needs, we do so with your company's precious security utmost on our minds. Sounds dramatic and intriguing, right? Storage *is* big in the reality world (they've even got wars based around it we hear), so why not "The Data Storage Showdown!"

We know why. Because what we do is based on years of amassed knowledge, constant vigilance, and plain hard work. It's not dramatic, nor filled with back-stabbing individuals or sandy beach scenes (not that there is anything wrong with sandy beach scenes). Nor do we ever leave ourselves in a position to be "voted off the show." We value our clients too much for that.

I think this rerun season I'll skip the "reality" and kick back with an old episode or two of *I Love Lucy* or—speaking of sandy beach scenes—*Gilligan's Island*. Yeah . . . that's more like it.

Have a safe, happy July and don't do anything to get yourself kicked off the show!

Richard

What's Inside This Month?

Thoughts from Richard Steed

Protecting Yourself from Mail Fraud

The Mystery of Hiccups

Traveling with Your Pet

Do You Want To Win \$25 VISA gift card!

Vacation Close to Home

How to Treat Sunburn

JULY 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.

(888) 893-6054 or info@pacific-records.com

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 for more information.

Protecting Yourself from Mail Fraud

Identity theft is becoming increasingly more common these days. One of the prime ways these criminals get your personal information is through mail theft. To protect yourself, keep these tips in mind.

- Place outgoing mail in a secure box, like a USPS collection box.
- Pick up your incoming mail as soon as possible. Do not leave mail in your mailbox overnight.
- Carefully review all of your credit card statements each month to be sure not to miss any fraudulent activity.
- Pick up new checks directly from your bank instead of having them mailed.
- Never send cash through the mail.
- Immediately report any vandalism or tampering with your mailbox to your local postmaster and the police.

Organizing Tip

Organizing and storing your garden tools correctly can help them last a lifetime. Fill a 5-gallon bucket with mason's sand and add about one quart of clean motor oil. Mix well to distribute the oil throughout the sand. To clean and lubricate your shovel or other garden hand tools, plunge them into the sand a few times before storing. You can also store these tools with the blades in the sand to help prevent rust. If you don't want to use that much sand, you can fill a large coffee can with sand and oil for your smaller hand tools.

The Mystery of Hiccups

Imagine having the hiccups for almost your whole lifetime! Charles Osborne of Anthon, Iowa, did, hiccupping for over 68 years. He started hiccupping in 1922. Two wives and eight children later, in 1990, his hiccups finally went away. Thankfully, this type of condition is incredibly rare.

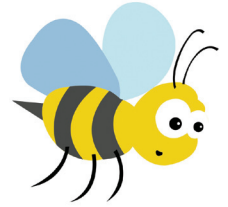
Believe it or not, hiccups are somewhat of a mystery to the medical profession. Although many causes of hiccups are understood, such as eating spicy foods or drinking too much, many cases are unexplained. Hiccups can also be a symptom of a stroke or a tumor. But many times, the cause is just "nothing."

Hiccups have been studied for thousands of years, since the time of Hippocrates. In fact there is even a technical term for hiccups, "singultus." But as of yet, there is no known cure. There are, however, many home remedies. Some involve stimulating the back of the throat, like sipping ice water, swallowing sugar, or sucking on a lemon. Others interrupt normal breathing, like holding your breath, breathing into a paper bag, or reacting to sudden fright. Eventually, most hiccups will subside. However, if you do have a case of the hiccups that don't go away, consider seeing your doctor.



July Events

- 1 Second Half of the New Year Day
- 2 I Forgot Day
- 3 Compliment Your Mirror Day
- 4 Independence Day (Fourth of July)
- 6 Take Your Webmaster to Lunch Day
- 7 Tell the Truth Day
- 7 International Day of Cooperatives
- 9 International Town Criers Day
- 10 Don't Step on a Bee Day
- 13 Gruntled Workers Day
- 14 Grange Day
- 15 National Ice Cream Day
- 16 Global Hug Your Kids Day
- 16 National Get Out of the Doghouse Day
- 18 Nelson Mandela International Day
- 20 Moon Day
- 21 National Woodie Wagon Day
- 22 Parents Day
- 22 Rat-Catchers Day
- 23 Gorgeous Grandma Day
- 23 Hot Enough For Ya Day
- 24 Cousins Day
- 24 National Drive-Thru Day
- 24 National Tell an Old Joke Day
- 26 National Chili Dog Day
- 27 Take Your Houseplants for a Walk Day
- 27 Walk on Stilts Day
- 28 National Day of the Cowboy



July is also:

- Bereaved Parents Awareness Month
- Bioterrorism/Disaster Education and Awareness Month
- Cell Phone Courtesy Month
- National Blueberries Month
- National Grilling Month
- National Hot Dog Month
- Social Wellness Month

Safety Tip

If you are spending time in the great outdoors this summer, you should know how to spot poisonous plants. The old adage "leaves of three, let it be" is good advice, as poison oak and ivy have clusters of three leaves. If you do get the poisonous oil from these plants on your skin, you should immediately rinse the affected area with rubbing alcohol or a degreasing soap like dishwashing liquid. After washing, rinse for several minutes. An antihistamine can be used to help with the itching.

Healthy Living Tip

What is the best sunscreen? Well, it turns out it is simply the one you will use. Lotions, sprays, and sticks are all equally effective, so buy what your family prefers. Dermatologists suggest getting one product for the whole family, so that you don't need to carry around multiple bottles.

HAVE a s p a r k l i n g 4th of July!

By the Numbers: Fourth of July Food

- For the Fourth of July holiday, Americans will spend over \$92 million on chips and over \$60 million on dip.
- Condiments for the festivities can add up too. Americans will pay about \$203 million for mayonnaise, mustard, and ketchup.
- Over \$167 million will be spent on watermelon and another \$108 million will be spent on popsicles.
- Americans will spend \$342 million on beer, more than they spend on burgers and hot dogs combined.
- Good news for soda manufacturers: the nation will spend about \$101 million on soda for the festivities.

Source: National Retail Federation

Please Visit Our New Website

Looking for a good reason to visit our website? We'll give you two. One, we've recently upgraded and expanded our site with lots of new, fresh, helpful information. And two, there you can read about our New Client Guarantee!

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 demands an answer, but asks no questions. What am I?

Last Month's Answer to: I've been stepped on in Hollywood and sometimes I kiss your cheek when you're on the phone. If you're optimistic you'll reach for me and my friends. Who am I?

A STAR

Last month's Winner:

LINDA KELSO

SAN JOANQUIN DELTA COLLEGE

Email your answer to info@pacific-records.com

Traveling with Your Pet

Traveling with your pet doesn't have to be stressful if you plan ahead. Be sure to keep these tips in mind when you are headed out on your next family vacation.

Make sure that whatever accommodations you've booked allow pets. Many hotels welcome small pets, but you often have to pay an extra deposit. It is not a good idea to try to sneak your pet into a hotel room that prohibits animals, as the penalties are often quite steep.

If you are traveling abroad, find out which vaccinations are required. You will have to get your pet a current rabies vaccination for all travel abroad and to return to the United States. Other types of vaccinations are required depending on where you are going. Ask your veterinarian or the airline for more information about your specific travel destination.



If traveling by car, be sure to provide adequate conditions for your pet. Do not leave your pet unattended in your vehicle when taking a break from driving, especially if it is a hot day. Even a short time in a hot car can be fatal. Your pet will need plenty of water and a chance to move around, so plan for frequent stops.

A pet that is loose in the passenger compartment of a vehicle is at risk from sudden stops or a car accident. You can also lose a pet if you open your car door before restraining the animal. Your best bet is to use a pet carrier that can fit in your vehicle. You can secure the carrier to the interior of your car by using a seatbelt or cargo straps. If your car cannot safely accommodate such a carrier, consider renting a vehicle like a van or SUV to allow you to place a larger pet carrier in the back of the vehicle.

**Please arrange these
in alphabetical order...
then shred them.**



Get 5 FREE Storage Cartons!

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

Vacation Close to Home

Vacations can be expensive. And although everyone enjoys a long trip to a new place far away, our budgets usually cannot handle many vacations such as these. You don't have to travel far to have fun though. Often you can find creative and inexpensive ways to spend your vacation close to home. Try these close to home travel ideas and save some of your hard-earned money this year.

EXPLORE YOUR NEIGHBORHOOD

Use your time off from work to visit those places that you never seem to have enough time for at other times of the year. Take a trip to the library and talk to a librarian about programs they offer. These are usually completely free. You will find book clubs for adults, and children's programs that often include free activities like puppet shows, story times, summer book reading programs, and more. Check around for local pools, mini-golf courses, and playgrounds that you've never visited. Have picnics in the park, tour a fire station, or fly kites. Use this time to take things easy. Read a long novel, rent old movies, and catch up on your letter writing. Take time to get a massage and catch up on your sleep.

EXPLORE YOUR COMMUNITY

This is also the perfect time to visit all of those tourist attractions in your own backyard. Call your local Chamber of Commerce or Visitors Information Board and ask for information on local tourist sites. If there are any on the list you haven't been to, take time this summer. Visit a museum, go to the zoo, or catch a play put on by a local production company.

EXPLORE YOUR STATE

Look into visiting a town just a gas tank away from you. There are usually spots near where you live that you have never had a chance to visit, even if you have been living there for a while. Stay at a bed and breakfast or a small hotel and take in the local sites. The benefit of this type of traveling is that you will only be gone overnight, saving you money. But you can still feel like you've gotten away from it all. If an overnight stay is not in your budget, consider driving a couple of hours in the morning to a place near you. Try visiting a national park, enjoying a day at an amusement or water park, or shopping in a nearby community. To save even more money, bring a picnic lunch, and stop at a park to have lunch.

Vacations close to home can not only save you money, they can also give you a new appreciation for the community you live in. You will probably find that you can't fit all of your plans into a week or two, and the ideas you get from your mini-vacation will last the whole year. Often people come back from a long trip tired and exhausted from all the traveling. When you vacation close to home, you'll end up refreshed and relaxed.

How to Treat Sunburn



Ever have one of those days? You've spent a couple of hours enjoying the great outdoors, you return home, and then it hits you. Your shoulders and face start to sting and you realize you've got one bad sunburn. Next time this happens, don't just suffer through it. There are some things you can do to make the healing time better.

SKIN TREATMENTS

You can now purchase aloe vera gel in your local drugstore or supermarket. This plant extract is great for cooling a burn and speeding healing. It also moisturizes your skin. There are also several types of anesthetics available that are applied as lotions or sprays. These will numb the affected area while your skin recovers. Avoid products containing benzocaine and don't cover the area with petroleum jelly, as this does not allow the heat to escape.

PAIN RELIEF

Ibuprofen or acetaminophen can relieve some of the discomfort you feel with a sunburn. Avoid aspirin, however. Take a cool (not cold) bath, adding a small amount of baking soda to the water. Use cool, wet compresses on the afflicted areas, but don't use ice. Drink extra liquids to help prevent dehydration. GET HELP

If your skin is simply red and painful, you've probably suffered a first degree burn. A second degree burn will cause blisters to form on your skin. If you have extremely blistered skin, are suffering severe pain, or generally feel ill, seek the assistance of a physician immediately. Also, any sunburn in an infant under the age of one should be considered an emergency and requires immediate medical attention.

It is important to try to not get another sunburn while your skin is still healing. This will only further delay healing and will cause more pain. Remember, though, that prevention is the always the best medicine. Use sunscreen when going outdoors, take a hat, and stay out of the sun during the hottest times of the day. Hopefully, you'll never have to treat a sunburn again.

NEWS You Can Use is a free monthly newsletter from your friends at

Stockton (209) 320-7771 • Sacramento (916) 649-7360
Modesto (209) 343-4630 • Napa/Solano County (888) 893-6054

PACIFIC
SINCE 1856
RECORDS MANAGEMENT
www.pacific-records.com