

*Did You Know: Betsy Ross*

Paul Revere and Betsy Ross shared a birthday. He was born January 1, 1735, and she was born January 1, 1752.

Besides getting credit for sewing the first American flag, Betsy Ross also ran a munitions factory out of her basement.

Betsy had a regular pew at Christ Church in Philadelphia. Opposite this was the pew where George Washington sat when attending the church.

Betsy Ross came from a very large family. She had 16 brothers and sisters. She was the 8th out of those 17 kids.

When she died, her full name was Elizabeth Griscom Ross Ashburn Claypoole. Griscom was her maiden name. Ross, Ashburn, and Claypoole were the last names of her husbands in order.

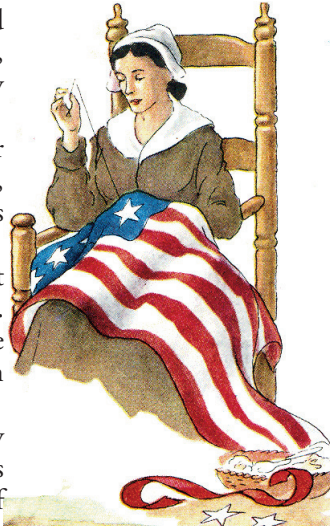
Betsy Ross had seven girls, but only five lived to adulthood.

Betsy's body was originally buried in the Free Quaker cemetery in Philadelphia. It was moved 20 years later to the Mt. Moriah Cemetery. In 1975, as the U.S. government prepared for the celebration of the bicentennial, workers dug up the ground under her tombstone in order to move her remains to her historic house. There was no body found. They found some other bones nearby and moved those to the grave at her house.

With her first husband, she opened up an upholstery business.

Betsy's father, Samuel Griscom, helped build the bell tower at the Pennsylvania State House, also called Independence Hall.

Betsy married her first husband, John Ross, after eloping in November 1773. On their marriage certificate is the signature of William Franklin, governor of New Jersey and son of Benjamin Franklin.



*Thoughts from Richard Steed*

It's January, 2013, which could only mean one thing . . . the world didn't end in December 2012 as predicted. Sure it seems every other year or so someone's predicting the end of the world, but people took it more seriously this time. After all, it wasn't just the usual rogue cult leader making the prediction. This time it was the *Mayans*. A well-respected ancient civilization, no less.



Okay, okay, I'm sure many of you who took the time to research it, know that the Mayan calendar didn't actually predict the end of the world. But its mysterious 2012 ending date sure had a lot of people worried.

Thankfully, we now have something new to worry about. It's 2013. This means for an entire year we'll be faced with the number "13." Maybe the world will end on Friday the 13<sup>th</sup> in 2013? I'm sure someone somewhere has already predicted that. We'll have two shots at it, too, as there will be two Friday the 13<sup>th</sup>'s in 2013. One of which is in December. So if the world didn't end December 2012, then it most assuredly will December 2013. And, oh, did I mention that a sun-grazing comet will be here at the end of 2013? See? Lot's of chances for the world to end!

We're not rattled by any of it. We take the end of the world in stride here. In our business—which is to protect your business—we prepare for the end of the world every day. This fact would have been noted on the Mayan calendar, but, you know . . . they ran out of room.

So, if you want your information assets to be safe and sound after the next end-of-the-world, why not give us a holler? You can find our contact info etched in the missing tablet of the Mayan calendar. For convenience, we've also listed it herein.

*Richard*

**What's Inside This Month?**

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- Want to Win a \$25 VISA gift card?**
- JANUARY OFFERS!**

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## Safe Driving at Any Age

As you age, you may notice a change in your driving ability. It may become harder to look over your shoulder to change lanes or leg weakness may make it difficult to move quickly from the gas to the brake pedal. There is also a decrease in reaction times as we age.



It is a challenge sometimes to know when a senior is unable to continue driving. These signs can help you to decide if there is reason for an older motorist to give up driving.

- Eyesight problems may interfere with the ability to focus, to use peripheral vision, or to see at night. If there is a reduction in functional eyesight, this should be evaluated by a doctor.
- If your hearing is decreasing, it can affect your driving ability. You should still be able to hear other cars honking, sirens, and the sound of cars accelerating next to you.
- Reflexes diminish as we age and can cause a change in our driving functions. A good driver should be able to brake and look behind very quickly. You should also be able to move quickly between the gas and brake pedals without hesitation.
- If a driver is beginning to become frustrated or confused while driving, this could be a sign of impaired driving ability. You should be able to navigate roads well without getting lost frequently. If there are increased signs of anger or frustration, it may be time to consider if driving alone is still a reasonable choice.
- If a senior begins to have trouble with memory, this is a strong sign that driving may no longer be safe. Impaired memory can lead to confusion and getting lost. When landmarks, exits, and familiar streets no longer seem like second nature, it can indicate a problem. Everyone, even a young driver, has occasional lapses in memory while driving, but if it becomes a pattern or causes a problem, it may be time to get evaluated by a doctor.
- A decrease in general driving ability is also a strong indicator that it may be time to stop driving. If an older driver cannot stay in his or her lane, drifts into other lanes, brakes at inappropriate times, or does not accelerate to a safe speed, does not use turn signals, or ignores traffic signs, it may be time to stop driving altogether.
- Finally, a red flag is numerous traffic citations or even accidents. If the older person in your life begins to relate stories of frequent “close calls,” or you see dents or scrapes on the car or fences, mailboxes, a garage door, or curbs, it is time for a serious talk about his or her driving ability.

## January Holidays and Events

- 1 New Year's Day
- 4 Trivia Day
- 5 Twelfth Night
- 6-12 Home Office Safety and Security Week
- 7 International Programmers Day
- 8 Argyle Day
- 8 Show and Tell Day at Work
- 10 National Cut Your Energy Costs Day
- 14 National Clean Off Your Desk Day
- 16 Religious Freedom Day
- 17 Get to Know Your Customer Day
- 20-26 Clean Out Your Inbox Week
- 20 World Religion Day
- 21 Inauguration Day
- 21 Martin Luther King, Jr, Federal Holiday
- 22 Answer Your Cat's Question Day
- 23 Snowplow Mailbox Hockey Day
- 24 Belly Laugh Day
- 24 National Compliment Day
- 25 Fun at Work Day
- 27 Holocaust Memorial Day
- 28 Bubble Wrap Appreciation Day
- 29 Curmudgeons Day
- 29 Freethinker's Day
- 30 Inane Answering Message Day
- 31 Inspire Your Heart With the Arts Day

### January is also . . .

- Get Organized Month
- International Brain Teaser Month
- International New Year's Resolution Month for Business
- National Clean Up Your Computer Month
- National Mentoring Month
- National Personal Self-Defense Awareness Month
- National Poverty in America Awareness Month

## By the Numbers: Exercising

- Only 47 percent of American adults met common physical activity guidelines for aerobic physical activity.
- Seventy-seven percent of personal trainers are male.
- There are almost 30,000 health clubs in the United States.
- Approximately 30 percent of America's larger corporations subsidize health club memberships for employees.
- Each year, the health club industry generates \$9.7 billion in revenue and employs about 308,000 workers.

## JANUARY SERVICE

### AWARDS

*Celebrating Pacific Employee Anniversaries*

**27 YEARS**  
Richard Steed

**7 YEARS**  
Garren Allala

**3 YEARS**  
Jerry Hicks

### **Cook a Perfect Soft-Boiled Egg**

A lovely soft-boiled egg is a wonderful treat for a relaxing breakfast. To easily make soft-boiled eggs, bring your eggs to room temperature before cooking. Fill a pot with enough water to cover your eggs. Slowly bring the water to a boil. Once it is boiling, add your eggs carefully to the water using a large spoon. Return the water to a boil, then turn down the heat and simmer gently, uncovered, for four minutes. Remove the eggs and rinse under cool water for a minute. Serve immediately.

### **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:

What do the following four famous quotations have in common?

"Just the facts, ma'am."

"Elementary, my dear Watson."

"I don't think we're in Kansas anymore, Toto."

"Beam me up, Scotty."

**Last Month's Answer to:** Which word of four letters can be added to the front of the following words to create other English words?  
DATE AGE CARD SCRIPT MARK

**POST**

**Last month's Winner:**

**RON KEPNER**

**DIRECTOR MATERIALS MANAGEMENT  
ST JOSEPH'S MEDICAL CENTER, STOCKTON**

Email your answer to [info@pacific-records.com](mailto:info@pacific-records.com)

### **Quick Tips: Green Living Tip**

Pipe insulation tubes will not only keep your pipes from freezing in the winter, they can also save you money. These tubes can hold a hot water pipe's heat for up to an hour after the tap is used. This means less heat loss to a cold pipe the next time you run hot water through it. Be sure to install the insulating tube correctly for maximum efficiency.

### **Quick Tips: Home Tip**

Your refrigerator will use more energy if you open the door often. Try to be efficient in removing items so you are not leaving the door standing open. You should also cover liquids and leftovers in your fridge. Extra moisture in the refrigerator will cause the compressor to run more often.

### **New Years Quotation**

*You're never too old, never too bad, never too late  
and never too sick to start from scratch once again.*

– Harriet Morgan

### **Chess-Playing Dog**

A man went to visit his friend and found him playing chess with his dog. He was completely amazed as he watched the dog play move after move.

"I can hardly believe this," he exclaimed. "That has to be the smartest dog I've ever seen!"

"Nah, he's not so smart," replied his friend. "I've beaten him three games out of five."

**I might seriously  
need to re-think  
this business idea.**

**Lumberjack  
Shredding**



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## ***How to Decorate without Breaking the Lease***

Many apartments start out plain and boring. When you move in, it is natural to want to make the space your own. But you often run up against restrictions in your lease. While you may not be able to change the paint color, remodel the kitchen, or knock out a wall, you can still personalize your apartment in creative ways. Consider these simple tricks to make your apartment your home.

### **Change out the hardware.**

You can replace knobs, drawer pulls, and handles in the kitchen and bathroom. Be sure to measure carefully and find replacements that don't require you to drill new holes. Light fixtures can also be swapped out. Turn off the power at the circuit breaker box or consult an electrician for help with rewiring a light. With any change, be sure to carefully store the original fixtures to swap back when you move out.

### **Update your plumbing fixtures.**

You can replace shower heads and sink faucets to update the look of your bathroom or kitchen. Avoid any work that requires soldering. Consult with a plumber for help if you are unsure of doing the work yourself.

### **Paint your furniture.**

You may not be able to paint your walls, but you can paint your furniture. Adding color to chairs, chests, desks, tables, or dressers can add a pop of color without doing anything permanent to the room. If that is still not enough color for you, add some bright throw pillows to your beds and couch.

### **Brighten up your windows.**

Add some life to your room by putting up unique and beautiful window treatments, blinds, and interesting curtain rods. If you really want to change the look of a room, install long curtains that reach to the floor. This gives you the most bang for your buck.

### **Bring the outdoors in.**

Plants add color, life, and interest to any room. You can accent your décor with different sizes and types of plants. Use bright pots and containers. Remember that plants don't need to stay down low. Add some fresh plants to the tops of bookshelves or cabinets. In addition to looking lovely, they also will help clean the air in your home.

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## **Unforgettable: Tips to Remember Names**

"Hi, my name is . . ." Do you find it hard to remember anything past that? In any social or business situation, it is very important to be able to recall people's names. But many people say they have more trouble remembering names than any other type of information.

Why do we forget someone's name? For many people, it is as simple as telling ourselves we can't remember names well. Once we believe it, it becomes harder to get past this "mental block." For others, it is not a pertinent enough fact to store away in long term memory. For example, most people would not consider it pressing to remember the name of a store clerk or a telemarketer. We can't remember everything we encounter. We often have to pick and choose which information to store—and people's names often get left behind.

So what do you do when it truly is important? There are several ways to improve your chances of remembering someone's name. First, tell yourself that you can remember names if you try. Starting off with a positive attitude will go a long way towards helping you to remember.

Second, pay attention. When you are introduced to someone, repeat his or her name and say it several times to yourself. Be sure that you have heard the name clearly. If not, ask for the name again. If, after a few minutes, you find that you have forgotten already, talk to the person and ask for his or her name again. Use the name often in conversation, not only with the person, but with others.

Third, use techniques to help you remember. It never hurts to write down someone's name. Asking for the spelling of a name helps to keep that name in your memory because you are picturing it in your mind. Ask for a business card if you are in a professional situation. If you can't write down the name, try to associate it with something else in your mind. It can be a rhyming word, a physical characteristic, or a silly fact or word. For example, when you meet someone named Ted who has red hair, you can remember "Ted the Red." To remember the name of Trish, the owner of a housewares store, you might think of "Trish the Dish." To remember the name Stan Salazar, try to pick him standing at a bazaar ("Stand Bazaar" leads to "Stan Bazaar" which leads to "Stan Salazar"). This technique might be hard at first. After all, it seems as if you have to remember even more information than just a name. But these associative techniques, with practice, are the best way to remember anyone's name.

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