

Meet the Team



Dallin was born and raised in Alberta, Canada. In fact he spent most of his life within a 30-mile radius. When he was 18 years old, he moved to Calgary where he lived for five years before moving to the Sacramento Area. It was while in Calgary that he met and married his wife, Melissa. Most of Dallin's family lives in Canada, but he does have a sister in Carlsbad CA. His mother-in-law still

lives in Canada, but the rest of his wife's family lives today in the Auburn CA area.

In high school, Dallin was active in all things with a ball, including basketball, soccer and volleyball. He continues to play basketball today in recreation and church leagues. Today, Dallin enjoys playing sports; but mostly enjoys spending time with his wife.

In 2006, Dallin traveled to Argentina for a two-year volunteer mission for his church. In 2008, before moving to the United States, Dallin began an electrical apprentice program. He also worked in HVAC and framing.

In 2010, Dallin began working for Pacific Records, first in Sacramento in the shredding operation and later helping oversee one of the facilities. When we opened the Fresno facility, Dallin was a perfect fit and agreed to move to Fresno to open this facility and manage the operation.

Richard Steed, Vice President for Pacific Records Management said about Dallin: "We are fortunate to have someone of Dallin's character and work ethic in Fresno. As we open this exciting market, Dallin has proven to be a great asset and has demonstrated exceptional leadership qualities."

Thoughts from Richard Steed



A sure sign of September is the ubiquitous use of the phrase "back to school." We see it on TV, read it as we flip through newspaper pages and hear it over and over again on the car radio. But most importantly we feel it in our hearts. Somehow we all relate to this phrase whether we have little ones (or big college ones) actually

headed back to school, or whether the concept merely lives on in our memories.

As I get older I tend to sympathize more with the back-to-schoolers I never used to think about at all—the *teachers* who are headed "back to school." What about them? After all, next to parents, teachers are the most influential people of our formative years. How about a shout-out to them?

I wonder, with all the back-to-school excitement, does a family ever take a "beginning of the school year" photo of the teacher standing in front of a bush with his or her lunch bag? I suppose it happens, but I tend to think the best photos of teachers live in the memories of their grown students. I know when I hear the phrase "back to school," my memory flips through its photos of some of my favorite teachers—the ones who taught me to open up, to be myself, to think for myself and to be my own person. The ones who taught me these things yet at the same time made me feel safe and secure.

I didn't grow up to be a teacher so maybe I can't pass along all the great things I was taught. But I can pass along the feeling of safety and security some of my favorite teachers brought me. It's what I strive to bring my clients every day!

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

What's Inside This Month?

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Get 5 FREE Storage Cartons!

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

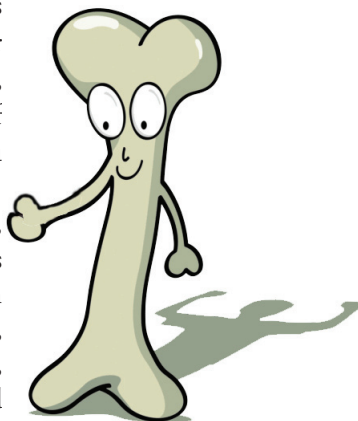
Keeping Your Bones Strong as You Age

About ten million Americans have osteoporosis and another 34 million have its precursor, osteopenia. The risk of osteoporosis increases as you get older.

To keep your bones strong, increase your intake of foods rich in calcium and vitamin D. These include low-fat dairy, canned fish with soft bones, dark-green leafy vegetables, and eggs. You can also find foods fortified with calcium and vitamin D, including orange juice, breads, cereals, and milk.

Many healthy lifestyle changes can decrease your risk of developing osteoporosis. You should consider increasing the amount of exercise you do. The best are weight-bearing exercises like dancing, walking, weight lifting, and playing tennis. Smoking increases the risk of bone-breakage, so quitting smoking is important.

Finally, check with your doctor to see if any medications you are taking are increasing your risk of developing osteoporosis. These drugs include some antiseizure drugs, certain cancer drugs, some sleeping pills, thyroid medication, and certain types of steroids. If you are taking a drug that can increase your risk of bone-weakening, ask your doctor for a bone density test to find out how strong your bones are.



“You’re never too old to become younger.”

– Mae West

By the Numbers: Colleges

- More than 8.2 million applications are sent in to U.S. colleges each year.
- There are almost 11 million full-time students enrolled in four-year colleges in the United States.
- About 41 percent of students who complete high school enroll immediately in a four-year college and 27 percent enroll in a two-year college.
- Females make up the majority of university students, with 57 percent female versus 43 percent male.
- The average price for one year of undergraduate tuition, fees, room, and board is \$13,564 at public institutions and \$32,026 at private institutions.

Source: National Center for Education Statistics, Institute for Education Sciences
Institute for Education Sciences

September Holidays and Events

- 1-7 Self-University Week
- 2 Labor Day
- 4 Newspaper Carrier Day
- 5 Be Late for Something Day
- 8-14 Substitute Teacher Appreciation Week
- 8 National Grandparents Day
- 9 National Boss/Employee Exchange Day
- 10 Swap Ideas Day
- 13 Blame Someone Else Day
- 15-21 Prostate Cancer Awareness Week
- 16-20 National Love Your Files Week
- 17 Citizenship Day
- 18 World Water Monitoring Day
- 19 International Talk Like a Pirate Day
- 20 National POW/MIA Recognition Day
- 21 International Day of Peace
- 22 First Day of Autumn
- 22 National Centenarian’s Day
- 23 Family Day—A Day to Eat Dinner With Your Children
- 24 National Punctuation Day
- 25 National Women’s Health and Fitness Day
- 26 World Maritime Day
- 27 Ancestor Appreciation Day
- 27 Love Note Day
- 28 Family Health and Fitness Day
- 28 National Hunting and Fishing Day
- 22-29 International Week of the Deaf
- 29 Gold Star Mother’s Day

September is Also:

- International People Skills Month
- International Self-Awareness Month
- International Strategic Thinking Month
- World Animal Remembrance Month
- AKC Responsible Dog Ownership Month
- Atrial Fibrillation Awareness Month
- Attention Deficit Hyperactivity Disorder Month
- Baby Safety Month
- Backpack Safety America Month
- Be Kind to Editors and Writers Month
- Childhood Cancer Awareness Month
- College Savings Month
- Eat Chicken Month
- Fall Hat Month
- Gynecologic Cancer Awareness Month
- Happy Cat Month
- Healthy Aging Month
- Hunger Action Month
- Library Card Sign-Up Month
- Mold Awareness Month
- National Childhood Obesity Awareness Month

PacBlog

PacBlog is the monthly web log of Pacific Records Storage. To read this month's installment, please click the title below.

[2013's Hot Topic: Privacy \(Or Lack Thereof\)](#)

You may also access the PacBlog at the URL below. There you will find this month's installment along with archives of previous installments.

<http://pacific-records.com/category/pacnews>

Alone at the Front

A teacher was scolding her class after all of them did poorly on their English test. She told them that she thought they could all do better and asked that anyone who thought he or she was not very good at English to stand up. There was an uncomfortable silence, but finally one little boy in the back stood up slowly.

"Very good, Tom," said the teacher. "At least you realize that you have some weakness and that gives you a good opportunity to improve."

"Oh, I don't actually think I'm bad at English," said Tom. "I just felt sorry for you standing there all alone."



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:

A man was born in 1949 and died in 1950, yet he was 91 years old. How can this be?

Last Month's Answer to: Change the position of only one number to make the following equation correct: $32 - 6 = 2$

$$2^3 - 6 = 2$$

Last month's Winner:
MAGGIE WYATT

Email your answer to info@pacific-records.com

SEPTEMBER SERVICE

AWARDS

Celebrating Pacific Employee Anniversaries

5 YEARS

David Meza

Did You Know: Coupons

September is National Coupon Month.

The first coupon was issued in 1887 when Asa Candler used paper tickets to give away free glasses of Coca-Cola.

In 1909, C.W. Post used one-cent coupons to market his newest cereal, Grape Nuts.

By 1965, fifty percent of Americans used coupons.

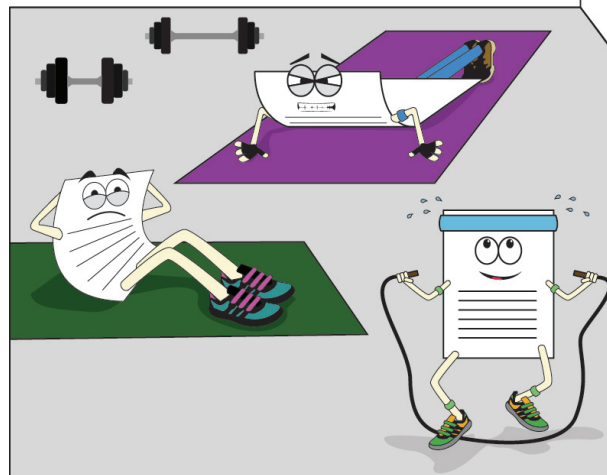
Almost 80 percent of Americans report using coupons each year.

Almost 75 percent of coupons only require a purchase to buy one item. The rest require a purchase of two or more items.

Over one quarter of consumers used more coupons in 2012 than they did in 2011.

The top two reasons consumers give for not using coupons is that there are no coupons for the products they want to buy and their coupons expire before they can use them.

Marketers overwhelmingly use free-standing inserts, most often found in newspapers, to distribute their coupons, with over 90 percent of coupons printed in this medium.



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.

Risks of Storing your Business Records in Self Storage

If your office is cluttered with file cabinets that are stuffed to the gills with business documents and files, the self storage unit just down the road may seem like the perfect solution. But as is the case with most things, convenience can come at the expense of quality. Storing your records within a self storage unit puts your business information at risk.

A lack of comprehensive security systems and unregulated access both represent significant threats to business documents kept in a self storage unit. Many facilities lack on-site management. Multiple tenants can come and go at all hours of the day with minimal monitoring. Additionally, most units are nominally protected with a padlock—increasing the risk of theft.

Self storage facilities also lack comprehensive systems critical for the long-term preservation of records. It's not uncommon for units to be pest-laden, leaky and prone to mold growth, which can damage documents that may have to be retained for several years per legal and regulatory requirements. Fire hazards are common, as there are few and rarely enforced restrictions on the storage of hazardous and flammable materials. And without proper fire detection and suppression systems, you're business records could literally go up in smoke.

Storing records in a self storage unit may seem like an easy way out of being buried under paper, but considering the risks it's wise to work with a professional records and information management company. Dedicated facilities, systems and expertise ensure that your business documents are protected and preserved for as long as you need them.

Easing Your Financial Stress

According to surveys, up to 80 percent of Americans suffer from significant financial stress. There are lots of ways to work on improving your financial situation, but you also need to address the mental stress on you and your family.

Your first strategy to reducing stress should be to take an honest look at your financial situation. This may seem counterintuitive. After all, spending time analyzing the situation should increase your worry, right? Well, actually not knowing your financial state is the largest cause of anxiety. Denial is also a contributor. Not knowing if you can afford another car is different than knowing you cannot afford it. While the picture may not be pretty, at least you will know where you stand, and this is the only way to begin to improve things.

Next, consider which of your habits are leading to your financial state. This can be hard, as this often involves emotional issues related to money. For example, if you tend to lavish gifts on your friends, you may be trying to get them to like you more. If you buy a new car every couple of years, you may be insecure about how others see you. Examine how you emotionally connect to your money, and you may surprise yourself with how much is unnecessary spending.

So, once you are honest, know where you stand, and have confronted your financially-unhealthy habits, it all comes down to budgeting. Your budget is your roadmap to reducing your financial stress. If you go off course, your stress will simply increase. Coming up with a realistic budget and sticking to it are hard, but the benefits are enormous. Not only will you be able to meet your financial obligations, but your stress and worry will be reduced.

Autumn Tips for Pet Owners

Pets, just like people, look forward to a break in the hot weather of summer. It is a lovely time of year for our animal friends, but there are some safety tips to keep in mind as the weather cools.

As you gather school supplies, remember to keep them out of the reach of your pets. While items such as glue sticks and magic markers have low-toxicity, a pet can get sick if he or she ingests a large quantity of them. To be safe, store them out of your pet's reach.

If your pet spends time outdoors, be sure to keep a close eye on the weather forecast. In the fall, cold weather can move in quickly, even on a day that starts out warm. Make sure that your pet has adequate shelter and some protection from freezing rain and wind.

Fall is one of the best seasons for mushroom growth. When heading outdoors, be sure to keep a close eye on your dog when he or she explores areas with lots of plants. Most mushrooms are non-toxic, but ingesting one of the dangerous varieties can have serious consequences. If you see your dog eating a wild mushroom, contact your veterinarian immediately.

In preparing for colder weather, many people change or add to the coolant in their vehicle. Be sure to keep antifreeze away from your pet, as it is highly toxic. Spills should be cleaned up immediately. You may also consider switching to propylene glycol-based coolants rather than using the standard ethylene glycol-based coolants. While not completely non-toxic, they are much better than the standard antifreeze.

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

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