

FEBRUARY SERVICE

AWARDS

Celebrating Pacific Employee Anniversaries

24 YEARS

Lori Ornellas

22 YEARS

Tony Silva

20 YEARS

Tim Hoskins

15 YEARS

Ellen Clare

5 YEARS

Kenneth Porcho

2 YEARS

Dan Royal

1 YEAR

Key Thao

Thoughts from Richard Steed

As I watched the early newscast this morning our anchorwoman remarked (shaking her perfectly coiffed head) that she encountered an Easter candy display at a store recently.



Easter? It's February! What happened to Valentine's Day? You know . . . gaudy cards, overpriced roses and the like? Yet, I'm not as cynical as it might sound . . . really . . . in fact, I will share with you a story I recently heard . . .

A lady was recounting her early Valentine's Days. It was the one day a year where her no-nonsense father would buy a good box of chocolates for her mother, and also purchase a thrifty box of chocolate covered cherries for each of his children, which would be unceremoniously dropped in their laps.

The thing is . . . none of the kids cared for chocolate covered cherries all that much, especially this lady, who admitted she despised them as a child. She did not tell her father this, however. Instead, she would thank him and eat one or two in front of him. She seemed to understand, even though young, that his gesture meant more than the candy.

The lady is now grown and last year her father passed away. Valentine's Day came just like it always had, but this time without her Dad, or the waxy, gooey candy. No more having to pretend she liked those yucky things!

That afternoon she found herself in the parking lot of a local grocery store, crying, as she opened a box of chocolate covered cherries and took a big, gooey bite.

Let's not forget this February that it's all about the people in our lives and not the quality of the chocolates.

Happy Valentine's Day!

Richard

"I would rather have eyes that cannot see; ears that cannot hear; lips that cannot speak, than a heart that cannot love."

—Robert Tizon

What's Inside This Month?

Thoughts from Richard Steed

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This Leap Day in History!

Ah, Fresh Air: Improve Your Home's Air Quality!

Want to Win a \$25 Amazon Gift Card?

The Drawbacks of Multifunction Office Printers

February Offers!

Shred 6 Drives for the Price of 5!

One (1) Hard Drive shredded FREE for every five (5) you bring in during the month of December!

Trivia Quiz: JELL-O®

February 8-14 is celebrated as JELL-O® Week. Test how much you know about this fruity treat with this fun trivia quiz.

1. The first flavors of JELL-O® developed were strawberry, raspberry, orange and what flavor?
2. What famous comedian became the spokesman for JELL-O® pudding in 1974?
3. JELL-O® began to take off in the early 1900s when these items were given away free.
4. What 1939 film used JELL-O® powder to tint the colorful horses in one of its famous scenes?
5. What movie contains the infamous line, "There's always room for JELL-O®"?
6. As immigrants passed through this famous entry port, they often were served a bowl of JELL-O® as a welcome to America.
7. What famous American painter was commissioned by JELL-O® to create ads for the product?
8. What city's residents consume more JELL-O® than any other city in the world?
9. Which fresh fruit has an enzyme that keeps JELL-O® from setting?
10. In 1993, a bowl of lime JELL-O® was hooked up to an EEG machine. It was found to have the same waves as what?

Answers on Back Page!

Green Living: Reducing Paper & Plastic Use

Paper and plastic should be recycled whenever possible. It's the responsible thing to do! But sometimes all of that recycling can pile up, requiring frequent trips to the recycling bin. One way to reduce paper and plastic recycling is to use less of each in the first place.

To reduce your paper and plastic use at the office, keep your own dishware, flatware, and mug at your desk. This will keep you from using paper and plastic disposables for your lunches and snack breaks. When you're finished eating, give your plate and utensils a quick wipe down in the sink, then store them away for their next use. You can also bring your drinks in reusable bottles, and can tuck a cloth napkin into your lunch bag.

Speaking of lunch bags, instead of paper or plastic, invest in a reusable cloth or nylon bag. These are widely available and can be zippered or velcroed closed to keep your lunch and snacks fresh. Such reusable bags are also made to be refrigerated, which is an advantage over brown paper bags that don't hold up so well in the fridge!

February Holidays and Events

Daily Observances:

- 1 Take your Child to the Library Day
- 2 Groundhog Day
- 4 African-American Coaches Day
- 5 Digital Learning Day
- 7 Wave All Your Fingers at Your Neighbors Day
- 8 Laugh and Get Rich Day
- 9 Read in the Bathtub Day
- 11 Get Out Your Guitar Day
- 11 Satisfied Staying Single Day
- 13 Employee Legal Awareness Day
- 13 Madly in Love with Me Day
- 14 Saint Valentine's Day
- 15 Susan B. Anthony Day
- 17 Presidents' Day
- 18 Single-Taking Day
- 20 World Day for Social Justice
- 21 International Mother Language Day
- 22 World Sword Swallowers Day
- 23 Curling is Cool Day
- 25 World Spay Day
- 26 For Pete's Sake Day
- 27 National Chili Day
- 28 Floral Design Day
- 28 National Tooth Fairy Day
- 29 Leap Day!

Monthly Observances:

- National Black History Month
- Spay/Neuter Awareness Month
- Library Lovers Month
- American Heart Month
- Bake for Family Fun Month
- Beat the Heat Month
- Fabulous Florida Strawberry Month
- International Boost Self-Esteem Month
- International Expect Success Month
- Marfan Syndrome Awareness Month
- National Bird-Feeding Month
- National Cherry Month
- National Mend a Broken Heart Month
- National Time Management Month
- National Women Inventors Month
- Plant the Seeds of Greatness Month
- Return Shopping Carts to the Supermarket Month
- Spunky Old Broads Month
- Wise Health Care Consumer Month
- Worldwide Renaissance of the Heart Month
- Youth Leadership Month

Weekly Observances:

- 8-14 Jell-O Week

PacBlog

The Benefits of a Document Scanning Service

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

<https://pacific-records.com/the-benefits-of-a-document-scanning-service>

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>

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

Do You Want To Win A \$25 Amazon 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 fruit has seeds on the outside?

Last Month's Answer to:
What word binds all of these together:
Copy, Burglar, Fat, Nap, Bag?

CAT!

Last month's Winner:
SHERYL PEREDA
BARTH DALY, LLP

Email your answer to info@pacific-records.com

This Leap Day in History!

February 29th only comes once every four years. What great historical events have happened on Leap Day?

1872 - Yellowstone became the first national park.

1940 - Hattie McDaniel, who starred as Mammy in "Gone With the Wind," became the first black actress to win an Academy Award.

1972 - Baseball player Hank Aaron signed a three-year deal with the Atlanta Braves, worth \$200,000 per year, making him the highest-paid player in Major League Baseball at the time.

Salt and Headaches

Persistent headaches can often result from high blood pressure. Because it's believed that excessive salt consumption can cause high blood pressure, doctors have often thought that salt causes headaches indirectly due to a resulting increase in blood pressure. However, a new study has found that high salt consumption can cause headaches on its own, even without an increase in blood pressure.

Researchers at Johns Hopkins Medicine in Baltimore, MD, found that people who ate foods high in sodium had headaches than those who ate foods low in sodium.

Because the study subjects ate the high sodium diet for only a short period of time, there was no notable corresponding rise in blood pressure, even with an increase in headaches. Thus, researchers believe that there's an independent mechanism at work in sodium itself that causes the headaches.

More research needs to be conducted to understand this link. But if you find that you have unexplained headaches, you may want to take a look at your sodium consumption. Try cutting back to see if you get any relief.



"I used to bury my bones, but now I upload them to the cloud."

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The Drawbacks of Multifunction Office Printers

Today's multifunction office printers are equipped with a variety of features that let you print, copy, fax and scan documents. Combining the features of separate machines into an all-in-one unit can save a great deal of money and space. But the all-in-one functionality of a multifunction printer comes with certain drawbacks.

Lack of connectivity is often one of the biggest problems. While one device may be able to connect to a multifunction office printer easily, another device may receive an error message. If your network doesn't have enough bandwidth, print jobs can take a long time to complete.

Often, multifunction office printers compromise the quality of one function in favor of another. For example, your printer may do an excellent job of producing and collating copies, but might not be able to fax documents in a timely manner. This is an issue when scanning large volumes of documents. Digitizing a single, multi-page file can take several minutes. If paper isn't loaded properly into the machine, the printer can jam. Quality can also be an issue. Your multifunction office printer may print quality copies but produce substandard digital images.

Most multifunction office printers cannot use functions simultaneously. So, if you're in the middle of a scanning project and need to copy or fax a document, you'll be forced to choose one or the other.

Multifunction office printers can certainly help your productivity, but they're not perfect. Before buying one, consider whether it offers the right solution for your business.



Ah, Fresh Air: Improve Your Home's Air Quality!

The U.S. Environmental Protection Agency reports that indoor air can be more polluted than outdoor air. Since people spend about 90 percent of their time indoors, this can lead to health problems. To help keep your air as fresh and clean as possible, keep these tips in mind.

1. Allow fresh air to circulate in your home. Crack your windows open periodically throughout the day. Try to allow for cross-ventilation by opening windows that are in opposite rooms. To increase air flow, use a ceiling fan or free-standing fan. If you suffer from seasonal allergies, however, you may wish to open your windows only once a day on breezy days, as wind circulating outdoors can bring pollen and other allergens inside.

2. Ask smokers to smoke outside. By making your home smoke-free, you'll greatly improve the air quality inside. Your home will also smell fresher.

3. Clean your floors often. Vacuum regularly with a vacuum cleaner that has a HEPA filter. This will remove toxins from your carpets and the air. It's best to vacuum at least twice a week, making sure you wash your filter out regularly.

4. Keep pollutants out of your home. Install screens on your windows and place a sturdy doormat outside each entrance. Inside each door, place a large floor mat to catch any lingering dirt or debris. While you may not want to ask all your guests to remove their shoes, you can have your family take their shoes off at the front door. When your guests see the shoes lined up, they may remove their shoes without being asked.

5. Check your vents and filters. Your heating and air conditioning vents can contain dust and other harmful particles. Have your vent system cleaned every couple of years, and after any substantial remodeling work in your home. The filters in your heater and air conditioner should be changed regularly to ensure the appliances run efficiently and are able to trap particles before they enter your home.



TRIVIA QUIZ ANSWERS:

1. Lemon. 2. Bill Cosby. 3. JELL-O molds. 4. The Wizard of Oz. 5. Ghostbusters II. 6. Ellis Island. 7. Norman Rockwell. 8. Salt Lake City, Utah. 9. Pineapple. 10. A human brain.

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