

How to Avoid Pesticides in Your Food

If you've committed to eating a healthy diet, you are probably adding more fruits and vegetables to your daily fare. You may have also chosen to add more whole grains and are trying to avoid excess sugar and salt in your diet. But eating healthy food and avoiding those that are not so healthy may not be the whole picture. You should also try to eliminate your ingestion of toxic substances that can be hidden in the food you buy.

More than one billion pounds of pesticides are used in the United States annually. While they can serve an important function in maintaining hearty crops, excess exposure to pesticides can be harmful. Research has shown that exposure to high levels of pesticides during pregnancy can affect the development and health of unborn babies. In some people with health problems or a weak immune system, chronic exposure to pesticides can result in respiratory problems, skin conditions, memory disorders, and some cancers and neurological conditions. Children are especially vulnerable to the effects of pesticides.

One easy way to reduce your exposure to pesticides is to choose organic products over conventionally grown foods. This is especially important for foods that you will eat raw or that have large amounts of pesticides used during the growing process. But many people find that the extra cost of organic produce is prohibitive.

If you are not able to afford all organic produce, then be sure to focus on those foods that are especially risky. Purchase these foods in an organic variety if possible: apples, peaches, strawberries, nectarines, grapes, blueberries, celery, sweet bell peppers, kale, spinach, green beans, lettuce, potatoes, and cucumbers. Also, when purchasing fruit and vegetable juices containing these products, look for an organic version as your budget allows.

It is also good to know which foods are generally low in pesticides, making them safer to eat in conventional versions. These include mushrooms, watermelon, grapefruit, sweet potatoes, cantaloupe, kiwi, eggplant, mangoes, asparagus, sweet peas, cabbage, avocado, pineapple, sweet corn, and onions.

While eating more fruits and vegetables is beneficial to your health, no studies have shown that organic produce confers more health benefits than conventionally grown produce. In other words, the fruits and vegetables you buy, whether organic or not, have the same amount of fiber and vitamins. But the real difference can be found in the amount of toxic substances you ingest when eating conventionally grown foods. If you can, choose foods that will reduce your exposure as much as possible, especially if you are feeding children and teens.

Thoughts from Richard Steed

Whew! The winter season has been a wild mixed bag around the country this year. Rain, drought, snow; everybody has had their own issues with Mother Nature. It's been quite interesting to compare our weather with the rest of the good ol' USA. Over-all, we've got it pretty darn good, wouldn't you say?



Yes, we are fortunate in so many ways. We live in a spectacular part of this nation with warm, friendly people and genuine pride in our city. Even when inclement weather does rear its head, most of us 'round here tend to face it head on and make the best of things.

I do, however, really enjoy watching the national news cover the weather extremes. It's often a great perspective reminder. It can also make one yearn to experience the February in another area of the country for a day or two—or not!

As for spring's dawning, we're now in the home stretch. Each day gives us a little more of that precious daylight than the day before. Yes, March is one of those interim months: it's not really wintertime and it's not quite springtime. It's Marchtime! (Sounds like a bit like a song written by John Phillip Sousa, doesn't it?)

During this season of Marchtime (as always) be assured that we've got all your storage and related needs covered so you can relax and make this month of 2015 the best one yet!

Richard

What's Inside This Month?

By the Numbers: Breakfast Cereal

Time Spent Shredding Documents?

Brain Teaser: Win a \$25 VISA Gift Card!

Seniors & Online Medical Records

March Offers!

Get 5 FREE Storage Cartons!

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

Daylight Saving Time

Daylight Saving Time begins Sunday, March 8. Be sure to set your clocks forward one hour. Experts also recommend using this as a reminder to change the batteries in your smoke and carbon monoxide detectors. It's a good time to reset all the breakers in your electrical box, too. Turn them off then back on to assure proper working order and to keep contacts from sticking. That way they're sure to trip when you really need them to!

Trivia Quiz: Board Games

1. In the board game Monopoly, what is the name of the man in jail?
2. This kids' board game was originally called Snakes and Ladders in the U.S.
3. What game marked its 50th anniversary by hosting a giant game in Wembley Stadium using tile pieces that were six feet across?
4. The most recent version of the board game The Game of Life introduced this method of payment. What is it?
5. What does the Swahili word "Jenga" translate to in English?
6. What game was used in the Middle Ages to learn war strategy?
7. What are the colors of the two Rock 'em Sock 'em Robots?
8. Which game allows you to fire upon your opponent's war vessels?
9. In Candy Land, what are the playing pieces shaped as?
10. In the classic war game Risk, which is the easiest continent to defend against your opponents?

Answers:

1. Jake the Jailbird.
2. Chutes and Ladders.
3. Scrabble.
4. A credit card.
5. Build.
6. Chess.
7. Red and blue.
8. Bartleship.
9. Gingerbread men.
10. Australia.

Guilty Conscience

The IRS received a letter from an anonymous taxpayer. It read:

Dear IRS,

Last year I cheated on my taxes. I have been unable to sleep well ever since. I am enclosing a money order for \$2,000. Hopefully that will help my guilty conscience. If I find that I still can't sleep, I will send you the balance.

Signed,

Anonymous

Bumper Sticker Humor

- A diplomat is a person who thinks twice before saying nothing.
- Never eat more than you can lift.
- The solution to a problem changes the nature of the problem.
- My opinions may have changed, but not the fact that I am right.

March Holidays and Events

- 1 National Black Women in Jazz and the Arts Day
- 1 World Compliment Day
- 1-7 National Consumer Protection Week
- 2 Read Across America Day
- 2-8 Women of Aviation Worldwide Week
- 3 International Ear Care Day
- 3 National Anthem Day
- 3 Peace Corps Day
- 3 World Wildlife Day
- 4 National Grammar Day
- 5 Nametag Day
- 6 National Day of Unplugging
- 7 Genealogy Day
- 8 Daylight Saving Time Begins
- 8 International Working Women's Day
- 8 Day for Women's Rights and International Peace
- 8-14 Teen Tech Week
- 9 Fill Our Staplers Day
- 10 International Bagpipe Day
- 11 Registered Dietitian Nutritionist Day
- 12 World Kidney Day
- 14 International Fanny Pack Day
- 14 Pi Day
- 15 True Confessions Day
- 15-21 National Animal Poison Prevention Week
- 16 Freedom of Information Day
- 16-22 World Folk Tales and Fables Week
- 17 St. Patrick's Day
- 18 National Biodiesel Day
- 19 Absolutely Incredible Kid Day
- 20 First Day of Spring
- 20 International Day of Happiness
- 21 National Renewable Energy Day
- 21 World Poetry Day
- 21 World Down Syndrome Day
- 22 World Water Day
- 22-28 Root Canal Awareness Week
- 23 World Meteorological Day
- 24 World Tuberculosis Day
- 25 National Medal of Honor Day
- 25 Pecan Day
- 25 Tolkien Reading Day
- 26 Legal Assistants Day
- 26 Make Up Your Own Holiday Day
- 29 National Mom and Pop Business Owners Day
- 30 World Bipolar Day
- 31 Day before April Fools Day -- Get Ready!

March is also . . .

Developmental Disabilities Awareness Month
International Ideas Month

PacBlog

The Process & Importance of Destroying Confidential Business Assets

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

<http://pacific-records.com/the-process-and-importance-of-destroying-confidential-business-assets>

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 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 should you give a sick lemon?

Last Month's Answer to: *What number divided in half is zero?*

8

Last month's Winner:

**APRIL M. ARMENDARIZ
DOWLING AARON**

Email your answer to info@pacific-records.com

Quick Tips: Cars

The best way to keep your tires in good shape is to simply drive carefully. Obey posted speed limits and avoid fast starts and sharp turns. Avoid potholes and other hazards on the road. Take care when parking so that your tires do not rub against tire stops or curbs.

By the Numbers: Breakfast Cereal

- There are over 2.7 billion boxes of cereal sold in the United States each year.
- Ninety-two percent of American households report buying breakfast cereal at least once last year.
- More breakfast cereal is eaten on Mondays than any other day of the week.
- Breakfast cereal ranks fourth on the list of top ten packaged goods sold in the U.S.
- Hot cereals account for 22 percent of all breakfast cereal meals.

Source: NPD Group

Quick Tips: Green Living

Did you know that most utilities offer you the option of purchasing green energy? You can opt into a renewable energy source like solar or wind. For most customers, this choice only costs about \$5 more per month. Not only will you be using more renewable energy, you will also be sending a message that this option is in demand.



"Am I Irish? Are you kidding? I was born green!"

3 months FREE secure Destruction service

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Many Seniors Passing on the Opportunity to Check Online Medical Records

More and more health care providers are offering their patients access to their electronic records. These records include immunization records, prescribed medication records and instructions, lab results, and appointment reminders. But a recent study shows that less than a third of adults aged 65 and older go onto the Internet to manage their health information.

The research shows that this problem is not related to cognitive decline in the elderly. Rather, the best indicator of whether a person will try to access their health information online is whether they are comfortable using the Internet in the first place.

How can you make sure you or your loved one are not left behind? First, talk to your health care provider to see if they have a system set up for their patients to access online health information. If so, ask to have someone show you how to access your information. Your health care provider should be able to guide you through the process. You can also ask a trusted family member or friend to help. With some practice, you should be able to fully participate in these new innovations.

How Much Time Are You Spending Shredding Documents?

Protecting the privacy of your information on a daily basis is a must. But over the course of days and months, the minutes you spend shredding documents each day can really add up. Before your employees use your office shredder, they have to:

- **turn the machine on**
- **remove clips, staples and report covers from each file**
- **separate files into easily shredded portions**
- **check to see if the receptacle needs to be emptied**
- **clear paper jams**
- **clean up**

There are also maintenance issues that may arise during a shredding session. The time it takes your staff to shred confidential records comes at the expense of overall business productivity.

The good news is, document destruction services eliminate the need for time-consuming and messy in-house shredding. A professional shredding company assesses your document disposal needs and implements a solution that ensures privacy protection and legal and regulatory compliance. This solution will involve placing secure collection containers in convenient locations throughout your facility. Your staff can then quickly drop whole files, including staples, paper clips, and binders, the locked containers. The disposal process for a whole file takes only a second instead of several frustrating minutes.

Once the collection containers are in place, your containers are collected, emptied and all documents are professionally destroyed on an as-needed or scheduled basis. You then receive a Certificate of Destruction upon completion of your destruction project to verify that shredding has been completed using strict security protocols.

Four Home Updates That Won't Break the Bank

Looking to update your home, but don't have the budget for big upgrades? Instead of going for a big transformation, consider making some budget-friendly updates that can spiff up your home without breaking the bank.

1. Kitchen

You may want to get new cabinets in your kitchen, but this can add up to be an expensive upgrade. Instead, try refinishing your cabinets yourself. For just a few hundred dollars, you can paint your cabinets and add new cabinet hardware. If your budget allows, install a new kitchen faucet set and replace any old light fixtures with a new look.

2. Bathrooms

Instead of gutting your bathroom to do a whole remodel, just upgrade some of the more noticeable fixtures. New faucets, a new toilet seat, and new towels can give your bathroom a

fresh look. If your tile is worn looking, you can regROUT the tile in your tub and shower.

3. Bedrooms

New paint can do wonders in any room for not a lot of money. A fresh coat of paint on your bedroom's walls and ceiling can not only freshen things up, but can change the look of the room. If your budget allows, spring for new bedding, some beautiful pillows, and new curtains.

4. Front Entry

The entrance to your house is often forgotten when considering what to upgrade in your home. But sprucing up your entryway can make a big difference. It doesn't take much money to paint your front door and install new door hardware. Add a couple of planters on either side of your door to add some color.

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