

May is National Bike Month!

May is finally here and summer is just around the corner. While we make plans for our upcoming summer festivities, let us not forget about all of the fun things we can do for the current month. May is known for many events, but one in particular is National Bike Month!



Bike to work week is May 16, 2016. It's an annual celebration of active participation. If you have been looking for an opportunity to dust off that old Schwinn of yours and put it to good use, join hundreds of communities nationwide who participate in bike to work week!

If that doesn't have you convinced here are some benefits to motivate you to put on your helmet and start enjoying some fresh air:

1. You can save a lot of money by riding your bicycle. Bicycle commuting saves on parking fees, parking tickets, fuel costs, auto maintenance costs and transit fares. According to analysis by the League of American Bicyclists, Americans save more than \$4.6 billion a year by bicycling instead of driving.
2. Bike riding is a natural way to improve your health and increase energy levels.
3. Great for the environment: for every mile you don't drive, approximately one pound of CO2 and other harmful pollutants can be saved from entering the atmosphere.

What's Inside This Month?

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Thoughts from Richard Steed

It's May already; or finally—depending upon your frame of mind. Seems like everything's green, growing, stretching towards the sun: reaching their peak of bloom. This also includes many people's allergies. The tissue companies must see a bloom in sales this time of year, as well, huh?



All sneezing aside, sometimes I catch myself pondering something off the cuff, such as where did the names of the months come from? After all, May is May and has been May since I can remember and long before that, I'm sure. I seem to vaguely recall that the months of the year are based upon the Roman calendar. A quick search discovered that this month was named after Maia and/or Maius, which is the Italian goddess of spring; the spouse of Vulcan (the ancient Greek one, not the one with pointy ears on Star Trek, otherwise, we'd probably catch people waving Leonard Nimoy's Vulcan Salute all month.)

It's nice to know that with all the things that change, the month names have pretty much stayed the same (after a little finagling by Caesar to reap some extra days and rob February at the same time, but that's another column).

Each country utilizes the same months (albeit in their own language) and that is a small way of uniting everybody. Yeah, very small, but nowadays, we'll take what we can get. Don't forget that we, too, are united as a team to expertly handle all your records management needs, and we appreciate the opportunity to prove this to you each and every May day and beyond.

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

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 May!

MAY SERVICE AWARDS

Celebrating Pacific Employee Anniversaries

23 YEARS

Kerry Pou

13 YEARS

Ray Medina

13 YEARS

Rafael Tellez

9 YEARS

John "Reggie" Jackson

By the Numbers: Tea Drinkers

- There are over 519 million pounds of tea imported into the United States each year.
- About two billion people drink tea each morning.
- A pound of loose tea can make about 200 cups of tea.
- There are over a billion tons of tea produced every year worldwide.
- With 1.8 million tons produced, China produces more tea than any other country in the world.

Source: World Tea Expo

A Mother's Work

A man arrived home from work one afternoon to find his home in total disarray. His children were out in the yard playing in the mud in their pajamas. The front door to the house was open, leading to a large mess in the entryway. A lamp was knocked over, and there were crayon drawings on the wall. The television was blaring at full blast, and there were toys and clothing strewn all around the house. The kitchen held an even bigger mess with dirty dishes in the sink, broken glass on the floor, and a pile of sand in the middle of the room.

He ran upstairs, fearing the worst had happened to his wife. Instead, he found her still in her pajamas, curled up in bed, reading a novel.

"What on earth happened in here today?" he asked.

His wife smiled at him and said, "You know how you come in every day and ask what in the world did I do today?"

"Yes," he stammered out.

"Well," she continued smiling, "Today I didn't do it."



May Holidays and Events

Daily Observances

- 1 May Day
- 3 World Press Freedom Day
- 3 World Asthma Day
- 4 International Respect for Chickens Day
- 4 Star Wars Day
- 5 Cartoonists Day
- 5 National Day of Prayer
- 6 Hug Your Cat Day
- 6 No Diet Day
- 7 Mother Ocean Day
- 8 Mother's Day
- 8 World Red Cross Red Crescent Day
- 10 World Lupus Day
- 11 Donate a Day's Wages to Charity Day
- 11 Eat What You Want Day
- 12 Limerick Day
- 13 Blame Someone Else Day
- 14 International Migratory Bird Day
- 14 Spring Astronomy Day
- 14 World Fair Trade Day
- 15 International Day of Families
- 16 Biographers Day
- 17 World Telecommunication and Information Society Day
- 18 International Museum Day
- 19 National Hepatitis Testing Day
- 20 International Virtual Assistants Day
- 20 Weights and Measures Day
- 21 World Day for Cultural Diversity for Dialogue and Development
- 22 International Day for Biological Diversity
- 23 International World Turtle Day
- 24 Brother's Day
- 24 International Tiara Day
- 25 National Missing Children's Day
- 26 World Lindy Hop Day
- 30 Memorial Day
- 31 World No Tobacco Day
- 31 What You Think Upon Grows Day

Monthly Observances

- National Bike Month
- Global Civility Awareness Month
- International Victorious Woman Month
- International Mediterranean Diet Month

Weekly Observances

- 1-7 Be Kind to Animals Week
- 1-7 Choose Privacy Week
- 1-7 National Family Week
- 1-7 National Pet Week
- 2-8 Children's Book Week

PacBlog

NAID AAA Certification: What it Means and How it Benefits Your Business

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/
naid-aaa-certification-means-benefits-business](http://pacific-records.com/naid-aaa-certification-means-benefits-business)

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>

Quick Tips: Green Living

If it's time for a new hairbrush, there is an easy way to make a greener choice in your grooming tools. Instead of buying one made of plastic with synthetic bristles, there are a variety of natural material brushes on the market. To find the most environmentally friendly, first look for a wooden handle. Many natural hairbrushes are made from boar bristles. These bristles are actually preferred by hair stylists, as they evenly distribute the natural oils in your hair, making it shinier and more manageable. If you want to avoid animal products, look for recycled-product bristles.

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:

List two things you can never eat for breakfast.

Last Month's Answer to: *What can be seen in the middle of April but not at the beginning or end?*

"THE LETTER R"

Last month's Winner:

SUZANNE MCCASLIN

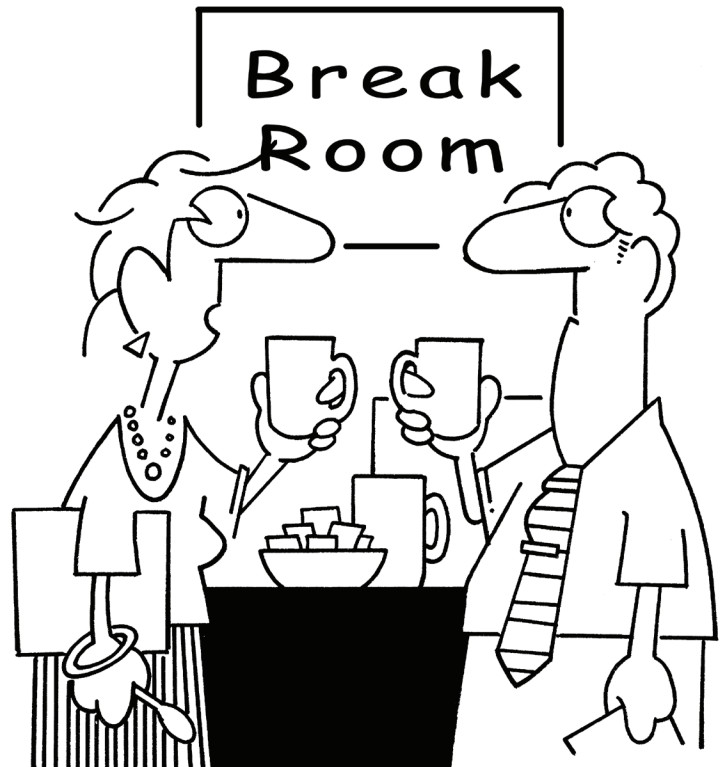
Email your answer to info@pacific-records.com

Bumper Sticker Humor

- I used to be indecisive. Now I'm not so sure.
- A clear conscience is usually the sign of a bad memory.
- If a cop arrests a mime, does he tell him he has the right to remain silent?
- Just say NO to negativity.
- It's easy to make fire with two sticks, as long as one is a match.

Quick Tips: Home

Want an easy way to update your bathroom? Simply look up. If your vanity light is outdated or damaged, changing it can add a nice new glow to your bathroom. Most home improvement stores also sell towel bars, wall fixtures, trashcans, and even soap dispensers that coordinate with lighting fixtures. So if your budget has room, this is an easy way to update your entire bathroom without the need for a full remodel.



"We could hire a productivity expert, but I think it would be cheaper to buy a bigger coffee machine."

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.

Exploring Your Information Destruction Options

Information destruction is essential for protecting your clients and employees from identity theft and preventing a corporate privacy breach. Since your business has unique privacy protection needs, it's important to explore your information destruction options.

Mobile shredding enables your documents to be destroyed at your business premises. A screened shredding professional visits your office, collects your paper records and securely destroys them on-site with a mobile shredding vehicle. Mobile shredding lets you witness the destruction of your documents first hand.

If your company needs secure shredding but doesn't have to witness the destruction process, off-site shredding is the perfect choice. Your documents are collected and securely transported to a shredding plant for destruction. A strict chain of custody is maintained during collection, transfer, and destruction.

Whether you need a one-time purge of documents or ongoing, scheduled destruction, mobile shredding and off-site shredding offer reliable privacy protection.

A solid corporate information destruction plan should also include a solution for securely destroying digital devices that store confidential data. Unfortunately, erasing or reformatting tapes and hard drives doesn't entirely remove sensitive information. The only way to make absolutely sure your data can't be stolen and compromised is through physical destruction. A hard drive and media destruction service can be combined with professional paper shredding service to offer a comprehensive information destruction solution for your business.

The right shredding and destruction provider fully assesses your privacy protection requirements and will help you choose information destruction solutions tailored to your needs and budget.

The Greatest

A little boy was overheard talking to himself as he strutted through the backyard, wearing his baseball cap and toting a ball and bat. "I'm the greatest hitter in the world," he announced.

Then, he tossed the ball into the air, swung at it, and missed.

"Strike One!" he yelled. Undaunted, he picked up the ball and said again, "I'm the greatest hitter in the world!" He tossed the ball into the air.

When it came down he swung again and missed. "Strike Two!" he cried. The boy then paused a moment to examine his bat and ball carefully. He spat on his hands and rubbed them together.

He straightened his cap and said once more, "I'm the greatest hitter in the world!" Again he tossed the ball up in the air and swung at it. He missed. "Strike Three!"

"Wow!" he exclaimed. "I'm the greatest pitcher in the world!"

How to Leave Us a Google Review

Thank you for being a client of Pacific Records Management!

As the online world grows and expands, one thing we rely on for business is client reviews. These reviews help us to achieve better ranking in search engines. Would you be willing to review our company? We've provided the links below with easy instructions to submit your review.

Thanks in advance for taking the time to help us! We appreciate your business and it is a pleasure to serve you.

How to Review Us on Google

Please go to the appropriate link below for your service area:

Sacramento: <https://plus.google.com/+PacificRecordsManagementSacramento/about?hl=en&review=1>

Modesto: <https://plus.google.com/+PacificRecordsManagementModesto/about?hl=en&review=1>

Stockton: <https://plus.google.com/+PacificRecordsManagementStockton/about?hl=en&review=1>

Fresno: <https://plus.google.com/+PacificRecordsManagementFresno/about?hl=en&review=1>

Next, sign in to Google+, and click the gray "Write a Review" button found just under our address.

You will be directed to a login screen for Google. If you are logged into your Google account, you will see a review window, and your review will be posted using your Google ID. If you do not have a Google account, click on the red "Create Account" button link at the top right to get your free Google account.

In the Review section, choose the rating that best represents your opinion of our company and the service we provide. Then in the open box area, please add a description to support your rating. Be sure to click the blue "Publish" button when you are finished.



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