

## EVENT CALENDAR

FREE COMMUNITY SHRED DAY  
Fairchild Air Force Base - May 7 & 8

FREE COMMUNITY SHRED DAY  
Spokane County Library - June 6

## COMMUNITY WORK

One of the great organizations DeVries works to support is the Vanessa Behan Crisis Nursery. This non-profit is heavily supported by the community and a host of volunteers. For families in crisis this is a safe refuge for children providing them a safe harbor during times of family crisis. We assist with the Christmas season Santa Express store where children can buy fitting gifts for their families. The entire store is staffed and run by a dedicated group of volunteers, located in temporary space during the holidays.

During the period after Christmas, the staff is busy buying goods and receiving donations for the following Christmas season. The inventory and store fixtures are stored with us and we receive the additional inventory during the course of the year. When it's time, we load it all up and deliver to the store. At the end of Christmas, we come back, pack it up and take it back until the following year.

It is such a great story and they help so many children, we are happy to help. This past year alone, the Santa Express store raised \$100,000.00 for the Nursery. We are in it to support healthy families and our community.

## Quick Tips: Quick Tips: Money

Before exchanging wedding vows, take the time to have an honest and frank talk about your finances. Money matters can be a major source of friction in a relationship, so it pays to be candid and open. Discuss debt you both owe and set short and long-term goals for your financial future.

## Quick Tips: Organizing

When serving condiments at a picnic or potluck, instead of placing lots of big, bulky bottles on the table, use a muffin tin. Fill each compartment with a different topping—ketchup, mustard, mayo, relish, hot sauce—and place a spoon in it. This makes for quick and easy access, which is especially helpful when you are serving a crowd or have lots of kids in your group.

## Thoughts from Pat

Security is a top priority for us at DeVries Information Management. Data protection laws continue to highlight the importance of keeping our clients information secure.

A recent article in the local paper written by, David Lazarus of the L.A. Times, discussed and highlighted a current federal data-breach bill called the Data Security and Breach Notification Act of 2015. This bill if passed in its current form will in some cases weaken current state level data since this legislation would pre-empt all state laws. This is not the direction to go, since even Washington State has fairly strong data-breach and notification laws on the books.

Hopefully this federal legislation will be strengthened before it passes and becomes law. It's become commonplace for large data-breaches and would seem most of us have been affected in some way by now. Having our personal information illegally accessed is very chilling and can have disastrous consequences. A strong Federal data-breach and notification bill would go a long way in helping prevent or minimize the number of people affected by this. Let's hope our Congress gets it right and creates a standard to protect all of us.



*"The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty." —Winston Churchill*

## 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:

(866) 433-4691

[CustomerService@Devriesinc.com](mailto:CustomerService@Devriesinc.com)

## THREE MONTHS FREE STORAGE!

Sign up for a new hard copy account in **May** and get 3 months of storage FREE with mention of this coupon! Email [MattD@devriesinc.com](mailto:MattD@devriesinc.com) for more information.



## RANDY'S ROUNDUP

### ***How To Choose A Paper Shredding Service***

Document destruction is a vital part of business and personal information security. Here are some tips for success in your small business.

Identity theft is one of the most common crimes committed in the current age and the easiest way to get information is from documents that aren't disposed of properly. Documents you use in business may not be needed anymore and the best way to get rid of them is to shred them. Once you've decided to utilize a paper shredding service, you'll have to determine which service to use.

There are many factors that go into determining a paper shredding service; below are a few things to consider.

Your Paper Shredding Needs. What are they? One of the first things you need to do to help you choose a paper shredding service is determine your need for shredding services. Depending on your type of business, you may have piles of paper that needs to be shredded, or the occasional hard copy of a contract or tax packet that needs to be shredded to maintain your company privacy. If you determine you don't have many hard copies to shred, you might choose a drop off service when you have collected enough to make a trip. If your paper volume is high, either with tax paperwork or contracts or design revisions, being aware of just how much paper you collect and how frequently you need to drop off paper, it may be more cost effective to use a service regularly. Depending on the route you choose, there are usually options to customize your needs.

DeVries Information Management offers community events throughout the year, partnering with like-minded business organizations to give back to our communities. If you don't tend to have much paper to shred, keep a look out for a free paper shredding events in Spokane and surrounding areas.

*"There are always flowers for those who want to see them."* — Henri Matisse

## ***May Holidays and Events***

- 1 May Day
- 1-7 Choose Privacy Week
- 3 World Press Freedom Day
- 3-9 Update Your References Week
- 4 International Respect for Chickens Day
- 4-10 Children's Book Week
- 5 World Asthma Day
- 6 Great American Grump Out
- 6-12 National Nurses Week
- 7 National Day of Prayer
- 8 World Red Cross Red Crescent Day
- 9 World Fair Trade Day
- 10 Mother's Day
- 10-16 Work at Home Moms Week
- 11 Eat What You Want Day
- 11-15 National Etiquette Week
- 11-17 National Stuttering Awareness Week
- 12 Limerick Day
- 13 Donate A Day's Wages to Charity Day
- 14 Underground America Day
- 15 International Virtual Assistants Day
- 16 Biographers Day
- 16-22 National Safe Boating Week
- 17 World Telecommunication and Information Society Day
- 17-23 World Trade Week
- 18 International Museum Day
- 18-25 National Backyard Games Week
- 19 National Hepatitis Testing Day
- 20 Weights and Measures Day
- 21 National Waitstaff Day
- 22 National Maritime Day
- 23 International World Turtle Day
- 24-30 National Hurricane Preparedness Week
- 25 Memorial Day
- 27 National Senior Health and Fitness Day
- 29 Hug Your Cat Day (see article below!)

## ***How Your Cat Makes You Healthier***

Cat owners know that their feline friends can bring them joy, but many people do not realize that a cat in the home can also make you healthier. A study conducted by researchers at the University of Minnesota found that owning a cat can reduce your risk of a heart attack by nearly one third. This effect persisted even when the researchers looked at other factors known to trigger heart attack, including high cholesterol levels, smoking and diabetes. The researchers are not sure exactly why this is, but they speculate that owning a cat can lead to a reduction in stress and anxiety, factors that can contribute to a risk of heart attacks.

Veterinarians offer more insight into why this link may exist. Since cats are lap animals and will sit for long periods of time to be petted, owners tend to spend more time relaxing with a cat. The act of petting an animal brings down stress levels, heart rate, and blood pressure.

## Compliance And Security With Matt

### Paper Shredding Company Ratings



Your shredding company of choice must be National Association for Information Destruction (NAID) AAA Certified. Visit [naidonline.org](http://naidonline.org) to see that DeVries is AAA NAID Certified.

This means that our company follows strict guidelines on how to handle your private documents that comply with HIPAA and other nationally recognized regulations. We are regularly audited to keep our practices current and within regulation so you can be sure your information is protected.

DeVries Information Management offers solutions no matter what your shredding needs. We are the premier document destruction service in Eastern Washington and Northern Idaho. We offer mobile service and multiple convenient drop-off locations to shred paper or hard drives. DeVries Information Management provides secure document destruction of all of your sensitive documents. We contribute to Washington recycling efforts by recycling all of the shredded material that is deemed appropriate for recycle.

We can shred virtually anything. Check out [devriesinc.com](http://devriesinc.com) or call Matt directly at 509-838-1044 for more information.

## Do You Want To Win A \$25 Starbucks 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:

Why did the neutron eat for free at its favorite restaurant?

**Last Month's Answer to:** *What did the pony say when it had a sore throat?*

**"I'm a little horse."**

**Last Month's Winner**

**CYNTHIA J SCHNEIDER**

**HOSPICE OF NORTH IDAHO**

Email your answer to [MattD@devriesinc.com](mailto:MattD@devriesinc.com)

## By the Numbers: Gardening

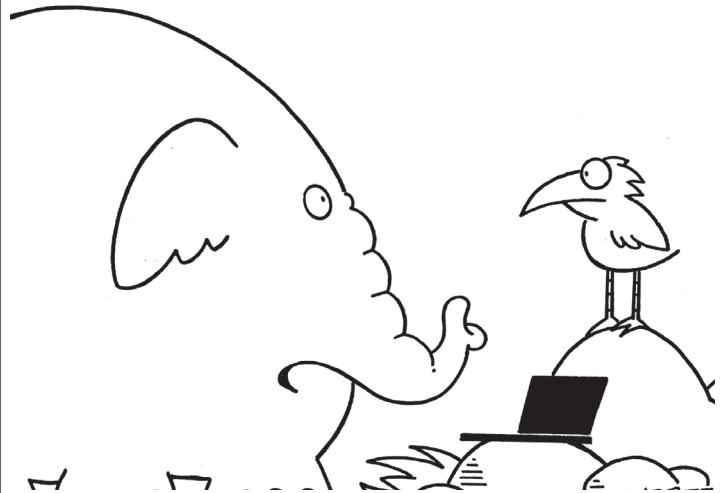
- About 35 percent of American households grow food at home or in a community garden.
- The average home food garden is about 600 square feet.
- Almost 76 percent of households with a food garden grow vegetables.
- Tomatoes are the most popular vegetable grown and are found in 86 percent of all home gardens.
- The average time spent per week gardening at home averages about five hours.

*Source: National Gardening Association*

*"You must pay taxes. But there's no law that says you gotta leave a tip." — Morgan Stanley*

## Quick Tips: Green Living

It makes good environmental sense to reuse shipping boxes, but often the outside of the box is cluttered with old mailing labels, bar codes, and tape. There is a simple solution. Cut through the old tape to completely disassemble the box. You can then recreate the box inside out so that the outside is clean and label-free. Depending on how the box is constructed, you may need to tape an extra seam, but it makes for a nice new-looking box to reuse.



*"They say an elephant never forgets, but that was before I had so many passwords, user names and PIN numbers!"*

## MAY SPECIAL: THREE MONTHS FREE SHREDDING

Sign up for a new Secure Destruction account in **May** and get 3 months of FREE shredding with mention of this coupon! Email [MattD@devriesinc.com](mailto:MattD@devriesinc.com) for more information.

## **BINTips**

is a free monthly newsletter  
from your friends at DeVries Business Services, Inc



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## **What's Inside This Month?**

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Randy's Roundup!

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*Want To Win a \$25 Starbucks Gift Card?*

Shasky's Recipe of the Month

*May OFFERS!*

## ***Shasky's Recipe of the Month: Spicy Dr. Pepper Ribs!***



### **Ingredients**

- 1 cup Brown Sugar
- 1 can Dr. Pepper
- 1 can (5 Ounces) Chipotle Peppers Packed In Adobo
- 1/3 cup Brown Mustard
- 1 Tablespoon White Vinegar
- 3 cloves Garlic, Minced
- 2 packages Pork Baby Back Ribs

### **Preparation Instructions**

Prepare the marinade by gently boiling the first 6 ingredients in a medium saucepan until reduced and thick, about 20 minutes. Allow to cool completely.

Divide into two containers and refrigerate one container for later.

Place ribs on a large baking sheet lined with heavy foil. Brush half the marinade all over the ribs on both sides. Cover with foil and refrigerate for 8 hours to marinate.

When you're ready to cook the ribs, preheat the oven to 275 degrees. Place the pan, still covered in foil, into the oven for 2 hours. Remove the foil and increase the temperature to 300. Using the other half of the sauce, brush another generous layer all over the ribs. Return the pan to the oven and continue cooking for another 30 to 40 minutes, brushing on another layer of sauce as it cooks.

Remove the ribs when they're fork tender (keep cooking until they are). Slice and serve!

