

# Pacific BREEZE®

Smell Good Guys® since 1973

MARCH & APRIL 2021 NEWSLETTER NO. 109

## DISINFECT & PROTECT YOUR BUSINESS

Now Available  
Fight the spread of  
COVID-19 with our  
Disinfecting Service!



**GET 2 FREE BOTTLES**  
OF SANITIZER & COVID-19 SIGNAGE  
WITH ANY DISINFECTING SERVICE!



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Valid through April 30th, 2021. Must present coupon at time of ordering with Sales Representative. This coupon is not reusable. Valid only on listed items from this coupon. Excludes any type of servicing, cleaning, and paper supplies (toilet paper, towel paper, etc.), and other products not listed. One coupon per customer. Cannot be called, emailed, mailed or faxed for discount. Cannot be redeemed for cash. Tax not included. Not for resale. © 2021 Pacific Breeze, Inc.



Smell Good Guys® since 1973



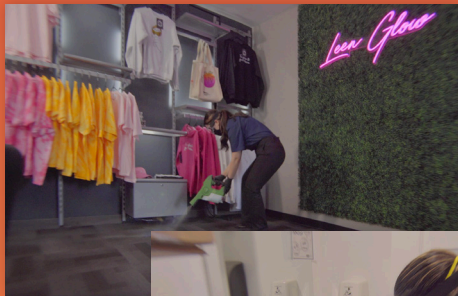
# LET'S WORK TOGETHER AND FIGHT THE SPREAD OF COVID-19!

## Stop the spread of germs and viruses on surfaces!

Fight the spread of COVID-19 with our Disinfecting Service.

Our service includes treating and disinfecting of all hard surfaces in both small and large spaces! Pacific Breeze® will disinfect high-traffic and critical touch points with our safe EPA registered disinfectant cleaner, helping you maintain a safe community!

**Call us +1-800-467-5285 or message at [www.pcbz.com/contact](http://www.pcbz.com/contact) to schedule today!**



## COVID-19 Starter Package

Starting at \$179

- 3 Rooms (150 sq ft./room)
- Hard surface disinfection & treatment
- Soft surface disinfection & treatment
- 2 Bottles of 16.5 oz. Hand Sanitizer
- Protected from COVID-19 window signage

Add on additional areas starting at \$15



## FOR SMALL AND LARGE SPACES:

- Bedrooms
- Home Offices
- Bathrooms
- Warehouses / Garages
- Kitchens / Cafeterias
- Restrooms
- Laundry Rooms
- Retail Spaces / Offices
- Elevators / Hallways
- Mail Rooms
- Conference Rooms
- Trash Chutes
- Lobbies
- Common Areas
- And more!



## HEALTH &amp; LIFESTYLE

## THE HISTORY AND BENEFITS OF ELDERBERRY

When it comes to medicinal plants, none are more popular than Elderberry. This is a plant with a long, rich history that began in the Native American and ancient Egyptian cultures. Traditionally used to treat cold/flu symptoms, the Elderberry plant (*Sambucus*) can be poisonous if ingested improperly. Do the benefits of this plant outweigh the risks? In this article, we're going to touch on the history of Elderberry along with its known benefits.

### The Elder Plant History

The Elder plant became popular right around 2000 B.C.E. for its medicinal uses. People found that the leaves, bark, and berries cured a variety of ailments. While it's widely used today for treating the symptoms of the common cold, it has been used for centuries to treat things like toothaches, headaches, cuts, burns, and fevers. In the Native American culture, the Elder plant was used to treat infections.

There was a time when the Elder plant was used as a fire-starting aid. The branches acted as straws because they were hollow, so people were able to blow through them -- creating wind for fires. In some cultures, however, this act was frowned upon. Cutting down or burning the wood was considered bad luck. It was said that spirits would reprimand those who damaged an Elder plant.

Because of its hollowed structure, it was also popular to use Elder plants to make instruments like flutes. Everyday items could be fashioned out of the elder because of its strength; you could often see things like gates/fences and combs/brushes made from the trunk. And finally, during the Victorian Era, the elderflower was used by women to create brighter complexions.

The rich history of the elder tree/plant extends beyond its medicinal uses. The Elder tree was arguably the most worshipped tree in existence. The Roman Empire eventually banned the worshipping of trees as deities in the 9th century, and then

again in 1227. But before that, the plant was said to have an effect on the way people prayed. People were told to kneel at the tree with heads bowed to ask for blessings from Mother Earth.

In medieval times, the trees were planted close to homes and were said to scare away devils and witches. The twigs were even used as talismans to carry -- people believed they would offer protection from evil spirits. Today, the tree is still celebrated and revered in some circles.

### Modern-Day Benefits of Elderberry

Today, Elderberry is still used to treat influenza and cold symptoms because it's packed with vitamins and antioxidants. People use it mainly in teas, but it also comes in pill and tincture form. When patients are looking for holistic remedies, doctors will recommend Elderberry for things like joint pain, headaches, stress, constipation, and even struggling kidneys. That being said, with modern-day science and medications, we know that this plant isn't a "cure-all." It has immune-boosting properties and it's good for the body, but it also has a few drawbacks.

For example, when it's ingested improperly, the plant can cause cramping, stomach pain, nausea, and somnolence. If taken in large doses, it can be harmful. The uncooked berries or flowers can cause diarrhea, as well. The leaves and twigs of the Elderberry plant are also said to be toxic because of the high levels of cyanide present. It's also unsafe for women who are pregnant or breastfeeding.

Continue reading online at [www.pcbz.com/blog](http://www.pcbz.com/blog)

## PREP YOUR YARD FOR SPRING

Here are some tips to help you keep your grass alive and to prevent extra work in the spring.

It is true; grass is less active in the winter and may even become dormant due to harsh weather conditions. If grass is left too long in winter it can become perfect homes to small rodents who burrow and build nests on it which will create dead spots.

Pick up leaves, branches, yard waste containers, lawn equipment, etc. off of the grass because if left for long periods of time it can kill the grass underneath causing more damage than the cold weather itself.

Shoveling walkways and keeping them clear of ice will prevent the urge to walk on your snow covered grass; this will reduce heavy foot traffic. Compacted dirt and soil on your lawn will damage and smother the grass.

If there is a need to keep where you shoveled clear of snow and ice, then sprinkle a "snow and ice melt" product in that area while still being careful not to get it on the grass. (Using sand will be less damaging if it does touch your lawn.)

### JOKES OF THE MONTH

## HA-HA-HAVE A LAUGH

**Q: What do you call a rabbit with fleas?**

A: Bugs Bunny

**Q: Name a bow that can't be tied.**

A: A rainbow

**Q: What do you get when two plants kiss?**

A: Tulips!

**Q: What goes up when the rain goes down?**

A: Umbrellas.

**Q: Why couldn't the flower ride its bike?**

A: It lost its petals.

**Q: What's a baby chick's favorite plant?**

A: Egg-plants!

**Q: What is the best flower for a boy to give his mom?**

A: A son-flower!

## CHEESY GARLIC BREAD

### Ingredients:

- 1/4 Stick Unsalted Butter Softened
- 1 Tbsp Extra Virgin Olive Oil
- 3 Cloves Pressed Garlic into the butter
- 1 tsp Garlic Powder
- 2 Tbsp Minced Parsley
- 1/4 tsp Seasoning Salt
- 1 tsp Italian Seasoning (or any herb)
- 4 Tbsp Parmesan Cheese grated (2 each side)
- 1 cup Mozzarella Cheese grated
- 1/2 cup Colby Cheese
- Baguette

### Instructions:

1. Mix Butter, Oil, Salt, Parmesan Cheese, Garlic Powder and Garlic.
2. Preheat oven to 400 degrees.
3. Cut baguette horizontal with serrated knife.
4. Place bread on sheet pan with parchment - smear both sides of bread evenly with the mix butter mix ingredients.
5. Sprinkle Mozzarella, Colby, and Parsley on bread.
6. Bake 8-12 minutes and enjoy!





# IT'S TIME FOR A SANITIZER REFILL...

Pacific Breeze® Instant Hand Sanitizer & Moisturizer with Aloe



**Pacific BREEZE**  
Smell Good Guys® since 1973

## Instant Hand Sanitizer

**& moisturizer with aloe**

**Kills 99.999% of germs in seconds...**

Use on the go without water  
Dries quickly leaving hands fresh  
Reduces germs that may cause illness

64 fl oz [1.89 L]

Drug Facts	
<b>Active Ingredient</b> Ethanol 62%	<b>Purpose</b> Antiseptic
<b>Uses</b> Handwash to help reduce bacteria that potentially can cause disease.	
<b>Warnings</b> Flammable, keep away from fire or flame. For external use only. Do not use in eyes. In case of eye contact flush thoroughly with water and seek medical attention.	
<b>Stop use and ask doctor</b> if irritation and redness develop and persists for more than 72 hours.	
<b>Keep out of reach of children.</b> If swallowed, get medical help or contact a Poison Control Center right away.	
<b>Directions</b> - Dispense an adequate amount in your palm to cover all surfaces of hands completely • Rub hands together until dry • Does not require rinsing	
<b>Other Information</b> - Do not store above 105°F • May discolor some fabrics	
<b>Inactive Ingredients</b> Water, Peg-6 AMP-Acrylates/Vinyl hydrocarbazole Copolymer, Propylene Glycol, Glycerin, Fragrance, Aloe Barbadensis Leaf Juice	
<b>Questions or Comments?</b> 800-325-8957 www.pcbz.com	

**MADE IN THE USA** RECYCLE

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## THE PACIFIC BREEZE EXPERIENCE

Pacific Breeze was founded in 1973 and since then, Pacific Breeze has been providing businesses with products and services ranging from odor control to office supplies becoming an established industry leader. To ensure that our status in the industry is maintained, we at Pacific Breeze demand the highest quality in our products, service, and vendors.