



# printer's press

Timely information and a good mix of fun from your friends at **NGP**

July 2008

## Out with the Old

It's easy to determine when milk goes bad or bread is past its prime. But what about those items without an expiration date or telltale odor? Just how long should you let things linger before they are replaced? Here are some tips on when to start tossing:

### • Computers

**Replace after:** four years.

**Why:** Technology just keeps advancing, meaning most computers will need a significant upgrade after four years. Buying new is usually a better option than trying to upgrade the old.

### • Cosmetics

**Replace after:** three months to two years.

**Why:** The growth and buildup of microbes in makeup can lead to skin irritation and infections. Liquid cosmetics are the most likely to cause problems. Keep mascara for a maximum of three months; other liquids and creams (eyeliner, foundation) for no more than a year. Powders (eye shadow, blush) can be used safely for up to two years.

### • Perfume

**Replace after:** two years.

**Why:** Long-term exposure to light, heat and air will weaken and alter the scent of perfume.

### • Fire extinguishers

**Replace after:** 10 to 12 years.

**Why:** The contents of a fire extinguisher are pressurized, and over time they will depressurize. Extinguishers can deteriorate faster if left in a high-humidity environment.

### • Pillows

**Replace after:** two years.

**Why:** The pressure you put on your pillow every night causes it to flatten. If you fold your pillow in half and hold it for 30 seconds, it should bounce back. If it doesn't, it's time for a new one.

### • Mattresses

**Replace after:** seven years.

**Why:** A mattress, no matter how expensive, will wear out over time. This can cause poor spinal alignment, which leads to restless sleeping. And as the comfort level decreases, the levels of dust and allergens increase.



## wise words

*“Wisdom is knowing when you can't be wise.”*

— Paul Engle

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## can you guess the year?

- The first Apple Macintosh goes on sale.
- Pop star Michael Jackson's scalp is seriously burned while filming a Pepsi television commercial.
- The Winter Olympics are held in Sarajevo and the Summer Olympics are held in Los Angeles.
- The longest game in Major League Baseball history begins at 7:30 p.m. between the Milwaukee Brewers and the Chicago White Sox, and ends 8 hours and 6 minutes later.
- Richard Petty wins his 200th career NASCAR victory at the Firecracker 400 in Daytona, Florida.
- Indira Gandhi is assassinated by two of her security guards.

**Also in this year:**

The Oakland Raiders win Super Bowl XVIII; *Terms of Endearment* wins the Oscar for best picture; the Louisiana World's Fair is held in New Orleans; and Band Aid releases the song "Do They Know It's Christmas?"

*Answer on page 4*



## Lied Jungle, Omaha, Nebraska

Most people will never have the thrill of visiting an actual rain forest, and it is for this reason that the Omaha Zoo built the Lied Jungle. This "total immersion" exhibit allows visitors to see, hear, smell, touch, and become part of the natural environment of a rain forest. Lied Jungle features three rain-forest habitats, from Asia, Africa, and South America, each containing vegetation and animals that are native to the area.

***"... become part of the natural environment of a rain forest."***

Several measures have been taken in order to give visitors the feeling that they are actually experiencing life in a rain forest. To simulate the humidity, a fine mist falls from tall trees. The mechanical devices, such as air ducts, filters, and light fixtures, are hidden in the walls and rocks.

Most of the rockwork and larger trees are man-made to enhance their durability. But these man-made pieces are blended into the natural vegetation in such a way that they are hardly distinguishable from the real rocks and trees. The roof of the Lied Jungle, which is 80 feet high, is designed to let the natural sunlight penetrate the rain forest and fuel the plants.

Whether walking the jungle trail or taking it all in from the canopy, visitors will encounter a variety of animals. Approximately 90 different animal species can be found on all levels of the rain-forest habitats. Some animals are allowed to roam freely while others are contained behind water and rock barriers.

From walking behind a waterfall to pushing aside hanging vines from the path, visitors are sure to find plenty of things to see and experience at the Lied Jungle.

## health



## The ABCs of Skin Protection

Because children spend such a great deal of time outside, they get most of their lifetime sun exposure in their first 18 years. One way to help your children understand the ways to protect themselves from the sun is to teach them the ABCs:

- **Away.** Stay away from the sun in the middle of the day (from 10 a.m. to 4 p.m.). You can also calculate how much ultraviolet (UV) exposure you are getting by using the shadow rule: A shadow that is longer than you are means UV exposure is low; a shadow that is shorter than you are means the UV exposure is high.
- **Block.** Use a sunscreen with a sun-protection factor (SPF) of 30 or higher to protect babies' and children's very sensitive skin. Apply at least 30 minutes before going in the sun, and reapply every two hours or after swimming or excessive sweating.
- **Cover up.** Wear clothing that covers the skin, hats with wide brims, and sunglasses with UV protection. Even young children, as young as one, should wear sunglasses with UV protection.
- **Speak out.** Teach others to protect their skin from sun damage.



## terrific trivia

1. In Roman numerals, what does the letter D stand for?
2. Where did the famed Route 66 begin and end?
3. What is the average lifespan of a major-league baseball?
4. What is present somewhere in every episode of "Seinfeld"?

1. 500
2. Chicago and Los Angeles
3. 7 pitches
4. A Superman image



## checklist

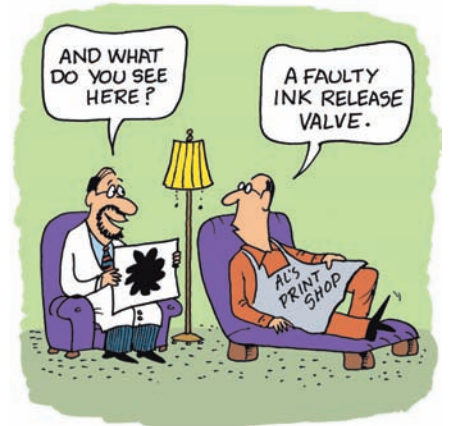
### Out for a Hike

**What to bring:**

- Water and food for the day
- Sturdy shoes
- First-aid kit
- Backpack
- Flashlight
- Map of area
- Good attitude



### Gutenberg's Army ©



## a cause for celebration

- National Tom Sawyer Days are held July 2-5 in Hannibal, Mo. A variety of activities take place, including a fence-painting contest.
- Bannack Days are celebrated in Bannack, Montana on July 19-20. This preserved ghost town comes to life to celebrate Montana's mining and pioneer history.
- Cousin's Day is held on July 24 to honor, celebrate, and show appreciation for our cousins.

## in an average lifetime

### The average American ...

- Is sick 1,086 days.
- Eats 4,194 quarts of popcorn.
- Attends 16 major-league baseball games.
- Borrows 374 items from the library.
- Walks 92,375 miles.



## A Blender and a Band Leader

The invention of the small electric motor was a great leap forward for plug-powered domestic machines. This new motor made possible the development of many small kitchen appliances, including the blender.

It was 1922 when Stephen Poplawski put this motor to work in his blender creation. He is credited as the first man to put a spinning blade at the bottom of a container. This useful contraption made it significantly easier to mix malted milk shakes. Poplawski's invention was soon a fixture in drugstore soda fountains.

Eventually, Poplawski sold his company, Stevens Electric, to Oster Manufacturing, who at the time were the makers of barber equipment. In 1946, the first Osterizer liquefier/blender was introduced.

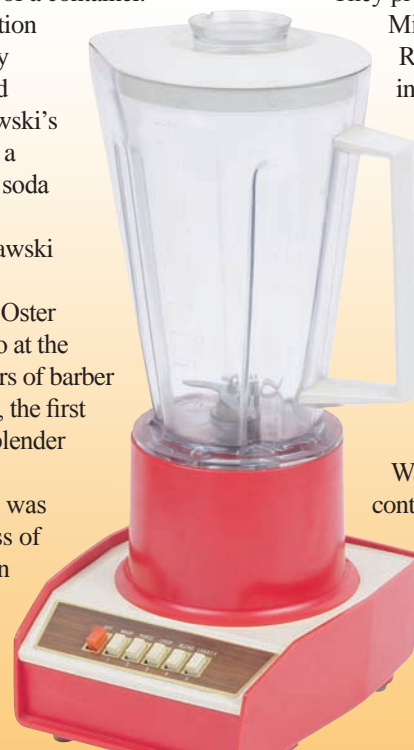
While Poplawski was enjoying the success of his invention, a man named Fred Osius was working to improve the original design.

As the story goes, he brought his idea for a mixer to popular entertainer Fred Waring in hopes of securing some financing. Osius approached Waring and pitched the idea of a mixer that would "revolutionize people's eating habits." Waring was intrigued. He enthusiastically backed the product by giving Osius \$25,000 to help with production costs.

They presented the "Miracle Mixer" at the National Restaurant Show in Chicago in 1937.

The following year the mixer was renamed the Waring Blender. Waring went on a one-man marketing crusade to promote the blender while he toured—and it worked.

Waring blenders continue to have a prominent place in commercial and residential kitchens across the world to this day.





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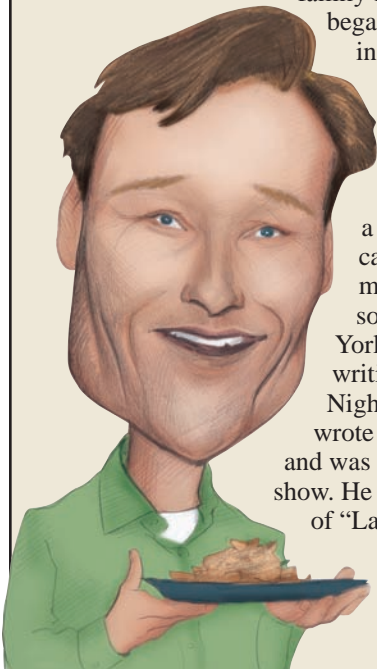
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## recipe

Conan O'Brien was born into a large Irish Catholic family in Massachusetts. He began to show an interest in humor and comedy at a young age.

After attending Harvard University, he made his way to L.A. to pursue a television writing career. He didn't have much success in L.A., so he moved to New York City and took a job writing for "Saturday Night Live." Later he wrote for "The Simpsons" and was a producer on the show. He is currently the host of "Late Night with Conan O'Brien." He and his wife live in New York City with their two children.



## Chicken Salad

*4 cups cubed, cooked chicken meat  
1 cup mayonnaise  
1 teaspoon paprika  
1 1/2 cups dried cranberries  
1 cup chopped celery  
2 green onions, chopped  
1/2 cup minced green bell pepper  
1 cup chopped pecans  
1 teaspoon seasoned salt  
ground black pepper to taste*

In a medium bowl, mix together mayonnaise with paprika and seasoned salt. Blend in dried cranberries, celery, bell pepper, onion, and nuts. Add chopped chicken, and mix well. Season with black pepper to taste. Chill for 1 hour.



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The year was 1984.