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

January 2008

Be a Better Co-worker

Taking a moment to think about how we may be viewed by co-workers is an important exercise that could have far-reaching effects.

While you may not care what Bob down in accounting thinks of you, remember that one day Bob just may be in charge of auditing your expense receipts.

Here are six tips to help you be a better co-worker:

1. Dial it down a notch. Whether it's talking on your phone, slamming doors or file drawers with a deafening bang, or singing with your iPod, make an effort to reduce the volume of noises emanating from your area.

2. Keep your ego in check. Watch your bragging. Wait to earn a compliment rather than trying to force people to deliver one.



3. Avoid office politics. When the resident gossip "confides" in you and is waiting to hear your reaction or rebuttal, don't bite, even if it's about someone you dislike. You don't want your remarks to come back to haunt you.

4. Clean up after yourself. Make sure you clear the break table after eating, and don't leave food rotting in the fridge.

5. Cut cube clutter. While certain items may make your cube "homey," the view from the other side is far less pleasing.

6. Temper your toxicity. Try not to let personal or professional unhappiness blanket the office. Co-workers will cringe at your ability to put a negative spin on everything.

wise words

"One faces the future with one's past."

— Pearl S. Buck



can you guess the year?

- The Green Bay Packers defeat the New England Patriots to win the Super Bowl.
- The comet Hale-Bopp makes its closest approach to Earth.
- The fully restored USS Constitution (aka “ Old Ironsides”) celebrates her 200th birthday by setting sail for the first time in 116 years.
- Thirty-nine Heaven’s Gate cultists commit mass suicide in San Diego, California.
- Diana, Princess of Wales, dies as the result of a car crash in Paris. Her funeral is watched by over 1 billion people worldwide.
- The McCaughey septuplets are born in Iowa.
- Mother Teresa dies of heart failure in Kolkata, India.

Also in that year: Tony Blair is appointed prime minister of Great Britain; the first Harry Potter book is published; and the Chicago Bulls win their 5th NBA championship.

Answer on page 4



The Getty Center, Los Angeles, Calif.

J. Paul Getty was born in Minneapolis, Minnesota, into a family that was in the petroleum business. He was one of the first people in the world to amass a fortune of over \$1 billion.

Getty was an avid collector of art and antiquities, specifically Greek and Roman antiquities and French decorative arts. In an effort to share his extensive collection with others, he opened the J. Paul Getty Museum at his

“... dedicated to conservation, research, and public programs ...”

Malibu estate in 1954. Then in 1974 he built a re-creation of an ancient Roman village on the same property, and moved his collection there. Upon his death in 1976, he designated a significant amount of money to be used for the expansion and preservation of the museum.

In 1997, the J. Paul Getty Museum moved once again, this time to a hilltop overlooking Los Angeles. This modernist campus, designed by Richard Meier, houses Getty’s collection of European drawings, paintings, illuminated manuscripts, sculpture, and photographs. Admission to the museum is free, but there is a charge for parking. In addition to the museum, there are extensive gardens, a variety of dining options, and a 900,000 volume research library for visitors to explore.

The ancient Roman village J. Paul Getty constructed on his property in Malibu was recently renovated to make room for 44,000 Greek, Roman, and Etruscan antiquities. Admission to the Villa is also free, with a small charge for parking. The Villa is dedicated to conservation, research, and public programs, which were the reasons behind the creation of the original museum so many years ago.

health



Surprisingly Healthy Foods

In the quest to take better care of your body in the New Year, perhaps you have started a new eating regimen. Before you deny yourself all your favorite foods, read through this list of surprisingly healthy foods:

- **Chocolate.** Not only is it incredibly enjoyable, dark chocolate is high in flavonoids, and milk chocolate may boost brain function.
- **Oils.** Safflower, olive, and canola oils are low in saturated fat and high in vitamin E.
- **Potatoes.** They are high in antioxidants and carotenoids, but they are still best eaten baked and not fried.
- **Nuts and nut butters.** Although they are high in monounsaturated fat, nuts are great sources of protein, and protein helps you feel fuller longer.
- **Coffee.** Studies have shown coffee aids in decreasing the risk of type 2 diabetes and Parkinson’s disease.
- **Cinnamon.** Large doses of cinnamon may help lower blood glucose after a meal.

terrific trivia

1. Which planet is the only one that rotates clockwise?
2. Where were sausages invented?
3. What is the only animal that can see both infrared and ultraviolet light?
4. What does "ZIP" in "ZIP code" stand for?

4. Zoning Improvement Plan
3. The goldfish
2. Mesopotamia (Iraq)
1. Venus



a cause for celebration

- The Penguin Plunge is held annually on January 1 to raise money for the Rhode Island Special Olympics. Participants plunge into the icy waters of Narragansett Bay in Jamestown, RI.
- January 17 is the birthday of Benjamin Franklin. It is also Kid Inventors' Day. Celebrate the ingenuity of kids on this day.
- January 25 is Fun At Work Day. Spend some time having fun and relaxing at work.

in an average lifetime

The Average American ...

- Eats over 10,000 bars of chocolate.
- Sheds 121 pints of tears.
- Drives 452,662 miles.
- Has 100,224 dreams.



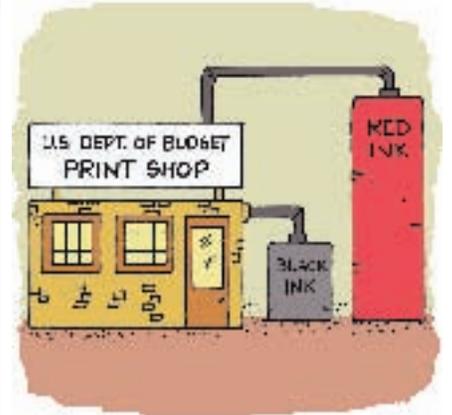
checklist

At the Gym

- Warm up first
- Cool down
- Keep an exercise log
- Find an accountability partner



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Better in 3-D

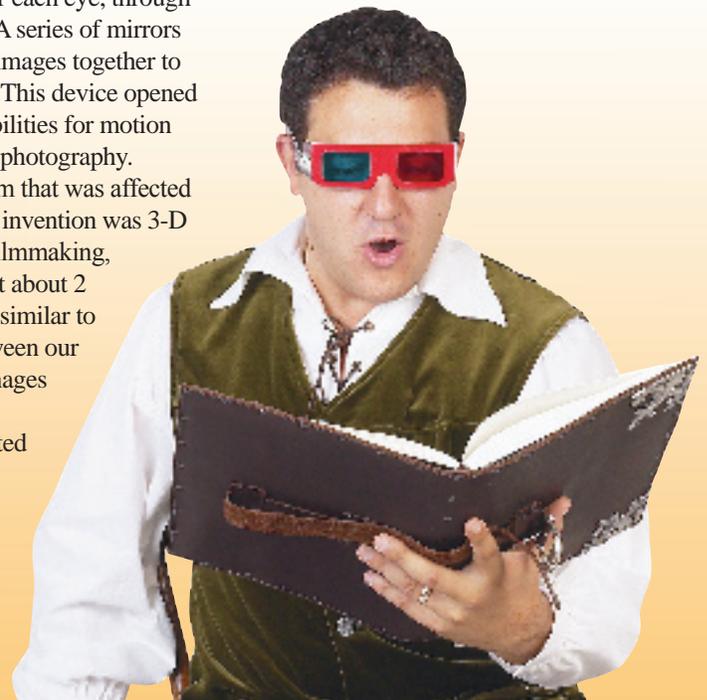
Look at an object in front of you. Close one of your eyes, then open it while you close the other. Did you notice how the object changed position? Our two eyes work together to form one image, allowing our brain to understand depth and distance.

In 1838, a man named Charles Wheatstone replicated this process using camera lenses in place of our two eyes. The device allowed the observer to view two separate drawings, one for each eye, through different lenses. A series of mirrors brought the two images together to form one image. This device opened a world of possibilities for motion pictures and still photography.

One area of film that was affected by Wheatstone's invention was 3-D cinema. In 3-D filmmaking, two lenses are set about 2 1/2 inches apart, similar to the distance between our eyes. The two images captured by the lenses are projected to represent the perspectives of left and right eyes. Without 3-D glasses, it looks like you're

seeing double because, in fact, you are!

One of the images captured by the camera is coated in red, the other in green or blue. When you put on a pair of 3-D glasses, the red lens allows the green or blue images through and the green or blue lens does the same for the red images, leaving you with one 3-D image! The use of computer-generated images to create 3-D effects has maximized the illusion, creating a better viewing experience.





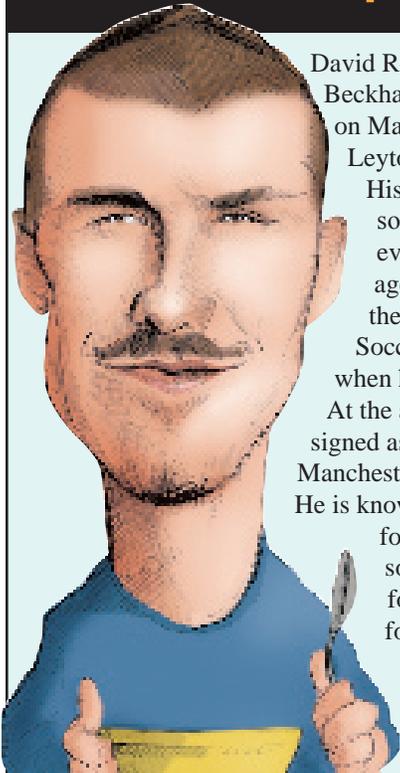
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recipe



David Robert Joseph Beckham was born on May 2, 1975 in Leytonstone, England. His ability on the soccer field was evident from an early age. He was awarded the Bobby Charlton Soccer Skills Award when he was 11 years old. At the age of 18, Beckham signed as a professional Manchester United player. He is known internationally for his incredible soccer talent, and for his marriage to former Spice Girl, Victoria. The couple has three children.

Chicken and Dumplings

- 4 skinless, boneless chicken breast halves*
- 2 tablespoons butter*
- 2 (10.75 oz) cans condensed cream of chicken soup*
- 1 onion, finely diced*
- 2 (10 oz) packages refrigerated biscuit dough, torn into pieces*

Place the chicken, butter, soup, and onion in a slow cooker, and fill with enough water to cover. Cover, and cook for 5 to 6 hours on high. About 30 minutes before serving, place the torn biscuit dough in the slow cooker. Cook until the dough is no longer raw in the center, about 30 minutes.



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The year was 1997.