



printer's press

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

March 2008

Do-It-Yourself Safety

Visit any local emergency room and you're bound to observe a number of people waiting to be treated for injuries. In recent years, census reports from emergency rooms across the country have shown an increase in DIY (do-it-yourself)-related injuries. Greater access to high-power tools and an emphasis on doing home improvement projects on your own play a big role in the increase.

Here are a few simple safety



tips to keep in mind the next time you have work to do:

• **Wear goggles.**

There are many instances, from wood cutting to lawn mowing, when wearing safety goggles is a good idea. Buy multiple pairs, and put them near the equipment you will need to use them with, and be sure to wear them.

• **Use earguards or earplugs.** It makes sense that factory workers are required to wear ear protection. But did you know that your lawn mower may actually be louder than a factory?

Even though it's only for a short time, you should still wear ear protection while mowing the lawn or using loud equipment.

• **Save your lungs.** Traditional dust masks are designed to guard your lungs from irritating dust. But they aren't meant to protect you from organic vapors given off by paints and coatings. If you're applying spray paint or an

oil-based paint, use a respirator with organic vapor cartridges.

• **Guard your hands.** Some projects require the use of work gloves. Traditional work gloves may not provide enough protection. Sheet metal, broken glass, and exposed nails can easily tear a pair of gloves. Consider purchasing a pair with reinforced palms.

• **Buy a first-aid kit.** Having a first-aid kit in the house is a great idea, but consider keeping one in your garage or shop so it is easily accessible should you need it.

wise words

"The time is always right to do what is right."

—Martin Luther King, Jr.



can you guess the year?

- Time, Inc. and Warner Communications announce plans for a merger, forming Time Warner.
- The Berlin Wall falls, paving the way for German reunification.
- A 4,400-year-old mummy is found in the Great Pyramid of Giza, Egypt.
- In Alaska's Prince William Sound, the Exxon Valdez spills 240,000 barrels (11 million gallons) of oil after running aground.
- Protests are held in Tiananmen Square, China, ultimately leading to numerous deaths and injuries.
- Pete Rose agrees to a lifetime ban from baseball following allegations of illegal gambling.
- Hurricane Hugo makes landfall in South Carolina, causing \$7 billion in damage.

Also in that year:

"Seinfeld" premieres; the Sega Genesis is released in North America; the Ayatollah Khomeini dies; the one-millionth Ford Taurus is sold; and the "Dilbert" comic strip is syndicated.

Answer on page 4



Cimarron National Grassland

In the early 19th century, a significant trade route emerged in the southern United States. The 900-mile route, known as the Santa Fe Trail, brought travelers from Missouri to New Mexico. Those who couldn't make it through the mountains with their wagons created what is known as the Cimarron Cutoff. Point of Rocks, the third-highest point in Kansas, served as an important

"... the revived grasslands mix with the Cimarron Cutoff ..."

landmark on the Cimarron Cutoff, and the Cimarron River was one of the only sources of water on that branch of the trail.

Fast-forward about 100 years to the Dust Bowl era of the 1930s, when much of the prairie land in the U.S. and Canada was devastated by

drought and swirling dust storms. The federal government initiated the Land Utilization Projects in order to restore the affected lands. From the dust, the Cimarron National Grassland emerged.

Today, the revived grasslands mix with the Cimarron Cutoff to make up 108,175 acres of land used for wildlife management, water conservation, livestock grazing, mineral production, and recreation.

The area is scattered with cottonwood groves, grassy fields, sagebrush and yucca plants, and rocky cliffs. Geologically, the land is sandstone, shale, limestone, sand, and gravel, making it an interesting place to hike and explore. Bird-watching, scenic driving, hunting, picnicking, camping, fishing, and experiencing history are favorite activities. Take time to enjoy them while visiting the Cimarron National Grassland.

health



Good Fats Versus Bad Fats

Fat has a bad reputation. In some ways, it has earned it. But fat isn't all bad. In fact, we need fats to help in nutrient absorption, nerve transmission, and maintaining cell-membrane integrity. Here is some information about the four types of fat:

- Saturated fats are considered bad fats because they raise total blood cholesterol as well as LDL (bad) cholesterol. Saturated fats are mainly found in animal products such as eggs, dairy, seafood, and meat, and in oils such as coconut, palm, and palm kernel.
- Trans fats are also bad, because they are neither required for health nor are they beneficial. Most trans fats are industrially created and can be found in many commercially packaged foods, fried foods, vegetable shortening, and stick margarine.
- Monounsaturated fats can lower LDL cholesterol and increase HDL (good) cholesterol. Canola oil, olive oil, and many varieties of nuts are good sources of monounsaturated fats.
- Polyunsaturated fats are considered good fats because they also lower LDL cholesterol levels. Seafood like salmon and fish oil, as well as corn, soy, safflower, and sunflower oils are high in polyunsaturated fats. Omega-3 fatty acids belong to this group.

terrific trivia

1. How high can dolphins jump?
2. In *The Wizard of Oz*, what is Dorothy's last name?
3. When will Halley's Comet next appear?



a cause for celebration

- Eggsibit is held March 8-9 in Phillipsburg, N.J. to encourage the art of decorating eggshells.
- National Quilting Day is celebrated on March 15 in an effort to unite quilters and quilt lovers everywhere.
- International Goof Off Day is held on March 22 because everyone needs one special day a year to goof off.
- March 25 marks Pecan Day, the anniversary of the planting of pecan trees by George Washington in 1775.

in an average lifetime

The Average American . . .

- Files 42 income tax returns.
- "Rings in" 74 new years.
- Commuter will spend 26.5 years sitting in traffic.



checklist

Homework Help

- Establish a routine
- Minimize distractions
- Use folders to get organized
- Start when children are young
- Be supportive



Gutenberg's Army®



Delicious Hires Root Beer

This story is one out of the handbook on how to live the American dream. A young man of 16 moves to the big city with 50¢ to his name and an elementary-school education. In only eight years he is running his own pharmacy, when he stumbles upon an idea for a new product.

Inventing a soft drink was the last thing on the mind of Charles Hires in 1866. He was young, in love, and on his honeymoon when he and his wife sat down for tea at a New Jersey inn. The tea, a blend of sassafras bark and herbs, made such an impression on Hires that he asked for the recipe.

When he got home, Hires set about to create his own tea based on the recipe. The result was a dry concentrate of sarsaparilla roots and herbs that could be mixed with water, sugar, and yeast to create a tasty beverage.

Hires called the drink Hires Herb Tea until a friend, the Reverend Dr. Russell Conwell, told him the word "beer" might appeal more to male consumers than "tea." After that, Hires renamed the beverage root beer.

Hires handed out free samples

of his root beer and sold boxes of the concentrate at the Philadelphia Centennial Exposition in 1876. By 1890, sales had grown considerably. That year, Hires incorporated his company and introduced his root beer in a new liquid extract form.

By the time Hires retired in 1924, his family's name had become synonymous with root beer. Over the next decade, his son introduced the company's root beer in bottles and cans.





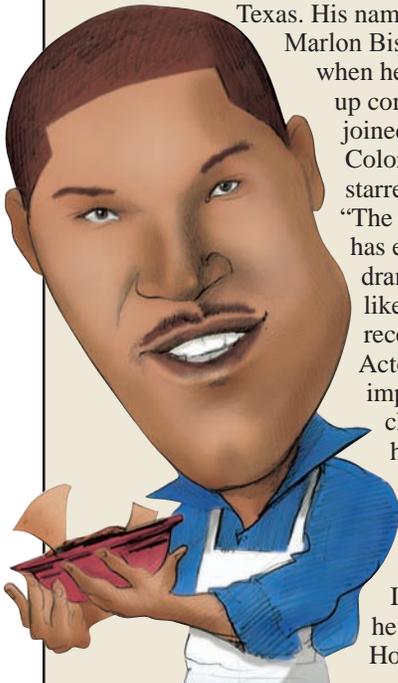
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MARCH SPECIAL
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recipe



Jamie Foxx was born December 13, 1967 in Dallas, Texas. His name at birth was Eric Marlon Bishop, but he changed it when he started doing stand-up comedy. In 1991, Foxx joined the cast of "In Living Color," and in 1996 he starred in his own sitcom, "The Jamie Foxx Show." He has evolved into a respected dramatic actor with films like *Collateral*, for which he received a Best Supporting Actor nomination, and his impressive role as the title character in *Ray*, for which he won an Academy Award for Best Actor. Foxx has also established himself as a talented musician. In September of 2007, he received a star on the Hollywood Walk of Fame.

Avocado, Tomato, and Mango Salsa

- 1 mango — peeled, seeded, and diced*
- 1 avocado — peeled, pitted, and diced*
- 4 medium tomatoes, diced*
- 1 jalapeño pepper, seeded and minced*
- 3 cloves garlic, minced*
- 1/2 cup chopped fresh cilantro*
- 1 teaspoon salt*
- 2 tablespoons fresh lime juice*
- 1/4 cup chopped red onion*
- 3 tablespoons olive oil*

In a medium bowl, combine the mango, avocado, tomatoes, jalapeño, cilantro, and garlic. Stir in the salt, lime juice, red onion, and olive oil. To blend the flavors, refrigerate for about 30 minutes before serving.



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The year was 1989.