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

April 2008

Vacation Planning

Summer will be here before you know it, and you know what that means. If you're planning a summer vacation this year, you should probably start surfing the Web and compiling brochures.

One of the most difficult things about organizing a family vacation is meeting the needs of every family member at a price you won't regret paying. While following these tips can't guarantee the perfect vacation, they can help you make a valiant effort at perfection.

• **Online hunting.** It's no secret that the Internet is a gold mine of travel deals. Be sure to check out sites that are geared toward family travel for bargains and ideas.

• **The road less traveled.** Consider

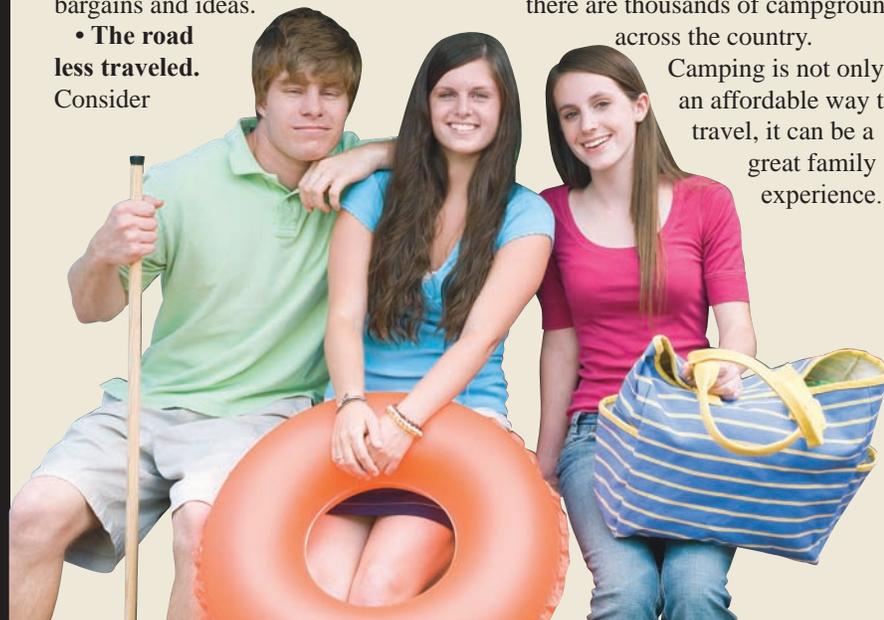
planning a vacation to an off-the-beaten-path destination. You may be able to save up to 70 percent and avoid the usual crowds.

• **Stay loose.** Let the deals you find on flights and lodging determine where and when you will travel. There are Internet sites that can assist flexible travelers.

• **Hit the road.** Don't be afraid to pick a destination that is within driving distance. Just remember that gas-guzzling vehicles and hotel stays for longer trips will raise the cost of driving, so be sure to do a fly/drive comparison.

• **Under the stars.** From the national parks to Disney World, there are thousands of campgrounds across the country.

Camping is not only an affordable way to travel, it can be a great family experience.



wise words

"Forget your opponents; play against par."

— Sam Snead

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can you guess the year?

- 500,000 people in Washington, D.C., and 125,000 in San Francisco march against the war in Vietnam.
- Apollo 14 makes the third manned moon landing.
- The stock market index called the Nasdaq debuts.
- Fifty tornadoes pass through Mississippi, killing 74 people.
- The Allman Brothers Band play their legendary concert at the Fillmore East.
- Filming begins on *The Godfather*.
- A ban on radio and television cigarette advertisements goes into effect in the U.S.

Also in this year:

Willy Wonka and the Chocolate Factory is released in theaters; Jim Morrison is found dead in his Paris apartment; the voting age is lowered from 21 to 18; a lunar eclipse lasting 1 hour, 40 minutes and 4 seconds is observed; and Walt Disney World opens in Florida.

Answer on page 4



Kentucky Horse Farms

Miles of wooden fences line the roads that wind their way through the lush green hills and rolling meadows of the Kentucky Bluegrass region. Every so often the fence stops at a farm before it begins its journey to the next farm. Within these fences stand hundreds of the most magnificent horses in the world.

These remarkable animals have been grazing and galloping in the

“... an up-close look at part of what makes America beautiful.”

Kentucky Bluegrass region since it was first settled. In the early 19th century, visitors to the area were impressed by the beautiful estates and handsome horses that seemed to be around every turn.

Today, visitors to Bluegrass country can still marvel at the splendid horses

as they tour one of more than 450 working horse farms.

The fact that these are working farms does mean that tour arrangements must be made ahead of time. Individuals may call to set up a tour at specific farms, but probably the best way to take it all in is with a tour company. In fact, many farms will only allow visitors that are with tour companies.

Several professional tour companies have put together tours that are sure to keep everyone interested. Some of these tours may also offer an overview of the city of Lexington, known by many as the “horse capital of the world.” Tours may last a few hours, so those traveling with small or restless children may have to find a different way to see the horses.

A visit to the Bluegrass region of Kentucky really wouldn't be complete without a horse-farm tour. It's an up-close look at part of what makes America beautiful.

health



Understanding Bad Breath

Over 90 million Americans suffer from chronic bad breath. Here are a few reasons why a person may have less than pleasant breath:

- **A dirty mouth.** The majority of mouth odor comes from the food you eat or the bacteria that's in your mouth. Proper cleaning will make a marked difference.
- **A mouth out of balance.** A dry mouth can exacerbate bacterial growth. Saliva is necessary to flush out the mouth, which keeps bacteria moving and prevents it from landing and multiplying. Allergy medications in the spring and summer, and dry heat in the winter are often the cause of dry mouth. Drink plenty of water to remain hydrated.
- **Not enough carbs.** High-protein, low-carb diets can lead to a condition called ketosis, where your body burns stored fats for fuel instead of burning carbs. Some of these ketones, which unfortunately don't smell very good, are released through the breath.
- **Illness.** Occasionally, bad breath can be a sign of a more serious illness, such as diabetes or GERD (gastroesophageal reflux disease). Diabetes can cause ketosis, and the resulting bad breath is sometimes one of the first symptoms that lead to diagnosis.

terrific trivia

1. Who was *Time* magazine's first Man of the Year?
2. Which U.S. state has been the birthplace of the most vice presidents?
3. Who wrote the first detective story?



1. Charles Lindbergh in 1927
 2. New York
 3. Edgar Allan Poe, "The Murders in the Rue Morgue" published in 1841.

checklist

Bike-Ride Basics

- Helmet
- Water
- Sunscreen
- Patch kit
- Spare tube(s)
- Emergency tools



Gutenberg's Army®



a cause for celebration

- Celebrate the 70th anniversary of one of cooking's modern marvels—the invention of Teflon by Roy J. Plunkett on April 6, 1938.
- Put down your dishrag and leave the bed unmade on April 7. It's No Housework Day.
- Paris, Tennessee is home to the World's Biggest Fish Fry April 16-25. More than 10,000 pounds of catfish will be served. Also includes parades, arts and crafts, auto shows, and all-you-can-eat dinners.

in an average lifetime

The average American ...

- Driver will honk their car horn 15,250 times.
- Moves to a new place 11 times.
- Changes careers four times.
- Spends 13% of their income on food.



Weather Vanes

The weather vane symbolizes a simpler way of life. They stand tall on rooftops, proudly pointing toward the direction of the wind as if they have discovered a great mystery. Perhaps that mystery is an approaching storm or a strong, dry breeze. Whatever it is, the weather vane has been a fixture in towns across the world for centuries.

The term "weather vane" was derived from the Old English word "fane," which means flag or banner. In ancient Greece, a life-sized replica of the Greek god Triton was placed upon the Tower of Winds in Athens, in hopes that this god of the sea could provide information about incoming weather patterns.

During the ninth century, seafaring Vikings mounted weather vanes on top of the masts on their ships as they set out on dangerous voyages. The information gathered from the weather vanes

gave the Vikings confidence as they sailed further from shore.

Around the same time, legend states that a papal decree went out ordering that a symbol of a rooster must be mounted on every church in Christendom. During the Renaissance period, nobility proudly displayed their coats of arms on weather vanes. And following the French

Revolution, common people

began displaying vanes on their own structures, often as a way to advertise their occupations.

Following the discovery of the New World, weather vanes were proudly displayed on the steeples of new towns. At first, these vanes were merely copies of the figures

from their European roots. But over time, they took on the character of the New World. These

Early American weather vanes have become an important part of American heritage and folk art.





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recipe

Scarlett Johansson was born on November 22, 1984 in New York City. She has a twin brother named Hunter, a brother named Adrian, and a sister named Vanessa.

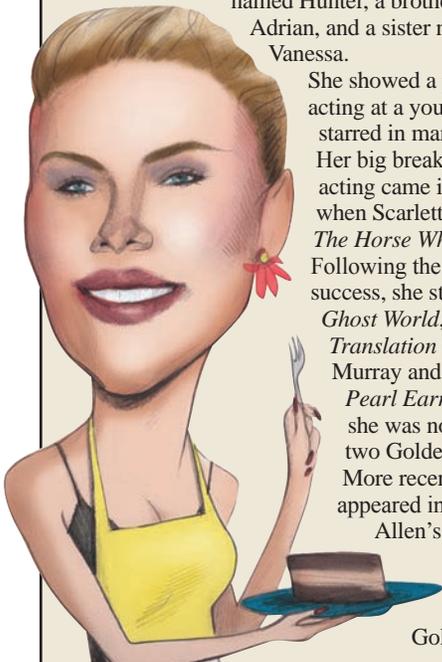
She showed a passion for acting at a young age and starred in many plays.

Her big break in film acting came in 1998 when Scarlett starred in *The Horse Whisperer*.

Following the film's success, she starred in

Ghost World, *Lost in Translation* with Bill Murray and *Girl with a Pearl Earring*. In 2003, she was nominated for two Golden Globes.

More recently, she appeared in Woody Allen's *Match Point* and was nominated again for a Golden Globe.



Tiramisu Cheesecake

- 1 (12 oz) package ladyfingers
- 4 tbsp butter, melted
- 4 tbsp coffee-flavored liqueur
- 3 (8 ounce) pkgs cream cheese
- 8 oz mascarpone cheese
- 1 cup white sugar
- 2 eggs
- 4 tbsp all-purpose flour
- 1 (1 oz) square semisweet chocolate

Preheat oven to 350° F. Place a pan of water on the bottom of oven. Crush the ladyfingers to fine crumbs and mix in the melted butter. Moisten with 2 tbsp of the coffee liqueur. Press into an 8- or 9-inch springform pan. Mix cream cheese, mascarpone, and sugar until very smooth. Add 2 tbsp coffee liqueur, and mix. Add the eggs and the flour; mix SLOWLY until just smooth. Do not overmix. Pour batter onto crust and place pan on middle rack of oven. Bake for 40 to 45 minutes, or until just set. Open oven door, and turn off the heat. Leave cake to cool in oven for 20 minutes. Remove from oven, and let it finish cooling. Refrigerate for at least 3 hours, or overnight, before serving.



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The year was 1971.