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

June 2008

Creating Champion Compost

Almost any organic material is suitable for a compost pile. The pile needs a proper ratio of carbon-rich materials, or "browns," and nitrogen-rich materials, or "greens." Among the brown materials are dried leaves, straw, and wood chips. Green nitrogen materials include grass clippings and kitchen scraps.

Achieving the best mix is more an art gained through experience than an exact science. The ideal ratio approaches 25 parts browns to 1 part greens. Judge the amounts roughly equal by weight. Here are some of the materials you should be adding to your compost pile.

• **Leaves.** If you can,

grind them in a gas or electric chipper/shredder or mow over them, they will reduce in size and will decompose faster.

• **Manure** is one of the finest materials you can add to any compost pile. Manure for composting can come from bats, sheep, ducks, pigs, goats, cows, pigeons, and any other vegetarian animal.

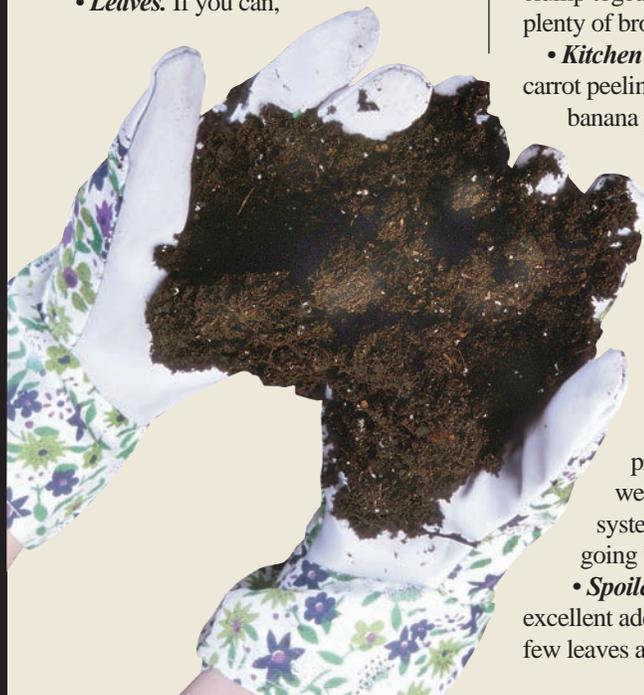
• **Pine Needles** need to be chopped or shredded, as they decompose slowly.

• **Grass Clippings** break down quickly and contain as much nitrogen as manure. Fresh grass clippings will clump together, so mix them with plenty of brown material.

• **Kitchen Refuse.** Melon rinds, carrot peelings, tea bags, apple cores, banana peels—almost everything that cycles through your kitchen will work. However, avoid meat, meat products, dairy products, and high-fat foods like salad dressings and peanut butter.

• **Garden Refuse** should make the trip to the pile. To avoid problems, don't compost weeds with persistent root systems, and weeds that are going to seed.

• **Spoiled Hay or Straw.** An excellent addition, especially when few leaves are available to you.



wise words

"The average dog is a nicer person than the average person."

— Andy Rooney

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can you guess the year?

- After 147 years of publication, the final issue of *The Saturday Evening Post* is printed.
- Richard M. Nixon is sworn in as the 37th president of the United States.
- The police break up the Beatles' last public performance, on the roof of Apple Records.
- John Lennon and Yoko Ono conduct their Bed-Ins for Peace.
- Neil Armstrong, Buzz Aldrin, and Michael Collins fly to the moon in Apollo 11.
- The Woodstock Festival is held in upstate New York.
- The first strain of the AIDS virus (HIV) migrates from Haiti to the United States.

Also in this year:

The Boeing 747 makes its maiden flight; the "Chicago Eight" trial begins in Chicago; Charles de Gaulle steps down as president of France; Dwight D. Eisenhower, Judy Garland, and Jack Kerouac die; and soccer great Pelé scores his 1,000th goal.

Answer on page 4



The Lighthouses of Maine's Route 1

If you like lighthouses, Maine is your Mecca. There are more than 60 lights along Maine's craggy Down East peninsulas. Here is a brief tour of some lights you can explore as you travel Maine's Route 1.

Just over the New Hampshire border offshore from the town of Kittery at Fort Foster Park, sits Whaleback Light. A few miles north are the charming towns of York and York Beach, and

"... more than 60 lights along Maine's craggy Down East peninsulas."

Cape Neddick Light, one of the most photographed lights in Maine.

South of Portland, the historic lights of Casco Bay and Cape Elizabeth include Maine's oldest light, Portland Head Light, and Maine's most powerful beacon at Cape Elizabeth Light.

Two very special lights are on the next Down East finger of land, which extends south of Thomaston to the villages of Tenents Harbor and Port Clyde. There you'll find the Marshall Point Light, and a ferry boat that takes you to the Monhegan Island Light.

On the peninsula just below Rockland, the elusive Owl's Head Lightstation has witnessed many shipwrecks. The small city of Rockland has its own Rockland Breakwater Light as well as a wonderful lighthouse museum. Just north of Rockland is the quintessential Maine harbor town of Camden, with Curtis Island Light guarding the entrance to the harbor.

Bass Harbor Light shines its unique red beam on the traffic entering Blue Hill Bay. Finally, way up past Machias sits the red-and-white striped West Quoddy Head Light.

Maine's Route 1 has something to offer everyone in love with lighthouses.

health



Sleep: Are You Getting Enough?

Most Americans would probably agree with the research that suggests adults are not getting the basic sleep they need every day. Doctors say seven to eight hours per night is necessary for an adult to function properly during the day. While this much sleep may seem like a luxury, you owe it to yourself to get a proper amount of sleep.

Maybe you're wondering if you're getting the shut-eye you need. Here are seven key signs that you need more sleep:

- Depending on an alarm clock — and repeatedly smacking the snooze button—to wake up in the morning.
- Driving drowsy or falling asleep at the wheel.
- Drinking more than one cup of coffee a day to stay alert.
- Making mistakes that could be avoided with better concentration.
- Forgetting things more easily.
- Feeling blue, anxious, or frustrated.
- Becoming sick more frequently. Sleep is necessary for a strong immune system.

terrific trivia

1. What was Shakespeare's last play?
2. In what country would you find Incan ruins?
3. How long is a tennis court?



checklist

Boating Checklist

- Personal flotation devices
- Charts of the area
- Compass
- Anchor
- Flashlight or searchlight
- Plenty of gas
- Oars or alternate propulsion



Gutenberg's Army ©



a cause for celebration

- Upsy Daisy Day on June 8 is a day to remind people to get up gloriously, graciously, and gratefully each morning.
- June 13-14 marks the Banana Split Festival held annually in Wilmington, Ohio to celebrate Wilmington as the birthplace of the banana split.
- Recess at Work Day is held the third Thursday in June. Workers are encouraged to get out of work and have fun together.

in an average lifetime

The average American ...

- Will walk the equivalent of five times around the equator.
- Will pump 48 million gallons of blood through their heart.
- Will eat 10,000 pounds of meat.



Hot Air Balloons

On September 19, 1783, Pilatre De Rozier, a scientist, launched the first hot air balloon. It was called "Aerostat Reveillon" and the passengers were a sheep, a duck, and a rooster. The balloon only stayed in the air for a grand total of 15 minutes before crashing to the ground.

The first attempt at a manned flight came about two months later, on November 21, in a balloon made by two French brothers, Joseph and Etienne Montgolfier. The balloon was launched from the center of Paris and flew for a period of 20 minutes.

Just two years later, in 1785, a French balloonist, Jean Pierre Blanchard, and his American copilot, John Jefferies, became the first to fly across the English Channel. In these early days of ballooning, flying the English Channel was considered the first step to long-distance ballooning, so this was a large benchmark in ballooning history.

The next major pivotal point in balloon history was on January 7, 1793. Jean Pierre Blanchard became the first to fly a hot air balloon in North America.

Over 100 years later, in August of

1932, Swiss scientist Auguste Piccard was the first to achieve a manned flight to the stratosphere. He reached a height of 52,498 feet, setting a new altitude record.

In just a few short years, Piccard's record was shattered when Explorer 2, a gas helium model, reached an



altitude of 72,395 feet (13.7 miles)! For the first time in history, it was proven that humans could survive in a pressurized chamber at extremely high altitudes. This flight set a milestone for aviation and helped pave the way for future space travel.



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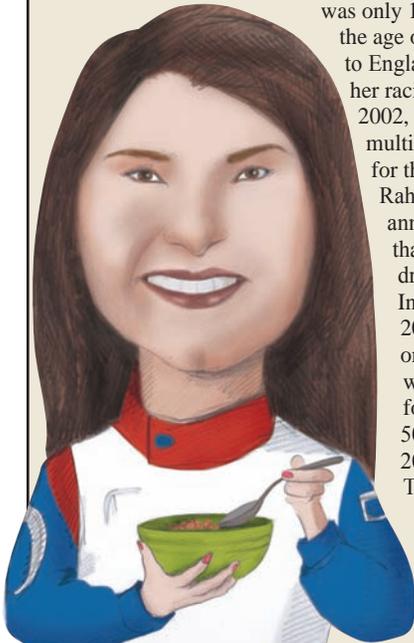
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recipe

Danica Patrick was born in Beloit, Wisconsin on March 25, 1982. She was raised in Roscoe, Illinois, where she began competing in go-karting when she

was only 10 years old. At the age of 16 she moved to England to advance her racing career. In 2002, she signed a multiyear deal to race for the team of Bobby Rahal. Rahal's team announced in 2004 that Danica would drive in the IRL IndyCar Series in 2005. She became only the fourth woman to qualify for the Indianapolis 500. With an April 20, 2008, victory at TwinRing Motegi in Japan, Danica became the first woman to win an IndyCar Series Race.



“Get Up and Go” Granola

- | | |
|------------------------------------|-----------------------------------|
| <i>4 cups rolled oats</i> | <i>1 teaspoon ground cinnamon</i> |
| <i>1 cup wheat germ</i> | <i>1 1/2 teaspoons salt</i> |
| <i>1/2 cup flax seed meal</i> | <i>1/3 cup canola oil</i> |
| <i>1/2 cup brown sugar</i> | <i>1/4 cup honey</i> |
| <i>1/2 cup raw sunflower seeds</i> | <i>1 teaspoon vanilla extract</i> |
| <i>1/2 cup chopped pecans</i> | <i>1/2 cup water</i> |
| <i>1/2 cup sliced almonds</i> | |

Preheat the oven to 300°F. In a large bowl, mix together the oats, wheat germ, flax seed meal, brown sugar, sunflower seeds, pecans, almonds, cinnamon and salt. In a separate bowl, whisk together the oil, honey, vanilla and water. Pour the wet ingredients over the dry, and mix until evenly blended. Spread in a greased 9x13 or 11x7 baking pan. Bake for 1 hour, stirring every 20 minutes, or until toasted. Let cool completely before storing in an airtight container.



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Published by
News-Gazette Printing
324 West Market Street
Lima, Ohio 45801

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The year was 1969.