



printer's press

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

August 2008

Buckle Up, Baby!

Your baby's first car trip is likely his ride home from the hospital. From that very moment until he's about 13, you'll be strapping him into some kind of car seat or booster seat every time you go anywhere. Fumbling with all those straps and buckles can seem like a hassle, but your precious child's life is at stake. Not only that, it's the law. For a state-by-state list of child safety-seat laws, go to www.inventiveparent.com/state-laws.htm Here is some basic car-seat information:

• **Before leaving the hospital, have a nurse observe the baby in the car seat to be sure the baby is safe and secure.** If possible, have an adult ride in the backseat to keep an eye on the newborn during those first few trips.

• **Babies should ride in rear-facing seats until they're one year old AND weigh at least 20 pounds.**

After the baby reaches both its first birthday and 20 pounds on the scale, it can ride facing forward.



• **Graduate your child to a booster seat when he's reached the top weight or height listed for his car seat.** If his shoulders are above the harness slots, or his ears have reached the top of the seat, time to upgrade.

• **Kids should ride in booster seats until their knees bend over the edge of the seat when sitting normally.** After that, kids might benefit from using a seat-belt adjuster.

• **Don't pick a car seat based on price alone.** Try putting your child into several, and even try it out in your vehicle. Your child should fit comfortably and the seat should fit securely. Be sure it's a seat you can understand and adjust properly.

• **If your vehicle has air bags, keep the kids riding in the backseat until they're 13.** Ironically, air bags pose several safety risks to children, even in low-speed crashes.

More information is available at www.aap.org/family/carseatguide.

wise words

"The summer night is like a perfection of thought."

— Wallace Stevens

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can you guess the year?

- CBS sells the New York Yankees for \$10 million to a 12-person syndicate led by George Steinbrenner.
- George Foreman defeats Joe Frazier for the heavyweight world boxing championship.
- Pink Floyd's "Dark Side of the Moon," one of rock's landmark albums, is released.
- Secretariat becomes the first winner of the Triple Crown of Thoroughbred racing since 1948.
- The U.S. Supreme Court overturns state bans on abortion in the Roe v. Wade case.
- The Sears Tower in Chicago is finished, becoming the world's tallest building.
- Billie Jean King defeats Bobby Riggs in a televised tennis match at the Astrodome in Houston, Texas.

Also in that year:

Lyndon B. Johnson, Pablo Picasso, and J.R.R. Tolkien die; and the World Trade Center officially opens in New York City.

Answer on page 4



A Fresh Look at Pittsburgh

When you think of the most beautiful places in America, chances are Pittsburgh does not come as readily to mind as the Grand Canyon, the Smoky Mountains, the Outer Banks or, say, the idyllic beaches of Hawaii. But believe it or not, Pittsburgh is getting lovelier and lovelier.

Pittsburgh's been working to reinvent itself over the past several

“Pittsburgh’s been working to reinvent itself ...”

decades. And the reinvention, by all accounts, is complete. Once known as the Steel City or the Smoky City, it is now dubbed one of the cleanest cities in the world by *Forbes* magazine.

Pittsburgh was once an 18th-century French fortress and trading post. The location was ideal for trading because it is here that the Allegheny and

Monongahela rivers meet to form the Ohio River.

At the south end of town stands Mt. Washington. Visitors can ascend to the top in 19th-century cable cars, and treat themselves to one of the most picturesque skylines in the U.S.

From the top, visitors can also take in views of the landmark skyscrapers of the city's Golden Triangle, the name given to the peninsula that was formed at the confluence of the three rivers. The city claims to have the most bridges (over 20 feet in length) of any city in the world, with 440 or so within Pittsburgh.

Like any big city, Pittsburgh has a wide variety of shopping, dining, and entertainment options to keep any visitor occupied for several days. But a trip to this city wouldn't be complete without a walk through some of its neighborhoods, a ride on a riverboat, or a visit to Point State Park. It is sure to be a trip to remember.

health



Similar Symptoms, Different Diagnosis

While the differences between Type 1 and Type 2 diabetes are obvious, the symptoms may be similar. In Type 1 diabetes, the insulin-producing cells in the body have been destroyed, which leads to a high glucose level. Type 2 diabetes occurs when the body's cells become resistant to insulin, resulting in high glucose levels. Here are some of the symptoms to look for when it comes to both types of diabetes:

- **Frequent trips to the restroom.** If insulin is nonexistent or ineffective, the kidneys can't filter glucose back to the blood. The kidneys draw extra water from the blood to dilute the glucose, which causes your bladder to constantly refill, sending you to the bathroom.
- **Unquenchable thirst.** If your kidneys are drawing water out of your blood, your body is going to feel the need to replace the water it is losing.
- **Weakness and fatigue.** When insulin isn't present or the cells don't react to it anymore, glucose can't bring energy to the cells. They become starved and you feel run down.
- **Neuropathy.** This tingling or numbness in your extremities can be caused by consistently high glucose levels in the blood, which do damage to the nervous system.

terrific trivia

1. Which American president was the first to hold a pilot's license?
2. For which film did Al Pacino win his first Oscar?
3. What baseball player was the first in major league history to get his 3,000th hit on a home run?



3. Wade Boggs
2. Scent of a Woman
1. Dwight Eisenhower

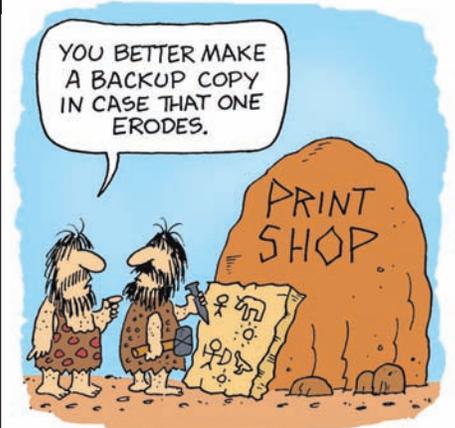
checklist

Fishing Checklist

- Rods, reels, tackle box
- License
- Bait
- Maps
- Sunscreen, bug repellent
- Fish bag, stringer
- Knife



Gutenberg's Army ©



a cause for celebration

- Vinyl Record Day on August 13 reminds people to replay songs that bring back old memories and celebrate the cultural influence vinyl records had on society.
- August 26 is National Dog Day. Celebrate what makes dogs great.
- Hog Capital of the World Festival is held August 29 – September 1 this year in Kewanee, Ill. It features the world's largest pork-chop BBQ, the Hog Stampede four-mile run, and the Hogatta Regatta.

in an average lifetime

The average American ...

- Drives 56,199 miles to visit friends or family.
- Buys 292 pairs of shoes.
- Eats 1,889 Tootsie Rolls.
- Spends \$9,439 buying products through catalogs.
- Uses 9,662 yards of dental floss.



Down and Up

In the case of the yo-yo, what goes down should eventually come back up. For nearly 2,500 years, the yo-yo has been seen on the fingertips of children and adults across the world. It is believed that the yo-yo originated in Greece around 400-500 BC. At least there is documented proof that they existed in Greece at that time.

The next documented period of time in yo-yo history is the Mayan period around AD 700. Jump ahead about 1,000 years and you'll see a yo-yo in the hands of Napoleon, and King Louis XVII of France.

About 50 years later, in 1866, James L. Haven and Charles Hittrick received the first patent for a yo-yo in the United States. Enthusiasm for this new toy grew as improvements were made to its functionality.

A few more years passed and the yo-yo caught the eye of a man named Pedro Flores. Flores lived in the San Francisco Bay area and began manufacturing a toy called the "Flores Yo-Yo" in the 1920s. As the story goes, D.F. Duncan Sr. noticed a boy playing with a Flores yo-yo and saw a great potential. He began working

for Flores to market the product, and worked out a deal with newspaper tycoon William Randolph Hearst to get free advertising space in the newspapers in Northern California.

In approximately two years, Duncan had enough money to buy out Flores, and he started the Genuine Duncan Yo-Yo Company, trademarking the name "yo-yo."

Several improvements have been made to the yo-yo since that day, which have enabled it to remain a favorite toy and hobby of many around the world.





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recipe

Carrie Underwood was born on March 10, 1983 in Muskogee, Oklahoma and was raised on her parents' farm in nearby Checotah.

It was apparent at a young age that Carrie had a great talent for singing. In the summer of 2004 she auditioned for "American Idol" and on May 25, 2005 she was named American Idol for season 5.

Since that time, she has won awards for her singles and albums, and continues to make an impact on the country music scene.



Double Tomato Bruschetta

*6 roma (plum) tomatoes, chopped
1/2 cup sun-dried tomatoes, packed in oil
3 cloves minced garlic
1/4 cup olive oil
2 tablespoons balsamic vinegar
1/4 cup fresh basil leaves
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1 French baguette
2 cups shredded mozzarella cheese*

Preheat the oven on broiler setting. In a large bowl, combine the roma tomatoes, sun-dried tomatoes, garlic, olive oil, vinegar, basil, salt, and pepper. Allow the mixture to sit for 10 minutes. Cut the baguette into 3/4-inch slices. On a baking sheet, arrange the baguette slices in a single layer. Broil for 1 to 2 minutes, until slightly brown. Divide the tomato mixture evenly over the baguette slices. Top the slices with mozzarella cheese. Broil for 5 minutes, or until the cheese is melted.



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The year was 1973.