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INSIGHTS



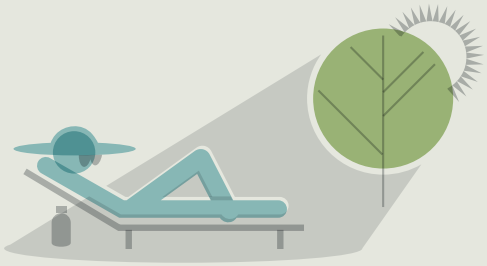
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Sun Safety

While some exposure to sunlight can be enjoyable, too much can be dangerous. By following some simple steps, you can still enjoy your time in the sun and protect yourself from overexposure to ultraviolet (UV) radiation. Here are just a few of the Sun Safety Action Steps that the U.S. Environmental Protection Agency recommends:

- **Do NOT Burn –** Sunburns significantly increase one's lifetime risk of developing skin cancer, especially for children.
- **Avoid Sun Tanning and Tanning Beds –** UV radiation from tanning beds and the sun causes skin cancer and wrinkling.
- **Generously Apply Sunscreen –** Apply about one ounce of sunscreen to cover all exposed skin 15 minutes before going outside. Sunscreen should have a Sun Protection Factor (SPF) of at least 30 and provide broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every two hours, even on cloudy days, and after swimming or sweating.
- **Wear Protective Clothing,** such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, when possible.
- **Seek Shade** when possible, and remember that the sun's UV rays are strongest between 10 a.m. and 4 p.m.

To view the rest of the Sun Safety Action Steps, please visit: http://www2.epa.gov/sunwise/action-steps-sun-protection



Love Leftovers?

Food left out of refrigeration for more than two hours may not be safe to eat. Above 90°F, food should not be left out over one hour. Play it safe; put leftover perishables back on ice once you finish eating so they do not spoil or become unsafe to eat. If you have any doubts, throw it out.

THINKING GREEN

Before You Recycle

There are many ways to use a newspaper before throwing it in the recycle bin. The following are just a few of the suggestions from aboutmyplanet.com:

Garden. Newspaper can be used in your garden to discourage weed growth and helps keep moisture around plants. Shred it and spread it out, and then cover it with compost mixture. Avoid adding the glossy advertisement sections, as it can contain harmful chemicals not good for your garden. You can also protect your plants by using newspaper to cover them in extreme cold weather or by using wet damp newspaper to transplant new plants.

Wrapping gifts. Use colorful sections of the newspaper to wrap gifts. The Sunday comics can be used to wrap presents for kids, and the sports sections can be used to wrap up gifts for the sports fan in your family.

Glass cleaner. If you see streaks after cleaning your windows, polish the glass with a piece of crumpled newspaper.

Absorbs odor. Newspaper can absorb odor in shoes, food canisters, suitcases, trunks, drawers, etc. Stuff the newspaper where you need it, and give it a few hours or leave it overnight to absorb odor.

Drop cloth. Whether you are painting, cooking, or changing the oil in your car, you can use newspaper to make messes a little easier to clean up. Just place the newspaper where it is needed and do what you need without worrying about staining or messes.

Your Solution

Since 1984, ChemStation Manufacturing Centers across the country have been providing businesses like yours with tailor-made products and services with a unique refillable delivery system that is truly your solution. Over these past 30 years, ChemStation has grown its focus to include many specialized markets and segments. These markets include food plants, odor control, carwashes, refineries, asphalt, concrete, paper, airlines, bottling, breweries, and many more.

ChemStation can save you time, money, and help you to become more environmentally friendly. No matter what industry you are in, our system is your solution.

Please Don't Feed the Waterfowl

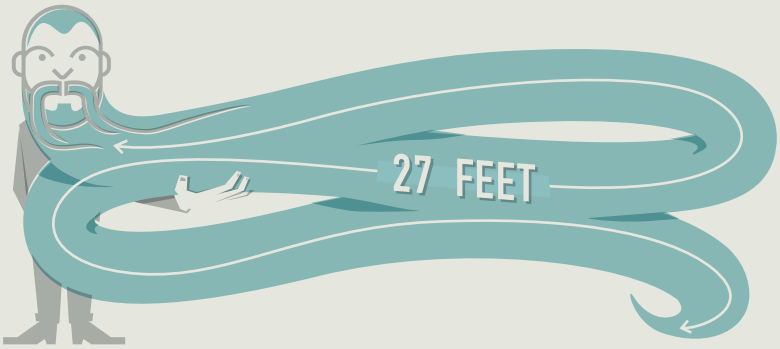
Many of us have fond childhood memories of going to a pond to feed ducks. We would've never thought it could be harmful, but it is. The Duck Rescue Network explains that when wild ducks are fed human food (especially bread or crackers) their organs become engorged and fatty, which can cause them to suffer heart disease, liver problems, and other health complications. Some waterfowl at artificial feeding sites suffer from poor nutrition, never learn to forage naturally, and become unnaturally aggressive towards each other and a nuisance to humans. Overcrowded and unsanitary conditions at ponds can cause diseases to flourish. Please enjoy your local waterfowl by viewing them from a distance instead of feeding them. For more information, please visit: http://www.duckrescuenetwork.org/duck_care.html



Fun Facts about Humans

Below are ten facts about humans from science-facts.com. How many of them did you know?

- The average person will shed 40 pounds of skin in his/her lifetime.
- There are 60,000 miles of blood vessels in the human body.
- The average person spends 1/3 of their lifetime sleeping.
- Human thigh bones are stronger than concrete.
- The number of eye blinks varies greatly from about 29 blinks each minute if you are talking to someone to only 4 blinks each minute if you are reading.
- Roughly 75% of people who play the radio in their car sing along to it.
- The average guy will grow about 27 feet of hair out of his face during his lifetime.
- One out of every hundred American citizens is color blind.
- An average person laughs about 15 times a day.
- On average, women say 7,000 words per day while men manage just over 2,000 words.



SOAPBOX

pneumonoultramicroscopicsilicovolcanoconiosis (noun) - an obscure term ostensibly referring to a lung disease caused by silica dust, sometimes cited as one of the longest words in the English language.

To say, my fate is not tied to your fate, is like saying your end of the boat is sinking. – *Hugh Downs*

I hate when I'm tired and sleepy, but when I go to bed my body says, "Just kidding!"

The greatest advantage of speaking the truth is that you don't have to remember what you said. – *Anonymous*

I don't know about you, but I've thought about running away more as an adult than I ever did as a child.

It's not the load that breaks you down, it's the way you carry it. – *Lou Holtz*

It's not completely forgetting things that bothers me… It's the whole remembering that I've forgotten to remember something that drives me crazy!

Success is liking yourself, liking what you do, and liking how you do it. – *Maya Angelou*

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By the Numbers



Gallons of soap delivered:
214,251,516 since 1984



Empty drums not in landfills:
3,895,482 since 1984