VOL. XXVI NO. 12, December 2013

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INSIGHTS



ChemStation

Burning Tips

Burn Wise is a partnership program of the U.S. Environmental Protection Agency that emphasizes the importance of burning the right wood, the right way, in the right wood-burning appliance to protect your home, health, and the air we breathe.

As you warm up next to your wood stove or fireplace this winter, Burn Wise has a few simple tips to make your fire burn hotter, keep your wallet fatter, and keep your local air cleaner and healthier. Check out the following link:
http://www.epa.gov/burnwise/pdfs/BurnWiseTips.pdf



Riches to Rags
How The Victorians Recycled

Recycling has been around for centuries. To prove the point, consider the upper-class women of 19th century England. Their castoff clothes helped an entire class of people make their living by recycling.

Upper-class women gave their castoff clothes to their handmaids who in turn wore the garment until she tired of it or got a new one. It was then passed along to the lower household help (scullery maids, cooks) and used until it was no longer wearable and finally tossed in the rag bag. The rag bag was ultimately sold to the rag man who in turn sold the rags to a paper manufacturer, since paper was still made using mostly linen and rag.

And that's how you turn a fashionable frock into fine writing paper.

THINKING GREEN

Saving Energy this Winter

The temperatures are dropping and the energy bills are rising. Energy.gov has some no-cost and low-cost tips to help you save energy during these colder months:

Take advantage of heat from the sun – Open curtains on your south-facing windows during the day to allow sunlight to naturally heat your home, and close them at night to reduce the chill you may feel from cold windows.

Adjust the temperature – When you are home and awake, set your thermostat as low as is comfortable. When you are asleep or out of the house, turn your thermostat back 10° to 15° for eight hours and save around 10% a year on your heating and cooling bills. A programmable thermostat can make it easy to set back your temperature.

Lower your water heating costs – Water heating can account for 14-25% of the energy consumed in your home. Turn down the temperature of your water heater to the warm setting (120°F). You'll not only save energy, you'll avoid scalding your hands.

Lower your holiday lighting costs – Use LED holiday light strings to reduce the cost of decorating your home for the winter holidays.

These are just a few things you could do this winter to save on energy costs. Visit this link for more ideas:
http://energy.gov/energysaver/articles/fall-and-winter-energy-saving-tips

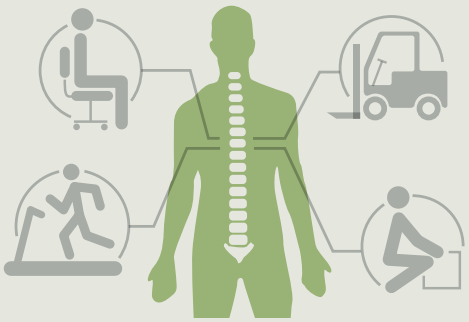
Happy Holidays

During the Holiday Season more than ever, our thoughts turn gratefully to all of our customers who have made ChemStation's progress possible. And in this spirit we say, simply but sincerely, thank you and best wishes for the Holiday Season and a Happy New Year.

Preventing Back Pain

Back injuries can be extremely painful. The staff at the Mayo Clinic recommends the following steps to prevent back pain at work:

- **Include physical activity in your daily routine.** Exercise can strengthen your back and can help you maintain a healthy weight which minimizes stress on your back.
- **Pay attention to posture.** Have good posture when standing and sitting – don't slouch!
- **Lift properly.** When lifting and carrying a heavy object, lift with your knees and tighten your core muscles, hold the object close to your body, and maintain the natural curve of your back. If an object is too heavy to lift safely, find someone to help you.
- **Modify repetitive tasks.** Use lifting devices, when available, to help you lift loads. Try to alternate physically demanding tasks with less demanding ones and avoid unnecessary bending, twisting, and reaching.
- **Listen to your body.** If you must sit for a prolonged period, change your position occasionally or stand up and stretch.



BACK PAIN PREVENTION

12 Things You Didn't Know Had Names

1. **Petrichlor:** The smell of rain.
2. **Dysania** means having difficulty getting out of bed in the morning.
3. **Griffonage** describes illegible handwriting.
4. **Acnestis:** That place that you can't reach to scratch – like the part of your back between your shoulder blades.
5. **Aphthongs** are the silent letters in words like "knife." And "fight." And "aphthongs."
6. **Zarf:** The cardboard sleeve on a coffee cup.
7. **Glabella** is that small space between your eyebrows.
8. **Tittle** is the little dot over the letter "i."
9. **Aglet** is that little plastic or metal thing at the end of shoe laces.
10. **Ferrule:** Piece of metal that holds the pencil to the eraser.
11. **Pentherophobia** is the fear of your mother-in-law.
12. **Barm** is the foam on top of your beer.



SOAPBOX

Barrow money from pessimists – they don't expect it back.

If at first you don't succeed, destroy all evidence that you tried.

The hardness of the butter is proportional to the softness of the bread.

Everyone has a photographic memory, some just don't have film.

Junk is something you've kept for years and throw away three weeks before you need it.

Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?

Right now I'm having amnesia and déjà vu at the same time – I think I've forgotten this before.

How would you ever know if a word was misspelled in the dictionary?

Friends may come and go, but enemies accumulate.

The longer you wait in line, the more likely it is to be the wrong line.

Any dropped item will first strike your toes.

ChemStation®

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By the Numbers



Gallons of soap delivered:
206,744,679 since 1984



Empty drums not in landfills:
3,758,994 since 1984