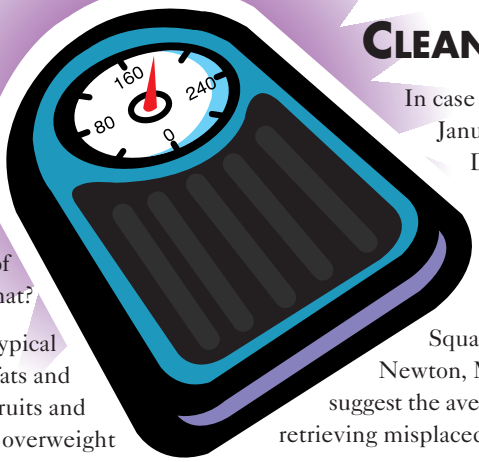
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INSIGHTS

Vol. XIV No. 1, January 2002

Eating the Wrong Foods?



Are you eating more and enjoying it less? Is dieting on your list of New Year's resolutions? Don't worry, you're not alone. A recent report from the surgeon general's office states that too many Americans (61 percent) are obese and much of the blame falls on the foods people eat. Imagine that?

Surgeon General Dr. David Satcher states, "The typical American diet is too heavily laced with sugar and fats and too few people eat the recommended servings of fruits and vegetables." The report states that being obese or overweight puts you at risk for a number of diseases from heart disease to asthma. Lack of exercise and poor eating habits are to blame.

Less than three percent of us eat the recommended servings of fruits, vegetables, bread, cereal, rice and pasta that are recommended by the U.S. Department of Agriculture. Experts say if people fill up on healthy foods recommended in the food pyramid, there will be less room for the fattening junk food that helps pack on the pounds.

So, if you're dreading the thought of facing a diet of "measured this" and "no-fat that," perhaps you'd do well to spend a few bucks on a good nutrition book and find out how much of a lot of good things you can pile on your plate without feeling guilty and packing on the pounds. ■

Clean it Up!

In case it's not marked on your new calendar, January 14, 2002 is National Clean Off Your Desk Day. It's not a new holiday created by Hallmark, but an initiative to get all those papered-desk individuals to see the wood (or glass, metal, or laminate) that's buried inches beneath.

Squared Away, an office-organizing firm in Newton, Massachusetts, dug up the idea. They suggest the average U.S. executive loses six weeks per year retrieving misplaced information from messy desks and files.

The firm offers the following tips for giving your desk a military look today—and for the rest of the year:

- Make decisions quickly; 80 percent of decisions should be made immediately. It's better to decide about a piece of paper only once than to handle it more than once.
- Trash the rainbow of paper "stickies" on your computer and create cyber-stickies on your computer screen.
- Set up a tiered file holder on your desk. Use it to store files you'll refer to every day, including files for current projects and action items, and files labeled "To Read," "To Sign," and "To File." ■



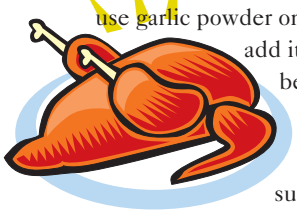
Happy New Year!

After all the parades and football entertainment you enjoy on New Year's Day, take heart in the fact that you can celebrate Trivia Day on the 4th. January is Eye Care Month and since most of us only get one pair for a lifetime, please make sure you take care of yours. If you get a prescription filled on January 12, wish the guy in the white jacket behind the counter a happy National Pharmacist Day. January 14 has been reserved as National Clean off your Desk Day (see "Clean it Up") and on January 21, we celebrate Martin Luther King, Jr. Day.



Garlic Should be Chicken Feed

Do you season your chicken before cooking or when the meal is on the table? Would you believe either choice is too late if you intend to add garlic?



The journal *Poultry Science* suggests that if you use garlic powder on chicken, the best time to add it is before cooking—long before cooking.

According to its study, chickens whose diets were supple-mented with 3 percent garlic powder had lower cholesterol levels in their livers and muscle tissue. Now that may not ensure the chickens a longer life, but it really benefits those who eat them. ■

Source: HealthScout News

Around the House

If you're spending your winter nights thinking about the arrival of spring and how you're planning to redecorate a room or plant a garden… here's some interesting Web sites to visit:

www.homeenergysaver.lbl.gov
www.todayshomeowner.com
www.housenet.com

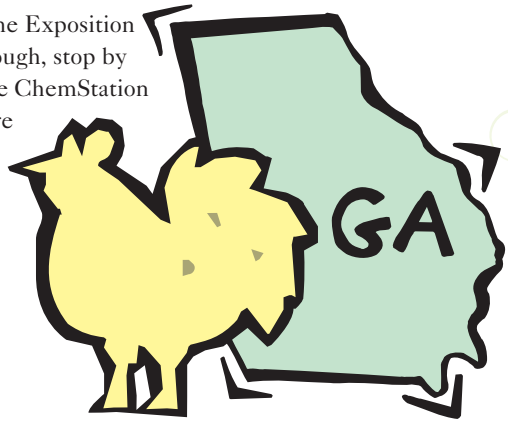
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See You in Atlanta?

The International Poultry Exposition will be held in Atlanta January 16-18 and ChemStation is proud to be an exhibitor at this premier industry trade show.

At ChemStation, we pride ourselves on helping industry by "Keeping it Clean" and that goes for floor scrubbing, vehicle cleaning, parts washing, the food industry, and poultry processing plants. We have received USDA authorization for more than 100 custom-formulated products that are used in the food processing industry.

If you're visiting the Exposition or just passing through, stop by and say hello to the ChemStation staff. Find out more about why "Our System is Your Solution." ■





Send your comments to:

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Soapbox

"A cookie store is a bad idea. Besides, the market research reports say America likes crispy cookies, not soft and chewy cookies like you make."
Response to Debbi Fields' idea of starting Mrs. Fields' Cookies.

Budget: A method for going broke methodically.

"We are born charming, fresh and spontaneous and must be civilized before we are fit to participate in society."
Judith Martin (Miss Manners)

If the NSA made toasters your toaster would have a secret trap door that only the NSA could access in case they needed to get at your toast for reasons of national security.

"Opportunity is missed by most people because it is dressed in overalls and looks like work."
Thomas A. Edison

Lottery: a tax on people who are bad at math.

"Washington is the only place where sound travels faster than light."
C.V.R. Thompson

Anyone who uses the phrase "easy as taking candy from a baby" has never tried taking candy from a baby.

"Life is a moderately good play with a badly written third act."
Truman Capote

Advertising: the science of arresting the human intelligence long enough to get money from it.

"If you don't know where you are going, you will probably end up somewhere else."
Laurence J. Peter

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