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INSIGHTS



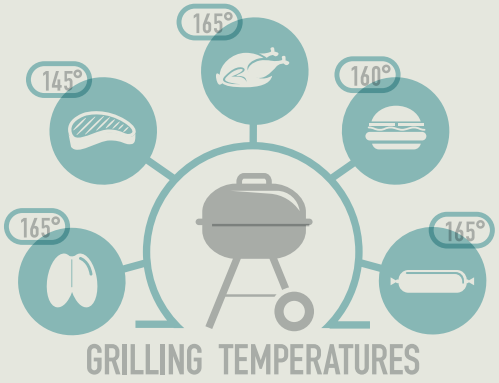
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Time to Fire Up the Grill

When cooking outdoors, it's important to follow food safety guidelines to prevent harmful bacteria from multiplying and causing food borne illness. One of these guidelines is to cook your food thoroughly. The food must be cooked to a safe minimum internal temperature to destroy harmful bacteria. Meat and poultry cooked on a grill often browns very fast on the outside. Use a food thermometer to be sure the food has reached a safe minimum internal temperature. The USDA lists the following as safe minimum internal temperatures for meats and poultry:

- Whole poultry: 165°F
- Poultry breasts: 165°F
- Ground poultry: 165°F
- Ground meats: 160°F
- Beef, pork, lamb, and veal (steaks, roasts, and chops): 145°F and allow to rest at least 3 minutes.

For the USDA fact sheet on grilling food safely, please visit:
http://www.fsis.usda.gov/wps/wcm/connect/d468f3d9-fb6c-4109-88d7-2931f7132098/Barbecue_Food_Safety.pdf?MOD=AJPERES



Recycling Saves Energy

Recycling everyday objects, such as paper, bottles, and magazines saves energy. The materials that you recycle are used to create the products you buy. This means less material needs to be mined or harvested, processed, manufactured, and transported—all of which consume energy. Use this tool to calculate how much energy you can save when you recycle:
http://www.epa.gov/wastes/conserve/tools/iwarm/

THINKING GREEN

Composting For Beginners

Composting is the process by which vegetable matter, manures, and other organic materials are broken down by worms, insects, and micro-organisms. The resulting compost mixture is often referred to as "black gold" by gardeners because of its beneficial effects in the garden.

If the conditions are right in your compost pile with the correct balance of green nitrogen-rich material and brown carbon-rich material, the organic material breaks down quickly and efficiently. The resulting compost is a great soil conditioner, it improves the moisture retention of soil, and is rich in micro-nutrients that are released slowly over time in a form easily absorbed by plants. Compost can be used for: house plants; soil amendment and fertilizer; flower and vegetable beds; new planting areas; established planting areas; lawn top dressing; compost tea; and around trees.

Composting is a creative way to lessen the amount of garbage your household produces by turning food scraps and yard clippings into a useful fertilizer instead of adding to your local landfill. If you are interested in trying your hand at composting, check out "Composting Guide for Beginners: 6 Steps to Making Great Compost!":
http://www.compost-info-guide.com/beginner_guide.htm

Chain Saw Safety

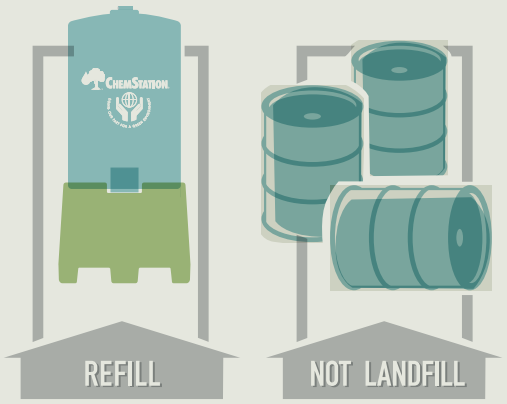
Operating a chain saw is inherently hazardous. Potential injuries can be minimized by using proper personal protective equipment and safe operating procedures. View this link for the OSHA QuickCard on chain saw safety tips:
http://www.easysafetyschool.com/osha-publications/quickcards/chain_saw_safety.pdf

ChemStation Metalworking Fluids

ChemStation provides solutions for many different industries – including the metalworking industry. To meet the specialized needs of this industry, ChemStation manufactures water-based, biodegradable fluids which reduce friction, dissipate heat, inhibit corrosion, and extend tool life.

Using a combination of lubricity aids, extreme pressure additives, and corrosion inhibitors, ChemStation metalworking fluids are fully synthetic, without any oil, and are designed to work in a variety of metal working applications, such as sawing, grinding, stamping, and CNC cutting/machining.

Custom formulating allows ChemStation to design a specific product to work in your unique application. Our refillable containers eliminate the hassle of dealing with empty drums and local service means you get product when you need it without high shipping costs. Contact your ChemStation Representative today to get a better metalworking fluid and stop dealing with drums.



Horse Racing Cheat Sheet

Just in time for the Triple Crown, here are a few things you need to know for a day at the races.

- What's with their names? Traditionally, a horse's name is a clever combination of its parents' names. It must be unique, registered with the Jockey Club, and cannot exceed 18 characters.
- Why do ladies wear fancy hats at the tracks? When the Derby began in 1875, hats were proper attire for a lady in public and remained so through the early '60s. The tradition stuck and has grown since.
- Who won the most races? In the 1880s, Kingston won 89 races in 138 starts.
- Who is the greatest racehorse of all time? The question is hotly debated, but experts often award the flowers to Man o' War. He won 20 of his 21 starts between 1919 and 1920, setting a slew of records before retiring to stud.
- Why do they race counter-clockwise? To spite the British! In 1788, William Whitely built a racetrack on his Kentucky estate that has influenced every American track since. No fan of the blokes across the pond, Whitely refused to follow Britain's racing traditions so he reversed the course.
- What's my horse's sign? If it's a racehorse, this one's easy. All racehorses add a year to their age on January 1, regardless of the month they were born, which means they're all Capricorns.



SOAPBOX

It's hard to explain puns to kleptomaniacs because they always take things literally.

Knowledge speaks, but wisdom listens. – *Jimi Hendrix*

What do you get when you cross a joke with a rhetorical question?

The trouble with, "A place for everything and everything in its place" is that there's always more everything than places.

Sometimes the road less traveled is less traveled for a reason. – *Jerry Seinfeld*

Redondo Beach, CA adopted the Goodyear Blimp as the city's official bird in 1983.

It's frustrating when you know all the answers, but nobody bothers to ask you the questions.

Airplane travel is nature's way of making you look like your passport photo. – *Bill Gates*

How long a minute is depends on which side of the bathroom door you're on.

There's a band called 1023MB. They haven't had any gigs yet.

ChemStation™

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By the Numbers



Gallons of soap delivered:
211,861,460 since 1984



Empty drums not in landfills:
3,852,026 since 1984