



Control Your Work Environment

See and Feel the Difference

Studies have shown that environmental factors can have a big effect in the workplace. In fact, work performance can be either enhanced or decreased by office environmental factors such as light and temperature. Luckily, these are factors that can be controlled.

You Can See the Problem

Performance has been shown to decrease when lights are too dim or too bright. Poor lighting, including glare, also produces a number of complaints such as:

- ◆ Eyestrain
- ◆ Headaches

- ◆ Blurred vision
- ◆ Double vision
- ◆ Burning and dry eyes
- ◆ Light sensitivity

Make sure your lighting is appropriate for your needs. If you work with fluorescent lighting, take occasional breaks and go near a window or outside so you can get some natural light.

Warmer Works Better

It will come as no surprise that work performance decreases when offices are too cold or too hot. A university study in Florida suggested that performance improves as room conditions approach a predicted thermal comfort

zone. The Occupational Safety and Health Administration (OSHA) identifies that this zone is in the range of 68° and 76° F with humidity control in the range of 20% and 60%. OSHA's testing has shown that significant increases in productivity result from keeping the temperature in the appropriate range, especially toward the upper end of the scale.

www.fellowes.com

Remember....

Hummel's Office Plus for all of your Ergonomic and Office Comfort Needs such as fans, heaters, desk lights, glare screens, privacy screens, office chairs, cubicle panels, mouse pads, wrist rests, etc.



Sue's Synopsis

Well, we still have plenty of summer left and if you haven't already done so, then it's time to take a load off of your feet and enjoy the sunshine. It's time to be a bit more carefree and do some of the fun things you have been dreaming of.

What do you like to do in the summer? Do you like to sit under a tree with a picnic lunch and read your favorite book? Do you like to go camping, go to the beach or ride your bike? Whatever it is that tickles your fancy, now is the time to put a few things on hold and enjoy.

I really hope you do find yourself taking some time off just for you. It is so easy to get caught up in everyday life and not take time to stop and smell the roses. Now is the time.

Go for it!!!

Sincerely,
Susan Reuter

Fast Facts About Boston, MA

- ◆ The Boston University Bridge on Commonwealth Avenue is one of the only places in the world where a boat can sail under a train passing under a car driving under an airplane.
- ◆ The colored lights on top of the old Hancock building tell the weather: "Solid blue, clear view," "Flashing blue, clouds due," "Solid red, rain ahead," and "Flashing red, snow instead" (during the summer, flashing red means the Red Sox game is rained out).
- ◆ At 90 feet below the surface, the Ted Williams Tunnel is the deepest tunnel in North America.
- ◆ The 60 story John Hancock Tower contains 13 acres of glass.

Continued on Pg. 3

Inside this Issue

Control Your Work Environment	1
Fast Facts - Boston	1, 3
Emeralds	2, 7 & 8
Cooking with Hummel's	3
Tips for Boating Safety	4
When Life Give You Lemons	5
Can You Believe It?	5
The Health Benefits of Watermelon	6

ENJOY!



Emeralds



Emeralds are fascinating gemstones. They have the most beautiful, most intense and most radiant green that can possibly be imagined: emerald green. Inclusions are tolerated. In top quality, fine emeralds are even more valuable than diamonds.

The name emerald comes from the Greek 'smaragdus' via the Old French 'esmeralde', and really just means 'green gemstone'. Innumerable fantastic stories have grown up around this magnificent gem. The Incas and Aztecs of South America, where the best emeralds are still found today, regarded the emerald as a holy gemstone. However, probably the oldest known finds were once made near the Red Sea in Egypt. Having said that, these gemstone mines, already exploited by Egyptian pharaohs between 3000 and 1500 B.C. and later referred to as 'Cleopatra's Mines', had already been exhausted by the time they were rediscovered in the early 19th century.

Written many centuries ago, the Vedas, the holy scriptures of the Indians, say of the precious green gems and their healing properties: 'Emeralds promise good luck ...'; and 'The emerald enhances the well-being ...'. So it was no wonder that the treasure chests of Indian maharajas and maharanis contained wonderful emeralds. One of the world's largest is the so-called 'Mogul Emerald'. It dates from 1695, weighs 217.80 carats, and is some 10cm tall. One side of it is inscribed with prayer texts, and engraved on the other there are magnificent floral ornaments. This legendary emerald was auctioned by Christie's of London to an unidentified buyer for 2.2m US Dollars on September 28th 2001.

Emeralds have been held in high esteem since ancient times. For that reason, some of the most famous emeralds are to be seen in museums and collections. The New York Museum of Natural History, for example, has an exhibit in which a cup made of pure emerald which belonged to the Emperor Jehangir is shown next to the 'Patricia', one of the largest Colombian emerald crystals, which weighs 632 carats. The collection of the Bank of Bogota includes five valuable emerald crystals with weights of between 220 and 1796 carats, and splendid emeralds also form part of the Iranian National Treasury, adorning, for example, the diadem of the former Empress Farah. The Turkish sultans also loved emeralds. In Istanbul's Topkapi Palace there are exhibits with items of jewelry, writing-implements and daggers, each lavishly adorned with emeralds and other gems.



The green of life and of love

The green of the emerald is the colour of life and of the springtime, which comes round again and again. But it has also, for centuries, been the colour of beauty and of constant love. In ancient Rome, green was the colour of Venus, the goddess of beauty and love. And today, this colour still occupies a special position in many cultures and religions. Green, for example, is the holy colour of Islam. Many of the states of the Arab League have green in their flags as a symbol of the unity of their faith. Yet this colour has a high status in the Catholic Church too, where green is regarded as the most natural and the most elemental of the liturgical colours.

The magnificent green of the emerald is a colour which conveys harmony, love of Nature and elemental joie de vivre. The human eye can never see enough of this unique colour. Pliny commented that green gladdened the eye without tiring it. Green is perceived as fresh and vivid, never as monotonous. And in view of the fact that this colour always changes somewhat between the bright light of day and the artificial light of a lamp, emerald green retains its lively vigour in all its nuances.

Fingerprints of nature

The lively luminosity of its colour makes the emerald a unique gemstone. However, really good quality is fairly rare, with inclusions often marring the evenness of the colour – signs of the turbulent genesis which has characterised this gemstone. Fine inclusions, however, do not by any means diminish the high regard in which it is held. On the contrary: even with inclusions, an emerald in a deep, lively green still has a much higher value than an almost flawless emerald whose colour is paler. Affectionately, and rather poetically, the specialists call the numerous crystal inclusions, cracks or fissures which are typical of this gemstone 'jardin'. They regard the tender little green plants in the emerald garden as features of the identity of a gem which has grown naturally.

Continued on Page 7



Boston, MA Continued

- ◆ The famous CITGO sign in Kenmore Square used to contain five miles of neon tubing. In an effort to be more energy efficient, it now uses LED lighting.
- ◆ The Boston Children's Museum displays a giant milk bottle on the wharf which could hold 58,620 gallons of milk.
- ◆ East Boston High was used as the set for the show "Boston Public."
- ◆ The largest art theft in U.S. history occurred in Boston on March 18, 1990, when 12 paintings collectively worth \$100 million were stolen from the Isabella Stewart Gardner Museum by two thieves posing as police officers.
- ◆ Harvard was founded in 1636 and was the first college established in North America.
- ◆ The Mather School was founded in Dorchester in 1639. It is the first public elementary school in America
- ◆ James Michael Curley was the first Mayor of Boston to have an automobile. The plate number was "576" - the number of letters in "James Michael Curley." The Mayor's official car still uses the same plate numbers.
- ◆ On January 15, 1919, the Boston Molasses Disaster occurred in the North End. Twenty-one people were killed and another 150 injured as hot molasses crushed, asphyxiated, and cooked many of the victims to death. It took over six months to remove the molasses from the cobblestone streets, theaters, businesses, automobiles, and homes. Boston Harbor ran brown through the summer.
- ◆ Fenway Park, home of the Boston Red Sox, is the oldest original Major League Baseball Park still in use.
- ◆ The Boston Cream Pie dessert was invented at the Omni Parker House in Boston. It is now the official dessert of the State.
- ◆ F.A.O. Schwartz toy store displayed the world's largest Teddy Bear at its entrance on Boylston Street. The Bear weighs 6,112 pounds, stands 12 feet tall and is 8 feet wide. The bear now resides at the Floating Hospital for Children.

www.cityofboston.gov

Remember to plan a little side trip to Boston this year to see Quincy Market, the Boston Aquarium, go whale watching and eat some really great seafood!!! Yeah!!!!

COOKING WITH HUMMEL'S



A classic pasta salad with pepperoni and provolone. Serves 16.

Ingredients:

- 16 ounces Fusilli
- 3 cups cherry tomatoes (cut in half)
- 1/2 pound provolone cheese (cut in cubes)
- 1/2 pound salami (cut in cubes)
- 1/4 pound pepperoni (sliced)
- 1 large chopped green bell pepper
- 10 ounces black olives (canned)
- 4 ounces pimentos (jarred)
- 8 ounces Italian dressing

Instructions:

- Boil water with a pinch of salt. Cook pasta for ten minutes or until al dente. Rinse under cold water.
- Mix together pasta, tomatoes, cheese, meats, pepper, olives, and pimentos in a bowl. Add in dressing and toss.

You can also add other favorites such as raisins, artichoke hearts, red peppers and broccoli. Mix it up and have fun while creating a delicious and healthy dish.



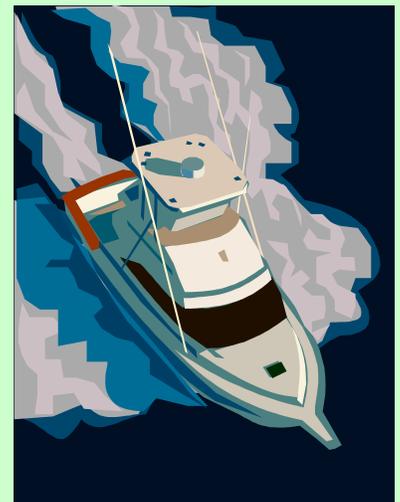
Tips for Boating Safety



Boating safety is important to make sure each trip is a successful one and that no one gets hurt.

- ◆ No drugs or alcohol can be taken. This means before and during the trip. The results of alcohol are made stronger with wind, vibration, noise, glare and sun exposure while on board. In 2008, 35% of all boating deaths were found to be linked to drugs & alcohol.
- ◆ Correct safety equipment needs to be on board. The equipment should be routinely checked and maintained. Every individual should wear a life jacket and one that fits correctly. Fire extinguishers should be on board as well, always checked that they are charged and within easy access.
- ◆ Boat lights should be regularly checked and extra batteries should be available if needed. Emergency supply kits should be on board with flares, floating pouches, maps and a first aid kit. Check the anchor and make sure someone knows how it is properly used. If done incorrectly, the anchoring process can lead to fatalities.
- ◆ A close eye should be kept on the weather. Make sure you have radio access. Danger signs include rough water, lightening, and shifts in winds. When the bad weather is known to be coming, get off of the water as soon as possible.
- ◆ Always notify someone of the destination of the trip and when you plan your return. After refueling and before departing open all hatches and smell for the presence of fumes before the engine is started. If there are fumes do not turn on the engine.
- ◆ Never overload boats. Its listed maximum should never be exceeded.
- ◆ Check the destination area for any regulations that may be in place. Always keep registration current and on the boat and make sure the boat has a sticker displayed for the correct year.
- ◆ Operate the boat at safe speeds at all times. Be alert at all times and steer clear of large vessels and watercraft. Also be respectful of buoys and other navigational aids all of which have been placed there for everyone's boating safety.
- ◆ Make sure that you designate an assistant skipper and they are fully aware of all aspects of the boat's operation.
- ◆ Learn to swim. Proper boating safety means knowing how to swim.
- ◆ Take a boating course. You need to be familiar with boating safety rules of operation. Boater education requirements vary by state—some require validated completion of at least one boating safety course.
- ◆ Never allow passengers to ride on gunwales or seatbacks or outside of protective railings, including the front of a pontoon boat. Sudden turns or stops and starts could cause a fall overboard.
- ◆ After launching the boat, maintain slow-no-wake speed for a safe and legal distance from the launch.
- ◆ When changing seats, stay low and near center line of a small boat.
- ◆ Be sure too have enough fuel to provide a reasonable margin for safe return. Check the oil and make sure it is at the proper level.
- ◆ Consider carrying "tools" you may need such as a cell phone, flashlights, spare keys, spare light bulbs etc.

Be smart, alert and follow the rules whenever you are on the water. Summer should be full of safe and happy boating experiences. Do your part and read over this checklist every time you are about to take a boat ride. This will ensure that your summer days will be safe and fun.





When Life Gives You Lemons...

Drains: Hot lemon juice and baking soda is a good drain cleaner that is safe to use in septic systems.

All purpose cleaning solution: add lemon juice, vinegar and water in a spray bottle for a natural, all-purpose cleaning solution.

Clean your microwave: Got hardened gunk of food in the microwave?

Don't reach for harsh chemicals, use lemons instead! Add 1/4 cup of lemon juice to 1-1/2 cup of water and microwave on high for about 10 minutes. The water will boil and steam will condense inside the microwave. The gunk will easily wipe away with a paper towel or cleaning rag.

Soften dry and scaly elbows: Make a paste of lemon juice and baking soda. Rub into your elbows to exfoliate and soften the scaly skin. Repeat daily as required.

Whiten nails

Soak your fingertips in a mixture of lemon juice and water (1/2 cup lemon juice to 1 cup of water). You can also rub lemon rind on the nails to whiten them.

Disinfects minor scrapes

If you've got minor cuts and scrapes and don't mind a little stinging, you can use lemon juice as a disinfectant. Simply apply a few drops of lemon juice to the cuts and let sit for a minute or two before rinsing with water.

Soften rough hands and feet

Soak in equal part of lemon juice and water. Rinse, then dry with a towel. Repeat daily as required.

Don't you just love LEMONS!!! Oh, by the way, you can make some lemonade now and enjoy your lemons that way too!!!!



Can You Believe It's That Simple?



Use old newspapers to line the bottom of your garbage pail to soak up leaks and help with odors. Also use layers of wet newspaper around plants to keep in moisture and make sure pesky weeds don't overtake your plants.

Baking soda and a sponge will eliminate scuffs on a vinyl floor.

White vinegar works great to clean chrome and stainless-steel fixtures, and to remove scum, grime and mildew from your bathtub, tile or shower curtain.



Keep air pure in your home with houseplants. Palms, English ivy, ferns, mums and similar plants remove up to 87% of indoor pollutants.

Use a lint roller with disposable sheets to remove pet hairs off of couches, chairs and bedspreads and to dust lamp shades and plant leaves.

Remove colored markers off walls by misting with hairspray and wiping immediately. For crayon, scrub with a toothbrush and toothpaste, or gently massage with baking soda and a damp microfiber cloth.



Tie a microfiber cloth around a dust mop or broom and dust in hard to reach places.



Run an empty load in your dishwasher with white vinegar to clean, sanitize and eliminate odors.

Loose coins in your pockets can be stored in a pretty ceramic vase designated specifically for that purpose. Place it strategically on the counter where your husband empties his pockets when he comes home from work. When you come home at night just toss the loose change in the vase and never see coins in your laundry again.





The Health Benefits of Watermelon



Yes, you read this correctly. Watermelon is a very healthy food. There is nothing better in the heat of the summer than eating a nice crisp, juicy slice of watermelon, or two!

HEALTH BENEFITS OF WATERMELON

1. The health benefits of watermelon are really great. No matter how it is sliced, it is packed with some of the most important antioxidants found in nature.
2. It is an excellent source of vitamin C and a very good source of vitamin A, particularly through its concentration of beta-carotene.
3. The beautiful red watermelon is also a source of the potent carotene antioxidant which is called lycopene. These antioxidants travel throughout the body neutralizing free radicals. Free radicals are substances in the body that can cause much damage to us. They are able to oxidize cholesterol, making it stick to blood vessel walls and thicken them which can lead to heart attack or stroke. The lycopene which gives fruits the attractive red color that we find in watermelon can help reduce the risks of prostate cancer.
4. It is a surprising fact that watermelon is the only fruit that contains higher concentrations of lycopene than any other fresh fruit or vegetable.
5. Watermelon is a fruit that is rich in electrolytes, sodium and potassium that we lose through our perspiration.
6. Watermelon is rich in the B vitamins necessary for energy production. Food experts recommend watermelon as a very good source of vitamin B6 and a good source of vitamin B1 and magnesium. Because of its higher water content, approximately ninety percent, and calorie value, it is ranked more valuable than other fruits.
7. Watermelon has a special cooling effect and is exceptionally high in citrulline, an amino acid that our bodies use to make another amino acid, arginine, which is used in the urea cycle to remove ammonia from the body.
8. The antioxidants help in reducing the severity of asthma. It also reduces the risk of colon cancer, asthma, heart disease, rheumatoid arthritis, and prostate cancer.
9. Watermelon is a good source of thiamin, potassium and magnesium which protect our body from so many diseases. Watermelon is fat free but helps energy production. It protects against macular degeneration.





Emeralds Continued

So where do they come from and how is it that they exist at all? In order to answer these questions, we need to look far, far back into the time of the emerald's origin. Emeralds from Zimbabwe are among the oldest gemstones anywhere in the world. They were already growing 2600 million years ago, whilst some specimens from Pakistan, for example, are a mere 9 million years young. From a chemical-mineralogical point of view, emeralds are beryllium-aluminium-silicates with a good hardness of 7.5 to 8, and belong, like the light blue aquamarine, the tender pink morganite, the golden heliodor and the pale green beryl, to the large gemstone family of the beryls. Pure beryl is colourless. The colours do not occur until traces of some other element are added. In the case of the emerald, it is mainly traces of chromium and vanadium which are responsible for the fascinating colour. Normally, these elements are concentrated in quite different parts of the Earth's crust to beryllium, so the emerald should, strictly speaking, perhaps not exist at all. But during intensive tectonic processes such as orogenesis, metamorphism, emergences and erosion of the land, these contrasting elements found each other and crystallised out to make one of our most beautiful gemstones. The tension involved in the geological conditions conducive to the above processes produced some minor flaws, and some major ones. A glance through the magnifying-glass or microscope into the interior of an emerald tells us something about the eventful genesis of this unique gem: here we see small or large fissures; here the sparkle of a mini-crystal or a small bubble; here shapes of all kinds. While the crystals were still growing, some of these manifestations had the chance to 'heal', and thus the jagged three-phase inclusions typical of Colombian emeralds were formed: cavities filled with fluid, which often also contain a small bubble of gas and some tiny crystals.



Logically enough, a genesis as turbulent as that of the emerald impedes the undisturbed formation of large, flawless crystals. For this reason, it is only seldom that a large emerald with good colour and good transparency is found. That is why fine emeralds are so valuable. But for the very reason that the emerald has such a stormy past, it is surely entitled to show it - that is, as long as only a fine jardin is to be seen, and not a rank garden which spoils both colour and transparency.

The world of fine emeralds

Colombia continues to be at the top of the list in terms of the countries in which fine emeralds are found. It has about 150 known deposits, though not all of these are currently being exploited. The best known names are Muzo and Chivor, where emeralds were mined by the Incas in pre-Columbian times. In economic terms, the most important mine is at Coscuez, where some 60 faces are being worked. According to estimates, approximately three quarters of Colombia's emerald production now comes from the Coscuez Mine. Colombian emeralds differ from emeralds from other deposits in that they have an especially fine, shining emerald green unimpaired by any kind of bluish tint. The colour may vary slightly from find to find. This fascinatingly beautiful colour is so highly esteemed in the international emerald trade that even obvious inclusions are regarded as acceptable. But Colombia has yet more to offer: now and then the Colombian emerald mines throw up rarities such as Trapiche emeralds with their six rays emanating from the centre which resemble the spokes of a millwheel.

Even if many of the best emeralds are undisputedly of Colombian origin, the 'birthplace' of a stone is never an absolute guarantee of its immaculate quality. Fine emeralds are also found in other countries, such as Zambia, Brazil, Zimbabwe, Madagascar, Pakistan, India, Afghanistan and Russia. Zambia, Zimbabwe and Brazil in particular have a good reputation for fine emeralds in the international trade. Excellent emerald crystals in a beautiful, deep emerald green and with good transparency come from Zambia. Their colour is mostly darker than that of Colombian emeralds and often has a fine, slightly bluish undertone. Emeralds which are mostly smaller, but very fine, in a vivacious, intense green come from Zimbabwe's famous Sandawana Mine, and they often have a delicate yellowish-green nuance. And the famous emerald mines of Colombia currently face competition from right next door: Brazil's gemstone mine Nova Era also produces emeralds in beautiful green tones, and if they are less attractive than those of their famous neighbour it is only by a small margin. Brazil also supplies rare emerald cat's eyes and extremely rare emeralds with a six-spoked star. Thanks to the finds in Africa and Brazil, there are more emeralds on the market now than there used to be - to the delight of emerald enthusiasts - .

A sophisticated gemstone

Whilst its good hardness protects the emerald to a large extent from scratches, its brittleness and its many fissures can make cutting, setting and cleaning rather difficult. Even for a skilled gem cutter, cutting emeralds presents a special challenge, firstly because of the high value of the raw crystals, and secondly because of the frequent inclusions. However, this does not detract from the cutters' love of this unique gem. Indeed, they have developed a special cut just for this gem: the emerald cut. The clear design of this rectangular or square cut with its bevelled corners brings out the beauty of this valuable gemstone to the full, at the same time protecting it from mechanical strain.

Continued on Page 8



Emeralds Continued

Emeralds are also cut in many other, mainly classical shapes, but if the raw material contains a large number of inclusions, it may often be cut into a gently rounded cabochon, or into one of the emerald beads which are so popular in India.

Today, many emeralds are enhanced with colourless oils or resins. This is a general trade practice, but it does have the consequence that these green treasures react very sensitively to inappropriate treatment. For example, they cannot be cleaned in an ultrasonic bath. The substances that may have been used by the cutter during his work, or applied subsequently, seal the fine pores in the surface of the gem. Removing them will end up giving the stone a matt appearance. For this reason, emerald rings should always be taken off before the wearer puts his or her hands in water containing cleansing agent.

A matter of trust

Unfortunately, because the emerald is not only one of the most beautiful gemstones, but also one of the most valuable, there are innumerable synthetics and imitations. So how can you protect yourself from these 'fakes'? Well, the best way is to buy from a specialist in whom you have confidence. Large emeralds in particular should only be purchased with a report from a reputable gemmological institute. Such an institute will be able, thanks to the most modern examination techniques, to differentiate reliably between natural and synthetic emeralds, and will inform you as to whether the stone has undergone any treatment of the kind a purchaser has the right to know about.

And one more piece of advice on the purchase of an emerald: whilst diamonds generously scintillate their fire in sizes below 1 carat, you should go for larger dimensions when acquiring a coloured gemstone. True, there are some lovely pieces of jewellery with small coloured gems to set decorative accents, but emeralds, like other coloured gemstones, do not really begin to show that beautiful glow below a certain size. How large 'your' emerald ends up will depend on your personal taste, and on your budget. Really large specimens of top quality are rare. This means that the price of a top-quality emerald may be higher than that of a diamond of the same weight. The fascination exuded by a fine emerald is simply unique.



By the International Colored Gemstone Association – All About Colored Gemstones



WE HOPE YOU ENJOYED

SUE'S NEWS –N– CLUES. TELL US WHAT YOU THINK!

WHAT WOULD YOU LIKE TO SEE IN OUR NEXT ISSUE ?

WE APPRECIATE YOUR SUGGESTIONS.

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Have a safe, happy and fun-loving summer !!!