

# Newsletter issued by Forensic Nursing, Inc. At Your Service



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And Spring arose on the  
garden fair,  
Like the Spirit of Love felt  
everywhere;  
And each flower and herb on  
Earth's dark breast  
rose from the dreams of its  
wintry rest.  
~Percy Bysshe Shelley, "The  
Sensitive Plant"

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## ARBOR DAY - THE ORIGIN

The first Arbor Day took place on April 10, 1872 in Nebraska. It was the brainchild of Julius Sterling Morton (1832-1902), a Nebraska journalist and politician originally from Michigan. Throughout his long and productive career, Morton worked to improve agricultural techniques in his adopted state and throughout the United States when he served as President Grover Cleveland's Secretary of Agriculture. *But his most important legacy is Arbor Day.*

- *At the federal level*, in 1970, President Richard Nixon proclaimed the last Friday in April as National Arbor Day.
- Arbor Day is also now celebrated in other countries including Australia. Variations are celebrated as 'Greening Week' of Japan, 'The New Year's Days of Trees' in Israel, 'The Tree-loving Week' of Korea, 'The Reforestation Week' of Yugoslavia, 'The Students' Afforestation Day' of Iceland and 'The National Festival of Tree Planting' in India. Julius Sterling Morton would be proud.
- Sometimes one good idea can make a real difference.

**ECO QUIZ:** How many pieces of paper does the average office worker use in a year? Answer: 10,000 Sheets  
America consumes 30% of the world's paper.

## PRODUCE

### DIRTY DOZEN

Conventional crops with the

**HIGHEST** pesticide loads:

Peaches---Apples---Sweet bell peppers  
Celery---Nectarines---strawberries  
Cherries---Lettuce---rapes [imported]  
Pears---Spinach---Potatoes

### CONSISTENTLY CLEAN

Conventional crops with the

**LOWEST** pesticide loads:

Onions---Avocados --Sweet corn [frozen]  
Pineapples---Mangoes---Sweet peas[frozen]  
Asparagus---Kiwi---Bananas---Cabbage  
Broccoli---Eggplant

Winter in Montana: Coldest Ever

January 20, 1954

-70 degrees Fahrenheit -50 degrees Celsius

### RAIN....or ...What?

**Rain:** Water falling in drops at temperatures above freezing.

**Snow:** Ice crystals that form snowflakes and fall when temperature is below freezing.

**Sleet:** Raindrops that freeze in the cold air before hitting the ground.

**Hail:** Frozen rain in upper atmosphere that refreezes and falls to the earth.

**Freezing Rain:** Water that freezes when it lands on surfaces at temperatures below freezing.

## GOOGLE FOR THE BRAIN Men's Journal March 2009

**Q.** I feel **smarter** after surfing the Web. Is that even possible?  
**A.** The UCLA Center on Aging found that Google searches can actually benefit the brain. Using MRIs, researchers discovered that brain activity was much higher in people who regularly undertook internet searches. The results of the study surprised study leaders. The scans revealed that internet reading activates more brain regions than printed words in a book because of the interaction that Web surfing demands. The researcher also found that with just an hour of Web browsing a day over five days cognitive abilities improve.