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Make a 4-Leaf Clover Keepsake

BUT FIND THE ELUSIVE GOOD-LUCK CHARM FIRST

One of St. Patrick's Day's most popular symbols is a four-leaf clover. In Ireland, these clovers represent luck and good fortune. Each leaf on the clover has a different meaning — faith, hope, love, and success. It's a tradition to find a four-leaf clover on St. Patrick's Day and do activities involving this lucky leaf. So, how do you find these good-luck charms, and what can you do with them?

HOW TO FIND A 4-LEAF CLOVER

Although it may seem difficult, it's easier than you might think. First, find a dense patch of white clover — near it is where four-leaf clovers reside. They are different from the rest and are often smaller, so keep that in mind when you look for the lucky green clovers.

Instead of staring at the patch in close detail and counting leaves, search the patch without focusing on the tiny details. This increases the odds of eyeing a four-leaf clover because the different



patterns, shapes, and sizes of these clovers will jump out at you. If you find one, keep looking! There's a chance another one might be nearby.

CLOVER CRAFT

Once you find your clover, preserve the luck in it all year by placing it in a picture frame. First, gently press the clover leaves between the pages of a large book for several days to flatten them out. After pressing, you can add green food coloring to your clover to enhance its color. Once it's dry, clean it and let it sit overnight. Then, place your clover onto acid-free paper, cut to fit the size of a picture frame of your choice. Next, use acid-free glue to keep your clover in place, and finally, seal your frame shut. You now have your personal good luck charm!

Searching for a four-leaf clover and creating a keepsake will be a great bonding experience for you and your family. We wish you luck! Happy St. Patrick's Day!

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ARBOR DAY STILL MATTERS TODAY

National Arbor Day may be a national holiday, but unlike most national holidays, it's celebrated on different days in various states depending on weather and the area's tree-planting season. For example, in Tennessee, our Arbor Day is celebrated as early as the first Friday of March. While this holiday may not receive as much attention as Earth Day nowadays, the influential figures who brought Arbor Day into national prominence might surprise you.

Almost exactly 150 years ago, little more than a few years after Nebraska became a state, a Nebraska newspaper editor named J. Sterling Morton had an enthusiasm for trees. He strongly advocated for individuals and civic groups to plant them. He became secretary of the Nebraska Territory, and during a meeting with the State Board of Agriculture, he proposed a tree-planting holiday (Arbor Day) to be set for April 10, 1872.

Interestingly, although Arbor Day became a legal state holiday by 1885, that isn't the only part of J. Sterling Morton's legacy that lives on today. He later built a look-a-like White House in Nebraska, and his son became the owner of Morton Salt Company — yes, the navy-blue salt containers with the girl who's dressed in yellow and carrying an umbrella. His son also created an arboretum in Illinois (appropriately called the Morton Arboretum) in honor of his father's love for trees and nature.

"Arbor Day is one of the few national holidays that proposes looking into the future; many holidays are reflective or observed in commemoration of the past."

Then, Arbor Day reached nationwide appeal when President Theodore Roosevelt gave a speech and sent out a letter to U.S. school children for Arbor Day in 1907, reading: "A people without children would face a hopeless future; a country without trees is almost as helpless." By comparing children to trees, as well as exploring the benefits of forests that could easily vanish, Roosevelt's speech moved the nation.

Arbor Day is one of the few national holidays that proposes looking into the future; many holidays are reflective or observed in commemoration of the past. Another Roosevelt quote that applies to Arbor Day is this: "The road to success is the right use of what we have, and improvement on the present opportunity." Arbor day forces us to look into the future and think long term. How do we want our surroundings to look decades from now?

As a tree grows, so do their benefits to the world. It makes sense why President Richard Nixon recognized Arbor Day nationally in 1970 and why it is universally accepted across political parties.

Celebrations still exist for Arbor Day, of course, especially local ones. Every Arbor Day, just across from our offices, the Soil Conservation District Office and the United States Department of Agriculture set up tents on the federal post office lawn and give away free trees.

As Roosevelt said in 1906, "Any nation in which its youth lives only for the day, reaps without sowing." We should appreciate the present moment, but by considering tomorrow, we can also prevent waste and encourage growth in all things long term. So, if you would like to prevent waste and encourage growth in the long term, celebrate Arbor Day this year by planting a tree.

-John Colvin

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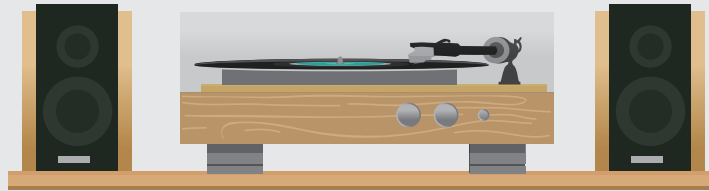
Vinyl Is Final? *It Can Be!*

STORAGE TIPS TO KEEP YOUR RECORDS SAFE

In addition to offering great sound, records provide a cozy aesthetic. Before you throw your records on any old shelf, consider these expert tips for vinyl storage and protection!

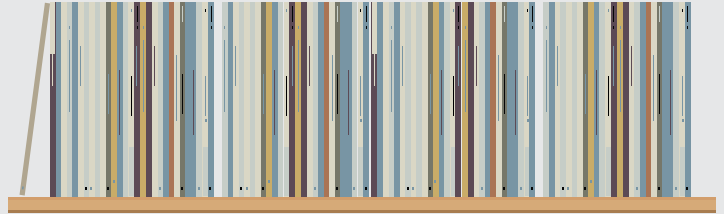
COVER UP

Vinyl is very fragile. To prevent scratches or damage, store your vinyl records in plastic sleeves. Outer sleeves are great options for older record cover art or those that you don't listen to often.



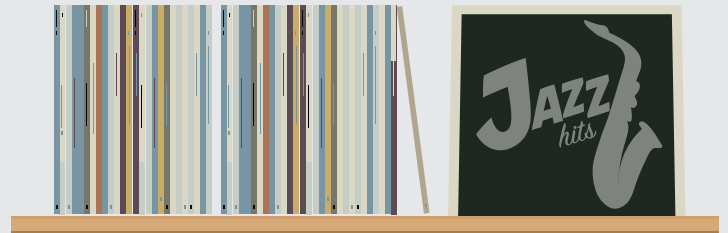
STAY UPRIGHT

One vinyl record only weighs about 5 ounces, but when stacked on top of each other, that weight adds up to a lot, creating great pressure for records at the bottom of the stack. Instead, store your records upright like library books or in a cascading pattern.



MAINTAIN TEMPERATURES

Keep your home's humidity low and heat levels below 70 degrees F to protect from warping. Furthermore, a wooden shelf will attract less dust and static electricity. Light can also be damaging to records, so store your vinyl away from windows and UV lamps.



Monteagle Mountain's Treacherous Legacy

HOW TO DRIVE THROUGH SAFELY

Not far from our offices, on the I-24 between Nashville and Chattanooga, Tennessee, you'll find a steep hill named Monteagle Mountain. It's not the steepest hill in the nation, so it might surprise you that the hill has a nationwide reputation as particularly treacherous for drivers — especially truck drivers.

Part of its reputation isn't just earned through drivers' lived experience, but a song written by Johnny Cash about a trucker going down the mountain. Some of it goes: "Your life is in your hands/ When you start down that long steep grade/ On Monteagle Mountain." The song continues in an even grimmer way: "When I started down Monteagle, the brakes just wouldn't hold/ I knew I was in trouble and about to lose control/ The runaway ramp was waitin', I saw

the warning sign/ I said, 'Lord help me make it, have mercy on this soul of mine.'"

Although the fictional trucker made it down the hill safely, it can certainly give any drivers' brakes and transmission a workout! But it's even more dangerous when you're hauling a heavy load. Many drivers have shared that despite their long driving careers (hauling products for various industries), they preferred to avoid Monteagle Mountain. Vetted truckers have seen their fair share of challenging and dangerous roads, but the roads on this mountain are notorious for being slick, winding, and extremely narrow.

If you're planning on driving through Monteagle Mountain anytime soon, there are a couple things to keep in mind. For one, usually with challenging mountain roads, you can



see "pretty far ahead," but not on Monteagle Mountain. Keeping that in mind, you should take things slow, and, if you're a truck driver, remember, "the heavier the load, the lower the gear." For example a man driving a 1992 Freightliner, on a 10-speed tranny, will usually take the grade into sixth gear, if fully loaded.

Whether you're planning a road trip or work trip, we hope you'll drive safely while on the infamous Monteagle Mountain roads — and maybe play the Johnny Cash song, "Monteagle Mountain," while passing through!

4 WAYS TWITTER CHANGED THE WORLD

COMMEMORATING THE 16TH ANNIVERSARY OF THE FIRST TWEET

The first tweet was sent on March 21, 2006, by Jack Dorsey, the now-retired Twitter CEO and founder. The tweet was even auctioned for charity and was sold for \$2.1 million! That value might not have been possible without Twitter's vast influence on the way we speak, learn, entertain, and much more. Here's four ways Twitter changed the world, for better or worse.

NO. 1: POLITICS ARE MORE PUBLIC — YET CONTAINED — THAN EVER.

It's well-known that Twitter has become a major battleground for political campaigns and conversation. However, it's also used to gauge public opinion. If done poorly, it can produce a false sense of consensus. Why false? Sharon Coen, a senior lecturer in media psychology from University of Salford in England, says this is because users tend to connect with people who

hold similar views to their own, and they are less likely to come across different issues and opinions.

NO. 2: SCIENTIFIC QUERY IS MADE EASY.

Any kind of data can open up enormous opportunities for scientists, and Twitter data is no exception. By increasing public awareness and participation in science, many scientific projects can become more accurate, more quickly.

NO. 3: BUSINESS-TO-CONSUMER COMMUNICATION HAS BEEN TRANSFORMED.

It's now easy for customers to publicly complain to a company, and it's just as easy for companies to rely on and potentially resolve a major public issue right away. Not only can businesses possibly reduce customer support costs, they can even set a Guinness World Record for being the "most



responsive brand on Twitter," which Xbox won in 2010 for answering over 5,000 inquiries a day.

NO. 4: TWITTER HAS CREATED MANY RANDOM CELEBRITIES.

One day, a young infatuated customer took a picture of the handsome Target employee that helped her bag her items. She shared the picture on Twitter, and not only did it catch the attention of millions of people, but the employee even went on The Ellen DeGeneres Show. Today, "Alex from Target" remains a popular random celebrity, and the cycle continues with many other random people, even pets from viral animal videos.

Although Twitter's impact comes with a debatable ratio of bad and good consequences, one thing is for certain: Pop culture will never be the same.

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7	5	6	1	3	9	4	2	8
9	C	6	2	C	5	7	1	4
7	5	6	1	3	9	4	2	8
9	C	6	2	C	5	7	1	4
2	8	1	1	0	0	0	C	C
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Simple Bok Choy Chicken Soup

Inspired by TheSpruceEats.com

Is the chill of winter lingering? A hot bowl of this Asian-inspired soup will warm you right up! Our recipe makes 4-5 servings.

Ingredients

- 3 cups chicken broth
- 1 tsp red pepper flakes
- 2 tsp soy sauce
- 2 tsp sesame oil
- 1 garlic clove, chopped
- 10 leaves bok choy, thinly sliced
- 2 cups shredded rotisserie chicken

Directions

1. In a medium saucepan, bring chicken broth to a boil.
2. Stir in red pepper flakes, soy sauce, sesame oil, and garlic.
3. Add bok choy leaves and rotisserie chicken. Simmer for 10 minutes or until the bok choy is dark green and tender.
4. Enjoy with slices of your favorite whole-wheat bread!