

# F. Y. I.

St. Patrick's Day Edition



A Monthly Newsletter to Inform and Entertain Our Clients

## Begosh and Begorrah Happy St. Patrick's Day

### Inside:

Your Ultimate  
Irish Whiskey  
Bucket List

and then...

Natural Hangover Remedies (just in case...)

A Little  
Irish Humor

St. Patty's  
Day Facts

Take a Seat in One of These...



## 10 Must-Drink Irish Whiskeys

For decades, serious whiskey drinkers drank scotch. Irish "blended" whiskey was for drowning sorrows--or coffee. But that's changing. Here are the 10 Irish Whiskeys that you must try, according to *Forbes.com*.

- **Bushmill's 21 Year Old (Single Malt)** - \$115; Aged for 21 years in bourbon barrels and sherry casks, then vatted and married and sent to Madeira drums for the honeymoon.
- **Midleton Vary Rare (Blend)** - \$150; Bottles are dated and released in limited supply every year. A blend of triple-distilled whiskeys, from 12 to 21 years old, matured in individually selected Bourbon-seasoned American oak casks nesting in dark aromatic cellars.
- **Redbreast 12 Year Old** - \$50; Uniquely Irish pure pot still.
- **Green Spot** - \$60; A whiskey drinker's whiskey, since the turn of the 19th century. Only 500 bottles released per year. Made with 7- to 8-year-old pure pot still whiskey, 25% from sherry casks.
- **Jameson Distillery** - \$65; The best in the Jameson range, an artful blend of three whiskeys, ranging from 18 to 23 years of age, principally matured in Spanish Oloroso sherry barrels and blended together and married for about six months in Bourbon barrels.
- **Knoppogue Castle 1951** - \$1,000; Distilled in 1951 at the now-defunct B. Daly Distillery in Tullamore, aged in sherry casks for 36 years and bottled in 1987. The oldest and rarest Irish whiskey around with fewer than 1,000 bottles left--period.
- **Connemara Cask Strength (Single Malt)** - \$60; Bottled right out of the cask without being cut for uniformity. Smooth and sweet like a traditional Irish whiskey yet smoky, like an Islay scotch.
- **Jameson 12 Year Old Blend** - \$33; Aged in sherry-seasoned Spanish oak casks. Known for its mellow, sweet, nutty character.
- **Black Bush** - \$29; The original single malt whiskey from Ireland.
- **Powers Irish Whiskey** - \$17; Triple-distilled in both copper pot stills and column stills, Powers is aged in bourbon casks for five to six years.



## St. Patty's Day Stuff

- More than 100 St. Patrick's Day parades are held across the U.S.; the largest are held in Boston and New York.
- There are 34.7 million U.S. residents with Irish ancestry. That is more than 7 times the population of Ireland!
- While 11% of U.S. residents claim Irish ancestry, that number more than doubles to 23% in the state of Massachusetts.
- St. Patrick's Day is a national holiday in Ireland and in the Caribbean country of Montserrat which was founded by Irish refugees.

## 6 Natural Hangover Remedies

If you were a little too enthusiastic about your St. Patrick's Day celebrating, then I've got some natural hangover remedies that can really help.

1. **Water** - It's tried and true and it will work better than probably any other remedy in this article as long as you remember one thing - stay sober enough to drink loads of it after you get home or better yet, during.
2. **Bananas** - When you're hungover, your body has lost a lot of potassium that needs to be replenished, so eating a banana when you wake up will provide relief.
3. **Honey** - The fructose in honey helps your body metabolize the alcohol and it also contains potassium, just like bananas. If you're in a bad way, you can take two to six teaspoons of it every 20 minutes.
4. **Wasabi Bath** - As much as a third of toxic body waste is removed through the skin. You can speed up that process by taking a bath or even just taking a hot shower. To help the detoxification process even more, pop a spoonful of wasabi (Japanese horseradish) powder into your bath.
5. **Carbs** - One of the best ways to ditch that queasy feeling is to eat something - preferably a healthy portion of bread or pasta to mix the alcohol with food as it processes in your body.
6. **Tomatoes** - They're rich in the vitamins, minerals and enzymes that booze robs your body of and it contains fructose which aids in metabolizing alcohol.

## Irish Humor

A young Irishman sits in a pub in the New World drinking beer and conversing with the barkeep. Another man comes in, sits beside him and says hello. Hearing the lilt the first man asks, "you be Irish?" "Yes I am", comes the response. The first man yells, "barkeep, give us another round and one for my friend here, he's from the mother country as well." The second man asks, "So where in the old country ye from." "Dublin", responds the first. "Dublin you say - so am I", and the second man hollers "barkeep, bring us another round and a shot of your best Irish Whiskey for me and my friend here." Afterwards the first man asks. "from where in Dublin" and the second man responds with the street name. The first man says, "well I'll be - so am I", and yells "barkeep, another pair of beers and Irish Whiskey for the pair of us." The phone behind the bar rings and the barkeep answers it. The owner of the pub asks - "how is business." The barkeep responds, "not too bad, the O'Malley twins are here getting drunk again."

## Monthly Quotes

*"There are only two kinds of people in the world, The Irish and those who wish they were."* – Irish Saying

*"If you're lucky enough to be Irish... you're lucky enough!"* – Irish Saying

*"May the sound of happy music, and the lilt of Irish laughter, fill your heart with gladness, that stays forever after."* – Irish Toast

*"St. Patrick's Day is an enchanted time - a day to begin transforming winter's dreams into summer's magic."* –Adrienne Cook



## MARK YOUR MARCH CALENDAR ...

**March 2** Dr. Seuss Day  
**March 17** St. Patrick's Day  
**March 19** National Chocolate Caramel Day  
**March 20** Vernal Equinox 7:02 AM EDT  
**March 25** Passover  
**March 29** Good Friday  
**March 31** Easter

Iditarod Race – **March 2 - 19**  
American Crossword Puzzle Weekend – **March 8 – 10**  
Girl Scout Week – **March 10 – 16**  
Flood Awareness Week - **March 18 - 22**

American Red Cross Month  
Irish-American Heritage Month

## Put Your Arse in This Chair!

Take a look at our new line of 24/7 Intensive Use Chairs from *Concept Seating*. Designed for businesses with dispatch and call centers, control rooms, NOC's, monitoring stations and other occupations requiring long sedentary periods. This line of chairs is an exceptional choice for environments where seats are occupied 24/7/365 and by two or more people of varying heights and weights per day. The innovative design conforms to multiple body shapes and weights with minimal chair adjustment.

- ✓ **All-Steel Frame** – maintains original tensile strength and rigidity; enforces posture.
- ✓ **Dymetrol Suspension** - Dymetrol works like a suspension bridge; the force of compression pushes down on the suspension membrane, but because it is a suspended seat structure, the weight is transferred across the fabric; minimizes any concentrated compression directly into the pressure points where the primary body weight meets the seat; allows for increased comfort during long hours of sitting.



- ✓ **Infinite Adjustable Air Lumbar** – Back pressure relief at the touch of a button.
- ✓ **Knee Tilt Control & Waterfall Front** – Reduces leg nerve compression and improves circulation.
- ✓ **Adjustable Armrests** – Adjust width and height of arms
  - ✓ **Safety Casters** – Prevents chair from rolling away while in the act of sitting; smooth ride on hard surfaces and short carpet.
  - ✓ **Seven Leg Base** – Prevents tipping and makes maneuvering easier.
  - ✓ **Replaceable Covers** – Swap out the cover in minutes to bring back that “Brand New” look after years on the job.
  - ✓ **Adjustable Back** – 2:1 recline ratio and adjustable to 5 positions allows more people in a 24/7 environment to sit ergonomically.
  - ✓ **Seat Depth Adjustment** – helps keep sitting position comfortable for variable leg lengths.
  - ✓ **Six Year Warranty** – Unparalleled durability. This is not a throw away chair, but one that can be refurbished and put back into service in a very short time.



The bottom line: seating that increases employee morale and productivity while decreasing time away from the job.

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