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October 2014

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National Geographic Society

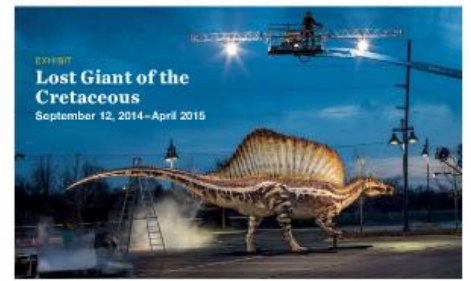


EXHIBIT
Lost Giant of the Cretaceous
September 12, 2014–April 2015

The 50-foot-long *Spinosaurus* (above) photographed for the cover will menace visitors to National Geographic's courtyard in Washington, D.C. (but a full-size skeleton of the dinosaur will stay inside the museum).

WORLD FOOD DAY

The World and Agriculture Organization of the United Nations declared October 16 World Food Day to draw attention to hunger, malnutrition, food security, and agricultural development. Visit National Geographic's food blog, The Plate, at plate.nationalgeographic.com for updates on this year's events.



NG BOOKS FOODS FOR HEALTH

Barton Seaver and P. K. Newby
Discover the foods that have a high nutritional—and low environmental—impact in this science-based guide that will have you and your family shopping, cooking, and eating more sustainably. Find it whenever books are sold (\$22.95).

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On the Cover With sharp, spiculed teeth and a six-foot sail along its back, the *Spinosaurus* ruled the mid-Cretaceous in what is now northern Africa. Photo by Mike Hethcote assisted by Mark Thiessen.

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PHOTO: MIKE HETHCOTE, ART: ALVARO VALERO
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2014 PLATYPUS AWARDS
INNOVATIONS IN SOUND

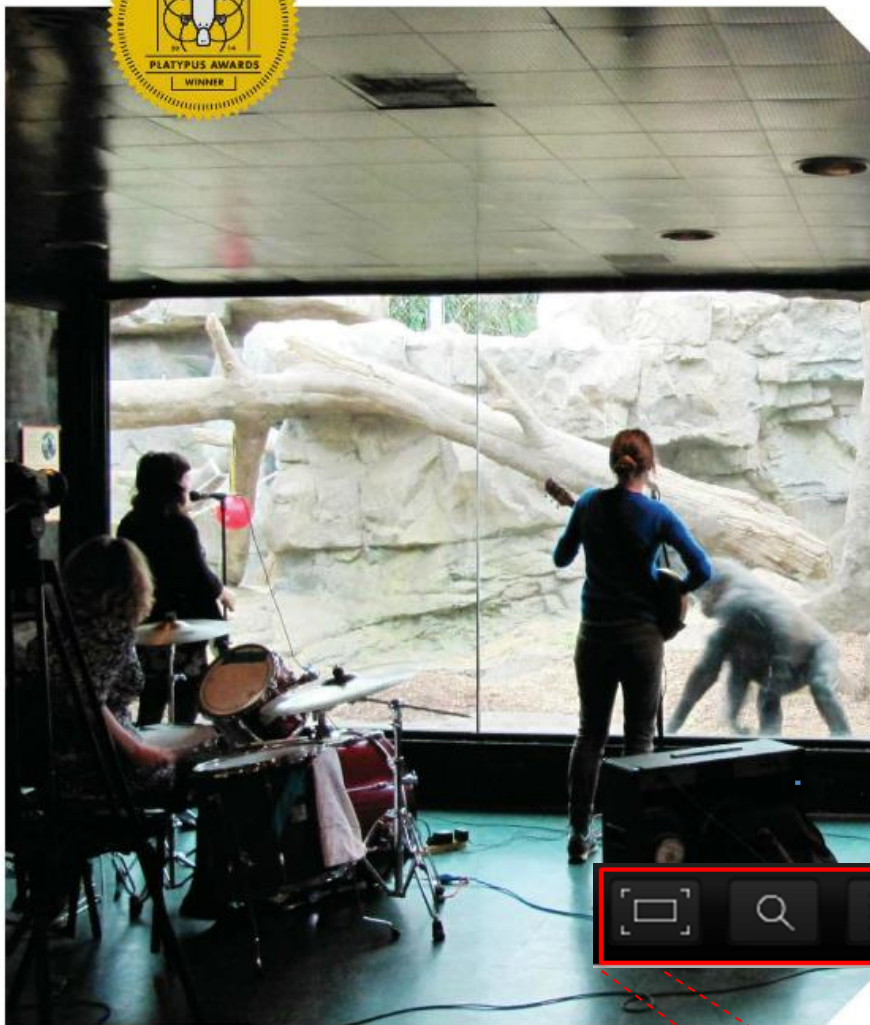


zoology alt rock

HOW ENTERTAINING ANIMALS CAN

SPREAD EMPATHY

WHAT KIND OF TUNES WOULD TICKLE A DONKEY'S fancy? Laurel Braitman found an answer while working on a project that's changing the way we relate to our furry friends—and maybe even one another. Braitman, a science historian with a PhD from MIT, was researching animal psychology in 2009 when she stumbled across a Victorian-era music journal featuring a series of concerts that had been performed expressly for animals. Intrigued, she decided to modernize the concept. "This all came out of the idea that we're not the only creatures to have taste, preference, and personality," she says. Humans tend to think about animals in certain contexts: as pets, zoo attractions, or dinner. Braitman's project asks us to think differently. What might be going on in animals' brains? Her research explores how individual animals with psychiatric conditions deserve *individualised* treatment and not simply blanket care and prescriptions. Ultimately, her project is about empathy, something we all could use. "Nothing exposes the limits of the human imagination more than imagining what it is like to be someone else," Braitman writes. "Particularly if that someone else is nonhuman." To date, Braitman's concert series has included performances for distressed sea lions, bison, and gorillas. Thanks to her, these lucky creatures get to enjoy being entertained instead of having to entertain us—and at the same time, we're getting to know and understand them a little better. As for Mac, the miniature donkey Braitman raised? Turns out he's soothed by Afrobeat and Nina Simone.

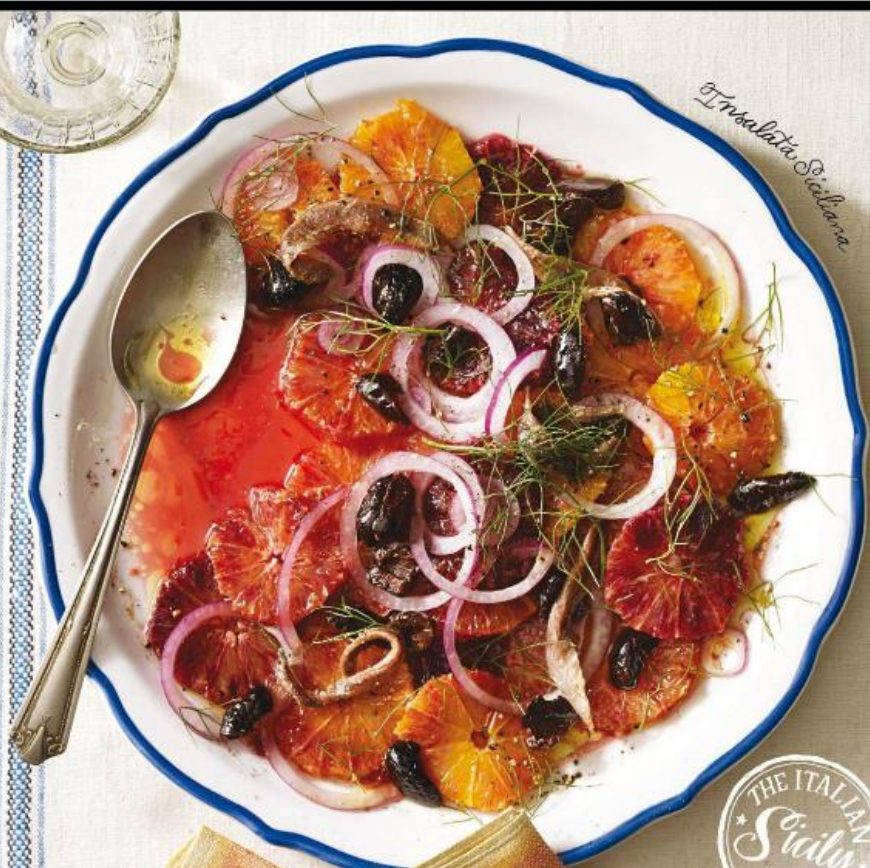


How Birdsong Can Boost Your Bottom Line

A little birdie told us it just might raise your Yelp score.

The warbling of our feathered friends isn't just pleasant to the ear—it's great for our psyches. The benefits of birdsong are as diverse as, well, the birds. According to Eleanor Ratcliffe, a PhD candidate at the University of Surrey in England, natural sounds like birdsong can improve mood, mediate the circadian rhythm, and make grating sounds like traffic more tolerable. The dawn chorus has been shown to improve focus too—specifically, it helps workers push through that post-lunch grogginess. (The chirps are random, meaning there isn't a pattern there to lull you to sleep.) It's also soothing. Hospital studies show that children who listen to bird-song before booster shots are less anxious. But the most surprising benefit is its potential to impact your bottom line. In 2011, reports showed that BP's grimy gas station bathrooms were making customers unhappy. The gas giant remedied the problem by tunneling bird-song into the bathroom and plastering nature scenes onto the walls. Customer satisfaction skyrocketed 50 percent, leaving BP bigwigs as happy as larks.





Trasalata Salara



ORANGE, ANCHOVY & OLIVE SALAD

ACTIVE: 30 MIN **TOTAL:** 1 HR
TO MAKE AHEAD: Refrigerate for up to 8 hours. Serve at room temperature.

This delightful Sicilian salad brings together oranges, olives and anchovies. It is usually made when juicy Tarocco blood oranges are in season, but small navel oranges with a squeeze of lemon are a good substitute.

- 4 small oranges, preferably blood oranges
- 1 small red onion, sliced into very thin rounds
- 16 salt-cured (or oil-cured) black olives or Kalamata olives, pitted and halved
- 6 anchovy fillets
- 1 tablespoon fresh lemon juice
- 3 tablespoons extra-virgin olive oil
- 1/2 teaspoon ground pepper, or more to taste
- 2 teaspoons finely minced fennel fronds for garnish

1. Peel oranges carefully with a paring knife, cutting away all the white pith as well as the membrane that covers them on the outside. Working on a plate to help capture all the juice, slice the oranges into rounds, as thin as you can manage.
 2. Arrange the orange slices on a serving platter; reserve the juice. Distribute onion over the oranges, then arrange olives over the top and finally the anchovy fillets.
 3. Pour the orange juice and lemon juice over the salad and drizzle with oil. Sprinkle with pepper.
 4. Let the salad stand at room temperature for about 30 minutes to let the flavors develop. Serve sprinkled with fennel fronds, if desired.
- SERVES 4; 1/2 CUP EACH**
Calories 202, Fat 15g (sat 2g), Cholesterol 5mg, Carbs 15g, Total sugars 10g (add 10g), Protein 3g, Fiber 2g, Sodium 465mg, Potassium 237mg



4 From near left to opposite: Unripe green olives have tough skins so they are cracked to absorb the flavorful curing brine faster. Golden olive oil and cured black or green olives meet in fresh salads like this classic, made with the island's fresh citrus.

SICILIAN MARINATED OLIVES

ACTIVE: 10 MIN **TOTAL:** 40 MIN
TO MAKE AHEAD: Prepare through Step 2; cover and refrigerate for up to 3 days. Let stand at room temperature for 30 minutes before finishing with Step 3.

Even in Sicily, pickled olives are often dressed up ("cunzate") to present as an antipasto. Try this with the plain green olives you buy from a super-market olive bar. It will bring them to life in a whole new way.

- 1 1/2 cups unpitted green olives
- 2 tablespoons extra-virgin olive oil
- 1 medium stalk celery, coarsely chopped
- 2 cloves garlic, peeled and thinly sliced
- 1 small fresh red or green chile pepper, thinly sliced
- 3 tablespoons chopped flat-leaf parsley, divided
- 1 teaspoon white-wine vinegar
- 1/2 teaspoon dried oregano, preferably Sicilian or Greek

1. Rinse olives in a colander, tossing gently under running water, then dry on a kitchen towel. Transfer to a bowl, add oil and gently toss to coat.
2. Add celery, garlic, chile, 2 tablespoons parsley and vinegar; toss again. Let the olives stand at room temperature for 30 minutes.
3. Transfer to a serving platter and sprinkle with the remaining 1-tablespoon parsley and oregano, crumbling the oregano with your fingers to bring out the flavor.

MAKES: ABOUT 2 CUPS (1/4-CUP SERVING)
Calories 108, Fat 11g (sat 0g), Cholesterol 0mg, Carbs 1g, Total sugars 0g (add 0g), Protein 0g, Fiber 2g, Sodium 200mg, Potassium 27mg

ride up a mountain track to one of the Cascino family olive groves. Salvatore grew up nearby and has harvested olives for years with Maria's family, who have farmed land in the surrounding hills for generations. Most of the olives will be turned into oil, but a few are reserved for the family's table. And these are what we're after today.

We tumble out of the truck, dust ourselves off and set to work collecting wood for the two sausages. First things first—and in Italy, food *always* comes first. Only then is it time to spread nets under the trees and start pulling off the round green *uova di piccione* (pigeon's egg) olives, dropping them into nets to protect them from the dusty soil.

As we pick, Maria reminds me that olives are too bitter to eat fresh off the tree because of oleuropein, a compound that is, ironically, loaded with antioxidants that make olives so good for us. Like traditional cooks around the Mediterranean, Maria and Salvatore use time-honored curing methods that remove most of the bitterness. Fully ripe black olives are layered with sea salt, which over weeks draws out the bitterness. When done, the salty olives are rinsed and tossed with a little oil for protection.

Unripe green olives are soaked in brine—"It should be 10 percent—salty enough to float an egg," says Salvatore—to which cooks often add vinegar and a variety of flavorings, such as (Salvatore's favorite) dried wild fennel blossoms or (Maria's preference) garlic and chiles. The bitterness leaches out of the olives and is replaced with the flavors of the brine.

Late in the afternoon, as sausages sizzle on the fire, work slowly comes to a halt. We have about seven or eight big gallon jars full of olives, enough to start the winter's supply.

Back in the kitchen, Maria and Salvatore get to work. Onions stew in olive oil and vinegar; Salvatore's rich, rolling baritone launches into a Sicilian folk song; the fragrance of lemons and the aroma of mint swirl with Maria's boisterous laughter at one of Salvatore's stories.

The pair turns out a feast of Sicilian dishes, including blood orange salad, fried crescents of winter squash smothered with tangy caramelized onions and a classic rabbit stew with a rainbow of diced vegetables. Each has layers of flavor, combinations of sweet and sour, of fresh mint, basil or dried oregano, some with additions of citrus, and salted capers and anchovies. Tying it all together is olive oil, the most common thread in Sicilian cooking, and, of course, the olives themselves.

NANCY HARMON JENKINS's next book, *Virgin Territory: Exploring the World of Olive Oil*, will be published by Houghton Mifflin next year.



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1½ cups unpitted green olives	1 small fresh red or green
2 tablespoons extra-virgin olive oil	chile pepper, thinly sliced
1 medium stalk celery, coarsely chopped	3 tablespoons chopped flat-leaf parsley, divided
2 cloves garlic, peeled and thinly sliced	1 teaspoon white-wine vinegar
	⅛ teaspoon dried oregano, preferably Sicilian or Greek

1. Rinse olives in a colander, tossing gently under running water, then dry on a kitchen towel. Transfer to a bowl, add oil and gently toss to coat.
2. Add celery, garlic, chile, 2 tablespoons parsley and vinegar; toss again. Let the olives stand at room temperature for 30 minutes.
3. Transfer to a serving platter and sprinkle with the remaining 1 tablespoon parsley and oregano, crumbling the oregano with your fingers to bring out the flavor.

MAKES: ABOUT 2 CUPS (¼-CUP SERVING)

Calories 108, **Fat** 11g (sat 0g), **Cholesterol** 0mg, **Carbs** 1g, **Total sugars** 0g



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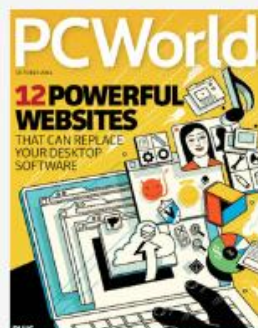
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TUZIGOOT RUINS

AN EXCERPT FROM OUR SEPTEMBER 1939 ISSUE,
FEATURING "ARIZONA'S NEWEST NATIONAL MONUMENT,"
AS IT WAS DESCRIBED 75 YEARS AGO.

BY GLADYS THOMPSON NIEHUIS

A rainbow forms near
Tuzigoot National
Monument, home to a
Sinaguan pueblo that
dates to A.D. 1000.
[OPPOSITE PAGE]

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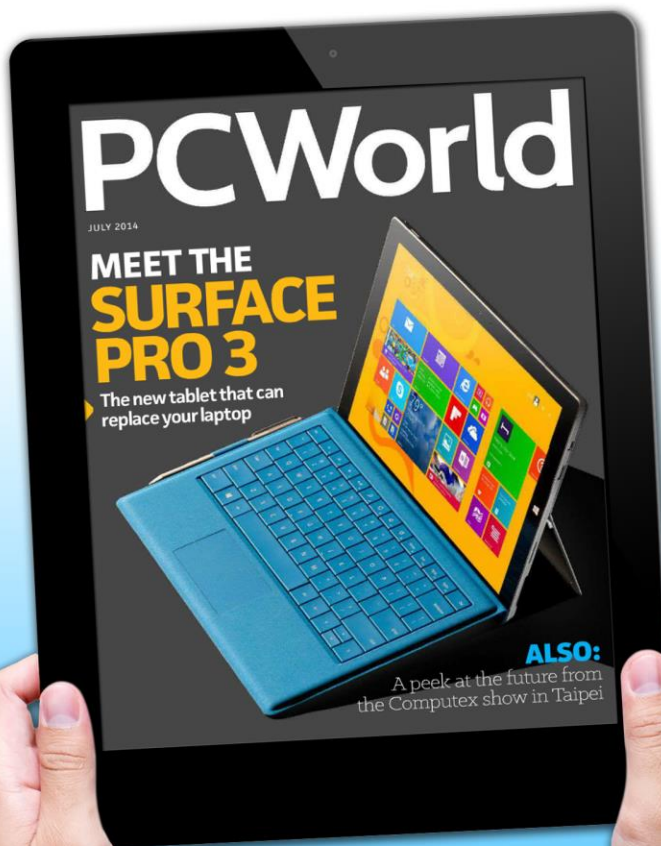
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