



Atwood's Printing press release



Timely Information and a Good Mix of Fun from the gang at Atwood's Printing.
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www.atwoodprint.com



You Are What You Eat: The Connection between Mood and Food

The relationship between food and mood has intrigued people for ages. Hippocrates was one of the first to acknowledge the healing powers of food, but it wasn't until the medieval ages that food was shown to modify one's mood. Here are some ways that foods can affect your mood:

- To feel more energized and alert, eat foods high in protein such as meat, milk products, fish, beans, and nuts. The effects of eating protein typically last about two or three hours.
- To feel more calm, focused, and relaxed, eat carbohydrate-rich foods such as pasta, potatoes, cereals, and breads, especially those with whole grains. You will begin to feel more relaxed within about 30 minutes of eating a carbohydrate snack.
- Food's sensory properties can also have an immediate effect on mood. Try reducing anxiety by crunching on foods such as carrots or pretzels. Relieve tension by chewing on rich, creamy foods such as caramel.

- Caffeine heightens mental alertness and can increase performance; however, too much caffeine can result in anxiety, insomnia, mood swings, and depression.

- Chocolate often acts as a natural antidepressant. Its high sugar and caffeine counts help to release endorphins in the brain, creating a sense of euphoria.

- Folic-acid deficiency causes serotonin levels in the brain to decrease. Counteract blue feelings with a cup of cooked spinach or a glass of orange juice.

- Your own circadian rhythms also play a role in how you choose to eat. If you are a morning person, your breakfast doesn't necessarily need to give you a boost of energy. But, by afternoon and evening, you should select foods that give you the energy you need to get through the day.

☼ More information available at:
www.foodandmood.org.

wise words

“Humility is to
make a right estimate
of one's self.”

— Charles Haddon Spurgeon



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*Atwood's
Printing*

5635 S. Laburnum Avenue
Richmond, Virginia 23231
ph. (804) 226-1500
fax. (804) 222-0007
www.atwoodprint.com



Bret Atwood

Honesty is a central component in the everyday workings of our printing firm. We deal honestly with our employees, our vendors, and our customers.

What this means for you is straightforward answers to your questions—from pricing and scheduling, to honest counts on the printed pieces we produce. You will walk out of our printing firm with the number of pieces you ordered.

We value the trust you place in us, and we will continue to do all we can to earn your trust every time you walk through our doors.

So Much to See in Wisconsin Dells

As one of the oldest sites to appear on maps of the Great Lakes region, the area now known as Wisconsin Dells was a significant reference point for French explorers in the 1700s. In 1857, a town was born at the place where the railroad tracks crossed the mighty Wisconsin River. Originally known as Kilbourn City, it was renamed

Wisconsin Dells in 1930 by a group of city officials who combined a French word that means “slablike rock” and an Indian word meaning “where the dark rushing waters meet.” Today, it is the Midwest’s

number-one vacation destination, boasting more than 2.5 million tourists annually. Visitors can explore spectacular caverns, hauntingly beautiful passageways, and towering cliffs that reach 100 feet high.

The Dells’ endless natural beauty is easily explored on foot, horseback, bike, or on one of the area’s boat tours that provide

visitors with a mix of history, folklore, and breathtaking scenery.

Wisconsin Dells is also full of man-made wonders, such as amusement parks, live entertainment, and water parks. In fact, the Dells has the highest concentration of indoor water parks in the world, with more than 450,000

square feet of various indoor water recreation facilities, earning it the title of Water Park Capital of the World!

Many visitors also enjoy the Dells’ diverse historical attractions, such as the Mid-Continent Railway Museum, which re-creates

the “Golden Age of Railroading.”

If you combine the area’s striking natural beauty with its interesting history and unique attractions, it is easy to imagine why Wisconsin Dells is a must-see travel destination for visitors of all ages.

☎ For more information about this area, visit: www.wisdells.com.



Rock formations at Wisconsin Dells.

{wellness}

Are You Getting Enough Fiber?

Fiber is beneficial to your health in many ways. It can lower the risk of certain types of cancer, lower blood cholesterol levels, lower blood pressure, minimize the complications of diabetes, and it also aids appetite control. The National Cancer Institute recommends 20-30 grams of fiber daily. Here are some healthy ways to increase your daily fiber intake:

- Look for foods high in fiber, such as whole-grain breads, high-fiber cereals, wheat bran, raspberries, strawberries, sesame and poppy seeds, and navy, kidney, pinto, and lima beans. Use brown rice instead of white rice, and whole wheat rather than white pasta.
- Leave the peel on fruits and vegetables, like potatoes and apples, whenever possible.
- Substitute whole-grain flour for half or all of the white flour when baking bread.
- It is important, however, to manage your fiber intake so that you don’t eat all of your daily fiber at once. Be sure to drink plenty of liquids; otherwise, fiber can slow down or even block proper intestinal digestion.

☎ For more information, visit www.mayoclinic.com.



{terrific trivia}

1. What job did Charlie Brown's father hold?
2. What continent is cut into two fairly equal halves by the Tropic of Capricorn?
3. Who is listed as Billboard's top-selling album artist of the 1970s?



1. Barber
2. Australia
3. Elton John



Safely Saving Scanned Documents

Perhaps you've been in this situation: you scan a document or two for use in your company's newsletter, but you're not quite sure of the best way to save these images so they can easily be used. What should you do? It's best to save your scans in formats that are most compatible with what you plan to use them for. Here are some guidelines to help you decide how to save your scans:

- Saving for the Web or e-mail: save photographic images as a JPEG, and save images that have text, sharp lines, or large areas of solid colors as a GIF. Saving in these two formats should be done as the final step before putting it on the Web.
- Save for editing at a later time: save your scan as either TIFF, PNG, or BMP (bitmap). Saving as a TIFF or PNG will give you a smaller file size, and will not result in any loss of information. BMP files can be quite large.
- Saving for archiving: once you have edited your photographs and you want to archive them, save them as JPEGs to conserve disk space. If you think you will need to edit the scan at a later date, save it as the highest-quality JPEG.

It is our goal to help you produce high-quality printed materials. That is why we are eager to offer our assistance when it comes to saving your scanned images. Speak to one of our customer service representatives with your questions.

☎ Visit us at www.atwoodprint.com to see the many ways we can help you.

Gutenberg's Army®



{top 10 list}



Least-Populated States

Wyoming	Delaware
Vermont	Montana
North Dakota	Rhode Island
Alaska	Hawaii
South Dakota	New Hampshire



Butterflies are a wonderful sight in a garden. Here are tips for attracting them, and keeping them around:

- Remember that butterflies start out as eggs, then become caterpillars, then a chrysalis, and finally turn into butterflies. Your garden must supply food for caterpillars and butterflies.
- Adult butterflies lay their eggs directly on the caterpillar's food source. For monarchs it is milkweed, and for painted ladies it is thistle. While these may seem like weeds to you, they are a necessary source of nutrition for a caterpillar.
- Be sure your garden includes nectar plants that bloom from February through November to sustain the adult butterflies.

☎ For more information, visit www.thebutterflysite.com.

{ben's friends}



- Anger is many times more hurtful than the injury that caused it.
- The best metals lose their luster unless brightened by use.
- Content lodges more often in cottages than in palaces.
- Where the river is deepest it runs quietest.



Getting you the printing you need when you need it is our top priority — no matter what.

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can you guess the year?

- Ted Turner purchases the Atlanta Braves for a reported \$12 million.
- *The Bionic Woman* with Lindsay Wagner debuts on ABC.
- Walt Disney World logs its 50-millionth guest.
- International Bill of Rights goes into effect.
- \$2 bill reintroduced in the U.S.
- Barbara Walters becomes the first female nightly network news anchor.
- Stephen Wozniak and Steven Jobs found Apple Computer.
- "Love Will Keep Us Together" by Captain and Tennille wins the Grammy for Record of the Year.
- Hank Aaron hits his 755th and last home run.



Robert De Niro as Travis Bickle in *Taxi Driver*.

- *Rocky*, *Taxi Driver*, and *All the President's Men* hit the big screen.
- Jimmy Carter is elected president of the United States.
- The first commercial Concorde flight takes off.
- The baseball team the Toronto Blue Jays is created.
- The Winter Olympic games are held in Innsbruck, Austria, and the Summer Olympics are held in Montreal, Canada.

The year was 1976.



{recipe}

Smoked Salmon Mousse

4 ounces smoked salmon
2 tablespoons heavy cream
1 (8 ounce) package cream cheese, softened
1/2 lemon, juiced
1/2 teaspoon dried dill weed to taste
salt and pepper to taste
1 ounce salmon roe

Place smoked salmon in a blender or food processor, and blend until smooth. Mix in heavy cream, cream cheese, juice of half of a lemon, dried dill weed, salt and pepper. Blend to desired consistency. Transfer to a medium serving dish, and garnish with salmon roe.

Rainn Wilson was born in Woodinville, Washington on January 20, 1966. He began high school in Washington, but graduated from New Trier High School in Illinois where he played clarinet and bassoon in the band. He attended college at Tufts University and the University of Washington, and holds an MFA from NYU's Tisch School of the Arts. He has worked in theater, television, and movies, and is best known for his role as Dwight Schrute on NBC's *The Office*. He lives in California with his wife, author Holiday Reinhorn, and their son Walter McKenzie.



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Atwood's Printing

Published at:
5635 South Laburnum Avenue
Richmond, Virginia 23231

How to reach us:

Phone

804-226-1500 Local
804-226-1500 24-hour voice mail

e-mail

Letters to the editor
bret@atwoodprint.com
Customer Service
mail@atwoodprint.com

Fax

804-222-0007

Web

www.atwoodprint.com
twitter.com/atwoodprint



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