



Atwood's Printing press release

Timely Information and a Good Mix of Fun from the gang at Atwood's Printing.
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A Personal Mission Statement

Do you ever feel like you spend your days throwing darts at a target, but missing the bull's-eye? Put the darts down, grab a pen and a piece of paper, and get to work creating a personal mission statement. Not only will a personal mission statement help you know which darts to throw, it will guarantee you hit the bull's-eye on a more consistent basis. Here are some steps to take as you write your personal mission statement:

Step 1: Identify Past Successes. Spend some time identifying four or five examples where you have had personal success in recent years. These successes could be at work, in your community, or at home. Try to identify whether there is a common theme, or themes, to these examples.

Step 2: Identify Core Values. Develop a list of attributes that you believe characterize who you are and what your priorities are. Once your list is complete, narrow it down to the five or six most important values. Finally, see if you can choose the one value that is most important to you.

Step 3: Identify Contributions. Make a list of the ways you could make a difference. In an ideal situation, how could you contribute best to: the world in general; your family; your friends; your community?

Step 4: Identify Goals. Make a list of your personal goals, perhaps in the short term (up to three years) and the long term (beyond three years).

Step 5: Write Mission Statement. Based on the first four steps and a better understanding of yourself, begin writing your personal mission statement. Be specific. This mission statement is personal to you and should be a reflection of you. Use action statements like "I will ..." to describe how you will bring life to your core values.

Once you have completed your personal mission statement, don't put it on the shelf. You've identified the bull's-eye; now pick up your darts and start throwing.

More ideas and resources available at www.selfgrowth.com.

wise words

"Your imagination is your preview of life's coming attractions."

— Albert Einstein



Two-Color Printing

Black and white is fine for old photographs, but not for your marketing materials. Two-color printing is a great, low-cost alternative to black and white that is sure to make a more memorable impression. Ask us about it today!

*Atwood's
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The North Shore of Lake Superior



Bret Atwood

Have you ever considered the traits that make a person easy to be around? Probably one that you noticed was their ability to listen. They don't just acknowledge what you are saying, but actively listen, and then offer appropriate feedback.

The customer service reps at our printing firm strive to be the kind of people that are easy to be around. That's why we work very hard to listen to the individual needs of our customers and offer the right answers. Stop in and talk with one of our reps today. They're all ears.

Highway 61 winds its way along the coastal waters of Lake Superior's North Shore, offering unparalleled beauty and unlimited possibilities for adventure.

Vacationers have been making their way to this part of Minnesota for nearly 150 years. Early visitors to the North Shore were intrigued by the unspoiled

landscape that spreads from the coast of Lake Superior inland through pristine wilderness.

Today, visitors to this area are sure to find plenty to keep them occupied.

Tucked away amidst 160 miles of road between Duluth

and Grand Portage, Minnesota (at the northeast tip of the state) are eight state parks, including Gooseberry Falls State Park, Tettegouche State Park, featuring rock climbing on Shovel Point and Palisade Head, and Split Rock Lighthouse State Park, home to America's most visited lighthouse.

A trip to the area would not be complete without a stay at one of the resorts, lodges, bed-and-breakfasts, or hotels sprinkled throughout the wilderness or along the lakefront. Adventurous spirits may enjoy checking out the campgrounds or getting hooked up with an outfitter and exploring the Boundary Waters Canoe Area.

There is never a bad time to visit the North Shore. Whether it's skipping rocks on the clear Superior waters in the summer, watching the fall colors paint a breathtaking canvas of red, orange, and yellow, strapping on skis or



North Shore stream flows into Lake Superior in Minnesota.

snowshoes for an off-road journey in the winter, or experiencing the rebirth that comes with spring, visitors are sure to encounter something that will call them back year after year.

☪ Visit www.NorthShoreInfo.com for more information.

{wellness}

Please Pass the Sea Salt

For many years, salt has been equated to poison for those suffering from high blood pressure or other heart-related conditions. But many researchers are now discovering that unrefined sea salt, which is different from regular table salt, has numerous health benefits.

Unrefined sea salt is the form of salt the body was designed to use. It contains a naturally occurring complex of sodium chloride, which includes major minerals such as calcium and magnesium, and a complete complement of essential trace minerals. Many of these trace minerals used to be present in the soil used to grow grains, fruits, and vegetables, or could be found in drinking water, but that is no longer always the case.

Despite the warnings about salt consumption, it must be part of our diet. From extracting excess acidity from the cells in the body to absorbing food particles through the intestinal tract and preventing muscle cramps, salt remains an essential component to whole-body health. Choosing unrefined sea salt gives your body the optimal benefits that salt can provide. Of course, just like in all things, moderation is the key.

☪ For more information, visit www.naturalnews.com.



{terrific trivia}

1. What was the first city to reach a population of one million?
2. How many books are there in the standard Bible?



3. What kind of car did Starsky and Hutch drive in the television series?

1. Rome, in 5 B.C.
2. 66
3. 1975 Ford Gran Torino



Which Ink?

Choosing the right ink combinations can have a dramatic effect on your finished product. Use this handy ink guide to help you make the correct ink selection.

- Black ink, as you might expect, is the most common and least expensive ink.
- Spot colors are printed with premixed inks. You can choose from thousands of different spot-color inks. A spot color printed at 100% is a solid color and has no dot pattern.

• Process colors are reproduced by printing overlapping dots of cyan, magenta, yellow, and black (CMYK) inks. To create blue, for example, you combine cyan dots and magenta dots. Your eyes merge the cyan and magenta dots to perceive the color blue. Process printing gives us the ability to simulate photographic images using just four basic ink colors.

- Metallic inks use metallic powders to give a pleasing luster. Metallic inks can often add an extra sparkle or touch of class to your printing project.

• Varnish is used as a coating over printing to protect the printing and increase gloss.

Use spot colors when ...

- You need three or fewer colors and you will not be reproducing process-color photographs.
- You want the limited color variety you get from one or two spot colors and tints of those colors.

• You want to print varnishes or special inks, such as metallic spot inks.

Use process colors when ...

- You need more than three colors in your design. In general, printing with process inks costs less than printing with three or more spot inks.

• You want to reproduce scanned color photographs or color artwork that can only be reproduced with process colors.

We are here to help you determine the right ink colors for your project. Just ask!

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

Gutenberg's Army®



{top 10 list}



Cities with the Most Skyscrapers*

- | | |
|------------------|--------------|
| 1. Hong Kong | 6. Singapore |
| 2. New York City | 7. Dubai |
| 3. Chicago | 8. Shenzhen |
| 4. Shanghai | 9. Houston |
| 5. Tokyo | 10. Seoul |

* Habitable buildings of more than 500 ft.

{ben's friends}



- Spare and have is better than spend and crave.
- Anger is seldom without a reason, but seldom with a good one.
- A long life may not be good enough, but a good life is long enough.

tending home & garden.



Look around you, and you're bound to see items in your home that can be repurposed—that is, used for something other than their intended purpose. Here are two great repurposing ideas:

- Washing and reusing sandwich baggies cuts down on household waste. But drying them can be a pain. Put an old toothbrush holder to use as a dryer for your baggies. Simply place wooden chopsticks in the holes and place the baggies over the chopsticks.
- If you have a bunch of old winter scarves lying around, consider making them into a blanket. Lay the scarves side by side, cut them to the same length, and stitch the edges together. Then, sew the scarves onto a single piece of coordinating fabric.

☛ More at: www.wholeliving.com



Printing is much more than black ink on white paper. Stop in and see all the options we have to offer.

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can you guess the year?



Minnesota Twins, World Series Champions

- The Super Nintendo Entertainment System (or "Super Nintendo") is released in the U.S.
- A cease-fire brings an end to the fighting in the Persian Gulf War.
- The South African Parliament repeals apartheid laws.
- Boris Yeltsin becomes first freely elected president of Russian Republic.
- The Minnesota Twins defeat the Atlanta Braves in the World Series.
- Miles Davis, Theodore Seuss Geisel, and Frank Capra die.
- Richard Branson and Per Lindstrand make the first transpacific hot-air balloon flight.
- The U.S. first-class postal rate goes to 29¢.

- *The Silence of the Lambs*, *Beauty and the Beast*, *Thelma & Louise*, and *JFK* are released.
- L.A. Lakers superstar Earvin "Magic" Johnson stuns the world by announcing that he has the AIDS virus and is retiring from basketball.
- *Martha Stewart Living* magazine begins publication.
- An amateur video captures the beating of Rodney King by Los Angeles, California police officers.
- The Dow Jones average closes above 3,000 for the first time.

The year was 1991.

{recine}



Amazing Apple Crisp

10 cups apples, peeled, cored, and sliced	1 cup quick-cooking oats
1 cup white sugar	1 cup all-purpose flour
1 tablespoon flour	1 cup packed brown sugar
1 teaspoon ground cinnamon	1/4 teaspoon baking powder
1/4 cup water	1/4 teaspoon baking soda
	1/2 cup butter, melted

Preheat oven to 350°F. Place the sliced apples in a large bowl. Add the white sugar, 1 tablespoon flour and ground cinnamon to the apples, and toss together. Pour apple mixture into 9x13 pan and pour water evenly over all. In a separate bowl, combine the oats, 1 cup flour, brown sugar, baking powder, baking soda and melted butter. Crumble evenly over the apple mixture. Bake uncovered for about 45 minutes.

Taylor Swift was born in Wyomissing, Pennsylvania on December 13, 1989. Her love of music and talent for writing were apparent at an early age. She began performing at festivals, fairs, and karaoke contests at the age of 10, and began writing songs on her own guitar by age 12. Her family admired her dedication and made regular trips with her to Nashville. When Taylor was 14, she signed a publishing deal with Song/ATV, and her family moved to Nashville permanently. Her self-titled debut album was released in 2006 when she was just 16 years old, and has gone triple platinum.



<http://twitter.com/atwoodprint>

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Recycled Paper

"The production of recycled paper generates 95 percent less air pollution than virgin paper."

—www.Earth911.com