



Atwood's Printing press release

Timely Information and a Good Mix of Fun from the gang at Atwood's Printing.
april.09.

www.atwoodprint.com



Try Your Green Thumb at Organic Gardening

Whether you live in a part of the country where cold weather has been dominant for several months, or in a place where the warm sun continues to shine, you may be thinking about gardening. And if you are, maybe this is your year to consider organic gardening.

Organic gardening is more than eliminating the use of pesticides and synthetic fertilizers. The goal of organic gardening is to think of plants as part of a larger system that includes the soil, water supply, people, wildlife, and insects. Working with these natural systems, the organic garden will replenish the resources it consumes.

Here are some ways you can turn your yard into a beautiful and fruitful organic garden:

- *From the ground up.* Organic gardening requires the use of carbon-based solid nitrogen fertilizers. In layman's terms: some good compost. Consider using cottonseed meal, fish emulsion, manure—and, of course, the food scraps from your own kitchen to fortify your soil without using pesticides

and fertilizers.

- *Choose wisely.* Depending on your geographic region, certain plants will thrive while others struggle to survive. Be smart about what you plant and you will be more successful.

- *Make mulch your friend.* Wood chips, leaves, hay, grass clippings, and even sawdust are good choices when it comes to keeping things from growing where you don't want them to. Again, your garden is not organic if you're using sprays to keep the weeds under control.

- *Bugs be gone.* Pests are inevitable, but there are ways to fend them off. Split up stands of similar vegetables to make it more difficult for pests to migrate between their favorites, mix veggies with aromatic herbs and flowers, or introduce predator insects to keep the pest population down.

- More organic gardening ideas and resources are available at: www.organicgardening.com.

wise words

“People grow through experience if they meet life honestly and courageously. This is how character is built.”

— Eleanor Roosevelt



Newsletters

Make a Connection!

If you've been looking for a way to make a solid, consistent connection with your customers, then a newsletter is your solution. From industry news to information that is specific to your company, a newsletter keeps your name in front of your customers. Ask us today for help with your company newsletter.

*Atwood's
Printing*

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Bret Atwood

Owner/General Manager

One of the great things about being on a team is you always have someone that's on your side. When you bring your printing projects to our firm, we feel like we are part of your team—pulling for your success.

The printing you receive from our firm is a positive step on the road to great success for your company. And, as part of your team, we are committed to seeing you succeed. Our staff looks forward to answering your questions and finding solutions that fit your needs. Call us today!

Something for Everyone at Stone Mountain Park

Stone Mountain Park, which is often referred to as the "Eighth Wonder of the World," is Georgia's number one tourist attraction. More than four million people flock to Stone Mountain every year to see this amazing collaboration of nature and mankind.

Stone Mountain Park is a 3,200-acre park which is centered around the world's largest exposed granite mountain. It features a magnificent memorial carving that depicts three

heroes of the Civil War: Confederate President Jefferson Davis, General Robert E. Lee, and Thomas "Stonewall" Jackson. The carving is so enormous that an adult could easily stand inside one of the horses' ears. The figure of General Lee is nine stories tall. The Summit Skyride, which transports visitors more than 825 feet above the ground, provides a stunning view of the carving.



Carving at Stone Mountain Park, Georgia

But Stone Mountain Park offers much more than just a view of the carving. Within the boundaries of the park, visitors can enjoy breathtaking scenery, pristine lakes, nature trails, and vast forests, as well as activities such as camping, hiking, fishing, water sports, golf, and tennis.

Other attractions include the Antebellum Plantation and Farmyard, which allows visitors to experience timeless traditions and treasures of the South in the

1800s, and the Stone Mountain Railroad, which takes visitors on a five-mile excursion around the mountain. There are also stage shows performed throughout the year, and the world's longest-running laser show.

There are so many things to see and do at Stone Mountain Park. For more information about visiting the park, check out www.StoneMountainPark.com.



{wellness}

The "Sunshine Vitamin"

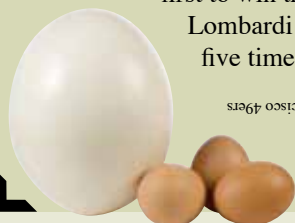
When it comes to sunshine, the nation is literally divided. From year-round sunshine in the south to cloudy blizzards in the north, a person's ability to enjoy the sunshine depends a great deal on where they live. No matter where you are, it is essential to your health that you allow yourself some sun exposure in order to increase the amount of vitamin D that your body is absorbing.

Your skin produces vitamin D from the ultraviolet rays of the sun. Blocking the production of this vital vitamin by using sunscreen can lead to a variety of health problems, including a number of cancers. This doesn't mean you can lie in the sun for hours unprotected. It does mean allowing yourself 15 minutes of "safe sun" a few times a week. This will have a profound effect on your overall health. It is never a good idea to stay out in the sun long enough to receive a burn, but the right amount of sun exposure will give your body the chance to produce the vitamin D it needs.

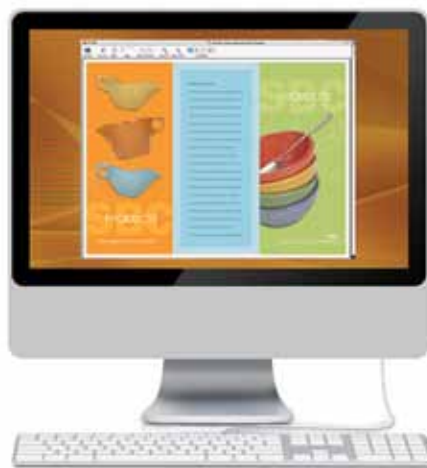
☼ For more information, visit www.sunshinevitamin.org.

{terrific trivia}

1. How many average-sized omelets can be made from one ostrich egg?
2. What planet is closest in size to Earth's moon?
3. What NFL team was the first to win the Vince Lombardi Trophy five times?



1. 11 1/2
2. Mercury
3. The San Francisco 49ers



Reducing PDF Size

Adobe PDF files provide you with a way to share documents with just about anyone, regardless of their computer platform, and they are a great way to send your files to our printing firm. Here are two ways to compress your PDF files using Adobe Acrobat without compromising the document's integrity :

- Make any changes to the Adobe PDF document, and then choose File > Save As. Choosing "Save As" instead of "Save" will cause Acrobat to rewrite the entire PDF document as efficiently as possible, and will optimize it for faster Web viewing.

- Choose Advanced > PDF Optimizer, then click the "Audit Space Usage" button. This audit lists the bytes used by each element of your document, and its percentage of the total document size. The information gained from the audit will help you identify effective ways to reduce the file's size. Select compression options for color, grayscale, and monochrome images using the "Images" panel. "JPEG" should be used for images where the color changes gradually, like photographs. Choose "ZIP" for illustrations with large areas of solid, flat color.

The fonts in your document account for a large percentage of the file's size. If you are planning to send your document to a printer, however, your fonts will need to remain embedded.

It may seem like a complicated process, but you don't have to figure it out by yourself. Our staff will gladly assist you with this and any other questions you may have about digital files.

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

Gutenberg's Army ©



{top 10 list}



Busiest Airports

- | | |
|-------------------------------------|--------------------------|
| 1. Atlanta Hartsfield International | 6. DFW International |
| 2. Chicago O'Hare | 7. Charles De Gaulle |
| 3. London Heathrow | 8. Frankfurt |
| 4. Tokyo International | 9. Beijing Capital |
| 5. Los Angeles International | 10. Denver International |

Source: Airports Council International



In 1926, 20-year-old Gertrude Ederle attempted something that many believed to be impossible for a woman. She set off to swim across the English Channel.

With two tugs accompanying her, one with friends and relatives and the other with photographers and reporters, she left Cape Griz-Nez, France, at 7:05 a.m. Battling stormy, shark-infested riptides and crosscurrents, she emerged at Kingsdown, England 14 hours and 30 minutes later. The harsh conditions caused her to swim 35 miles in crossing the 21-mile channel.

Nearly 25 years later, Florence Chadwick broke the record with a time of 13 hours and 20 minutes, but she only traveled 23 miles.

☛ More at: www.biographybase.com

{ben's friends}



- Quality is presence of value and not absence of mistake.
- He who buys what he does not need steals from himself.
- Those who jump to conclusions often land in ignorance.
- When an old man dies, a library burns down.



Oh Boy, Have We Got Options!

With so many options when it comes to your printing projects, we'll help you make the right choice.

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can you guess the year?

- Pope Paul VI dies and is succeeded by John Paul I, who dies unexpectedly after 34 days in office. It is decided that Cardinal Karol Wojtyla of Poland, Pope John Paul II, will become the next pope.
- Serial killer Ted Bundy is captured in Pensacola, Florida.
- *Annie Hall* wins Best Picture at the 50th Academy Awards.
- Pete Rose of the Cincinnati Reds gets his 3,000th major league hit.
- The New York Yankees win their 22nd World Series championship.
- The first U.S. Take Back the Night march occurs in San Francisco.



Diane Keaton and Woody Allen in *Annie Hall*.

- Jim Jones leads his People's Temple cult in a mass suicide of over 900 followers in Jonestown, Guyana.
- Sony introduces the first portable stereo, the Walkman.
- Album of the Year Grammy goes to *Rumours* by Fleetwood Mac, and "Hotel California" by the Eagles is awarded Record of the Year.
- Balloon angioplasty is developed to treat coronary artery disease.

The year was 1978.

{recipe}



Taco Pasta Salad

- | | |
|---------------------------------------|---------------------------------|
| 2 cups uncooked spiral pasta | 1 cup shredded cheddar cheese |
| 1 pound ground beef | 1/2 cup chopped onion |
| 1 (1.25 ounce) package taco seasoning | 1/2 cup chopped green pepper |
| 3 cups shredded lettuce | 1/2 cup Catalina salad dressing |
| 2 cups halved cherry tomatoes | tortilla chips |

Cook pasta according to package directions. Meanwhile, in a skillet, cook beef over medium heat until no longer pink; drain. Stir in the taco seasoning; cool. Drain pasta and rinse in cold water; stir into meat mixture. Add the lettuce, tomatoes, cheese, onion, green pepper and dressing; toss to coat. Serve with tortilla chips.

Jon Stewart was born in New York City on November 28, 1962. He grew up in Lawrenceville, New Jersey where he played French horn, graduated third in his class, and was voted "Best Sense of Humor" by his high school classmates. He attended the College of William and Mary in Virginia, then returned to New York City in 1986 to try his hand at the comedy club circuit. In 1991 he was hired by Comedy Central, a relationship that continues to this day. As the host of *The Daily Show*, Stewart has earned a reputation as a political satirist. He and his wife Tracey and their two children live in New York City.

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Did You Know?

Producing soy inks requires only .5 percent of the total energy needed to produce petroleum-based inks.

— www.TargetMarketingMag.com