



Atwood's Printing press release

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

www.atwoodprint.com



Simple Tests of Efficiency

In your home, inefficiency can mean money is slipping through the cracks. Here are some tests you can perform to check the efficiency of a few items in your household.

- *To check for refrigerator/freezer leaks*, slip a piece of paper between the rubber gasket on your freezer and fridge doors and the frame. Close the door and tug on the paper. Do you notice any resistance? If not, the seal's not tight enough and cold air is probably leaking out, which means your fridge has to work harder to keep things cool. Be sure to try this on all four sides of the refrigerator and freezer doors.

- *To check for a leaky toilet tank*, pour food coloring into the water in the tank, wait two hours, then check to see if any color has seeped into the bowl. If it has, the flapper in your tank is leaking, either from worn parts or mineral buildup. Be sure to flush down the dye (to avoid staining) before heading to the hardware store for a replacement flapper. Toilet leaks waste up to a gallon of water per minute. That's more than 43,000 gallons a month.

- *To check the efficiency of your shower*, place a 1-gallon bucket under the running showerhead and see how long it takes to fill the bucket. If it's less than 20 seconds, replace the showerhead with a low-flow head that sprays at least 1.5 gallons per minute. It could save you more than 14,600 gallons per year!
- *Check the temperature of your refrigerator* by sticking an appliance thermometer in a glass of water in the center of your refrigerator, or placing the thermometer between the frozen goods in the freezer overnight. The temperature of your refrigerator should be between 37 and 40 degrees F; your freezer between zero and 5 degrees. If you find that either compartment is too cold, adjust the setting—keeping them just 10 degrees colder than necessary can raise your energy consumption up to 25 percent.

☼ More ideas and resources available at: www.energysavers.gov/your_home/energy_audits

GET YOUR ORDERS IN EARLY!!!
We will be Closed
Thursday, December 24th
& will reopen Monday,
January 4th, 2010.



Notepads

Subtle Marketing

What's so great about notepads? They are inexpensive, easy to produce, and something most of your customers will use often, which means they will remind customers of your company on a regular basis. Thinking you want to add notepads to your marketing lineup? Give us a call!

follow us
on your social
networking sites!



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facebook.com/atwoodprint



Bret Atwood

British manufacturer Richard Tangye once said, "During a very busy life, I have often been asked, 'How did you manage to do it all?' The answer is very simple. It is because I did everything promptly."

We run our printing firm by the same philosophy. We approach every print job with a sense of urgency. Whether you need your printed projects today or three days from now, we'll get the ball rolling immediately so your printing will be completed by or before your deadline.

The National Toy Train Museum

Train lovers from around the world flock to Strasburg, Pennsylvania, the train capital of the world. They come for an opportunity to climb aboard a historic steam-engine train for a journey through spectacular Amish farmlands, and to visit three famous train museums. One of these museums is the National Toy Train Museum, which serves as the headquarters for the Train Collectors Association, one of the largest and most prestigious international collecting organizations in the world.

The museum displays an extensive collection of toy trains from the mid-1800s to the present day, including Lionel, American Flyer, Marx, Marklin, LGB, and many others.

Guests can marvel at the history of the museum's five operating, interactive train layouts and colorful displays. Each of the five layouts, which visitors are able to help operate, represents a different period

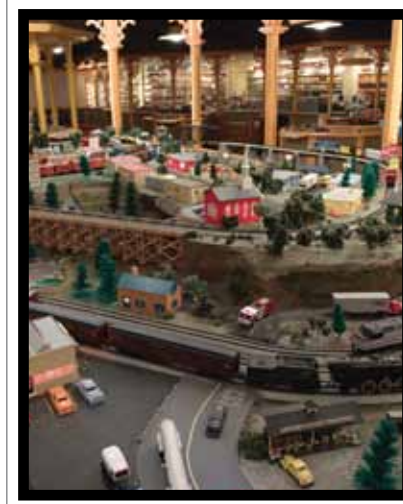
of the 20th century, complete with a wide array of period accessories and extensive scenery. The layouts are constructed in such a way that even the youngest visitors have a good view of the action.

For those that are hungry for more information, a research library and a theater that plays continuously running videos about toy trains will provide what they are looking for. Visitors that love to shop will enjoy visiting the gift shop, featuring a diverse and unusual selection of toy-train-related gifts.

The National Toy Train Museum is also close to other railroad attractions, such as the Choo Choo Barn at Traintown U.S.A.,

the Railroad Museum of Pennsylvania, and the Strasburg Railroad. Whether guests are five years old or 85, you can be assured that these amazing toy trains will bring out the kid in everyone.

☛ For more information about this area, visit: <http://www.nttmuseum.org/>



{wellness}

Wintertime Blues = Wintertime Bulk

More than 25 million Americans experience the winter blues, a form of depression that makes a person feel irritable, lethargic, and hungry for carbohydrate-rich foods.

These winter blues are often due to a drop in serotonin, a brain chemical that regulates mood and hunger. In response to low serotonin levels, the body craves sweets, which temporarily raise the level of serotonin. But this high is often followed by a crash, setting up a hunger-and-mood roller coaster that often leads to overeating and weight gain.

Here are some easy ways to combat the "winter blues" munchies:

- *Increase your protein intake.* Protein has a satisfying effect that keeps you feeling full longer.
- *Eat some honey before bed.* This can improve sleep and boost your mood.
- *Cut back on your intake of caffeine.* Caffeine only aggravates the blues.
- *Become more active.* Exercise benefits both your physical and mental health.
- *Get some sun.* Spend some time outside or consider taking a vitamin D supplement.

☛ For more information, visit www.doityourself.com/stry/winterblues



{terrific trivia}

1. The Strait of Gibraltar connects the Atlantic Ocean with which sea?
2. Who was the youngest person to have a chart-topping solo single?
3. What unit of measure do you multiply by .39 to convert it to inches?



1. Mediterranean
2. Michael Jackson at just 8 years old
3. Centimeters



Effective Use of Printed Varnish

Just as varnish on a dresser or table protects the wood and gives it a nice finished look, the varnish used on printed pieces enhances their look and durability. If you are interested in using varnish on a printing project, here are a few things you should know:

- In-line press varnish, which is applied to the complete surface of the printed piece, is a relatively inexpensive way to add a lush finish, and may be less expensive than printing on glossy paper.
- Spot varnish is a great way to maximize the contrast between matte and gloss surfaces. It allows you to apply varnish to a certain image or graphic on your printed piece, such as a logo or photo, while leaving the rest of the piece unvarnished.
- While you may think of varnish as a glossy coating, a matte varnish can protect your project from scuff marks without adding the shine of a glossy varnish.
- Certain varnishes may yellow over time. If you have a project with a long shelf life, be sure to let us know and we can help you find an appropriate varnish.
- A UV varnish is applied off-line and is cured with ultraviolet light. This process gives the surface an exceptional gloss and rub resistance.

If you would like to use a varnish to polish off your printed pieces, it is important that you work closely with our staff to ensure that your project will be completed to your specifications. It is our pleasure to help you navigate this process.

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

Gutenberg's Army ©



{top 10 list}



Longest Underground Railways (City, Miles)

London, 254	New York City, 229
Moscow, 182	Tokyo, 182
Seoul, 179	Madrid, 175
Paris, 132	Mexico City, 110
Hong Kong, 109	Chicago, 107



Your tools are only helpful if they are in working order. Here are some tips for keeping them in top condition:

- To prevent rusty tools, coat with auto paste-wax.
- Put a piece of charcoal in your toolbox to prevent corroded tools.
- Be sure wooden-handled tools stay dry to prevent them from rotting.
- Oil your tools to prevent rust and keep them working properly, especially tools with joints.
- If rust does take hold, spray the tools with a lubricant such as WD-40. Using a spongy scrubbing pad, gently remove the rust. Do not use sandpaper, as it will scratch the tools. Be sure to wipe off any excess lubricant before storing in a cool, dry place.

☎ More at: www.bobvilla.com

{ben's friends}



- You only win if you're not afraid to lose.
- Wait for the wisest of all counselors ... time.
- No one can make you feel inferior without your consent.
- It is not the answer that enlightens, but the question.



Printed, packed, and ready for delivery! We can do it all, on time and on budget.

**Atwood's
Printing**

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can you guess the year?

- Four students at Kent State University in Ohio are slain protesting the U.S. incursion into Cambodia.
- The Beatles break up, and by the end of the year each member has released a solo album.
- IBM introduces floppy disks.
- Jimi Hendrix and Janis Joplin both die drug-related deaths at age 27.
- Apollo 13 returns safely to earth.
- The Kansas City Chiefs defeat the Minnesota Vikings in the Super Bowl, 23-7.
- U.S. boxer "Smokin' Joe" Frazier is named world heavyweight champion.
- Pan Am starts the first Boeing 747 "jumbo jet" service.



Smokin' Joe Frazier

- The first Earth Day is celebrated.
- *Monday Night Football* debuts on ABC with Howard Cosell, Frank Gifford, and Don Meredith giving play-by-play.
- The LCD (liquid crystal display) is invented by Hoffman-La Roche in Switzerland.
- A first-class stamp costs 6¢.
- The population of the world is estimated to be 3.706 billion people.
- Egypt's Aswan High Dam opens.

The year was 1970.



{recipe}

Banana Pancakes

1 cup all-purpose flour
1 tablespoon white sugar
2 teaspoons baking powder
1/4 teaspoon salt
1 egg, beaten
1 cup milk
2 tablespoons vegetable oil
2 ripe bananas, mashed

Combine flour, white sugar, baking powder and salt. In a separate bowl, mix together egg, milk, vegetable oil and bananas. Stir flour mixture into banana mixture; batter will be slightly lumpy. Heat a lightly oiled griddle or frying pan over medium-high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Cook until pancakes are golden brown on both sides; serve hot.

Jack Johnson was born in Oahu, Hawaii on May 18, 1975. He was intrigued by surfing at a young age, thanks to his famous surfing father Jeff Johnson, and joined the prestigious Pipeline Masters competition when he was just 17 years old. Unfortunately, a serious accident involving over 150 stitches forced him to leave the sport. While recovering, he wrote songs in his hospital bed. He went on to study film at the University of California at Santa Barbara, but decided to pour his energy into music instead of movies. Through a series of connections, he was able to record some of his music. Turns out he has quite a knack for it.

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Soy-Based Ink

Using soy-based ink makes later recycling of the paper more efficient because the ink is easily removed in the de-inking process.