



Atwood's Printing

press release

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

January 2010

www.atwoodprint.com



Think Like a Kid

We're often in such a hurry to grow up and act like adults that we've left some of the best parts of our childhood behind. As the New Year begins, take a few moments to think about what it means to think like a kid, and let these lessons affect the way you live this coming year.

- *Feel good about yourself.* Have you ever complimented a child on their artistic abilities, beautiful smile, or fast running? What was their response? Children usually respond to "You are a great artist!" with a confident "I know!" Yet somewhere between childhood and adulthood, we lose this confidence. Try to appreciate yourself and find the confidence you once had as a child.
- *Promote your strengths.* Have you ever paid attention as children tell you about their accomplishments? "I can run really fast ... I drew it all by myself ... I finished all my peas" When children are good at things, they want to make sure that other people know it. But as most people get older, we tend to hide our best qualities. The next time someone thanks you or acknowledges

your accomplishments, say "Thank you," and pat yourself on the back.

- *Find enjoyment in everything.*

Children often find joy in the littlest things, from riding their bike, watching a butterfly pass by, or finding a penny on the ground. But as we get older, we become so wrapped up in "life" that we forget to find joy in the simple things we once treasured.

- *Be active.* It is our body's natural desire to move, and children seem to know that. They rarely sit still. With time, moving can become more difficult, but that doesn't mean adults should stop moving altogether. Instead of swinging from the monkey bars or skateboarding, try taking a walk or riding a bike.

- *Have fun!* What do children like to do best? Have fun! The same is true with adults. Set aside some time to do what brings you joy, and have fun doing it.

☼ More ideas at www.wikihow.com/Feel-Like-a-Kid-Again

wise words

"I think in terms of the day's resolutions, not the year's."

~Henry Moore



Labels

Don't Get Stuck Without 'Em

Labels are one of those overlooked but very necessary printed items for a business. From mailing labels to product labels, no matter what size, shape, or color, our printing firm can produce what you need at a price you will like. Give us a call today to discuss your company's label needs.

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Bret Atwood, Owner

A New Year means new beginnings at your company. Maybe the new beginnings mean a new look for your marketing materials. If that's the case, our printing firm is equipped to make you look good on paper. We'll work with you to make sure your company is making the best impression possible on your customers and prospects.

As the New Year starts, we also want to thank you for your continued business. We are grateful for the partnership we have with your company.

Wide-Open Spaces of Glacier National Park

One of Montana's main attractions, Glacier National Park is celebrating its 100th birthday this year. Established in 1910, Glacier National Park spans over one million acres of diverse landscape, and provides visitors with the opportunity to bask in nature's resplendent glory. With blue-velvet skies, emerald-green fields, and lush meadows of fragrant flowers, Glacier National Park houses a majestic, enchanted wonderland.

Wind, water, and glaciers sculpted out the hills and valleys, creating this geographic phenomenon. Today, waterfalls surge through the hanging valleys, and glaciers still preside over the snowcapped mountain peaks.

Open year round, 24 hours a day, the park has activities for just about anyone. Visitors can experience fishing in the clear mountain lakes and streams, hike,

ride horseback, or bike on more than 700 miles of trails, and camp in one of almost 1,000 campsites. And of course, there is the Going-to-the-Sun Road, which allows visitors a view of all that Glacier has to offer. Bisecting the heart of Glacier, this 50-mile-long road follows the shores of the two largest lakes in the park, and

travels along the cliffs below the Continental Divide as it crosses Logan's Pass. Numerous scenic turnouts and wayside exhibits allow visitors to stop and enjoy the park at their own pace.

There are a variety of visitor

centers and exhibits throughout the park, providing a glimpse of the history of the park, and offering assistance to those who need it.

A visit to Glacier National Park is truly a great adventure.

☎ For more information about this area, visit: www.nps.gov/glac/index.htm.



Iceberg Cirque at Glacier National Park.

{wellness}

A Safer Way to Clean

The products and chemicals you use to clean your house, dissolve hairballs in the drain, make your toilet sparkle, and eat lime off your shower stalls could cause problems ranging from eye and skin irritation to allergic reactions, and even long-term health problems such as liver damage and cancer. But before you give up your battle and let the grime take over, keep in mind that there are several ways to leave those toxins in the dust.

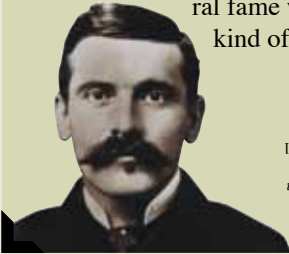
- Read labels and follow directions. If the instructions say to use gloves, use gloves—the same with protective eyewear, clothing, and adequate ventilation.
- Use vinegar as an antibiotic. Spray on cutting boards, bathroom surfaces, and other germ havens. The smell will fade in a few hours.
- Clean more frequently. A lack of grime should ease your need to use harsh chemicals.
- Use baking soda as a nonabrasive cleanser for countertops, sinks, and tubs.
- Try lemon juice to remove dirt, battle tarnish, or dissolved gummed-up gunk.
- Plan major cleaning for warmer months, since evaporation is slower when it's cold.

☎ For more information, visit <http://www.natural-healthy-home-cleaning-tips.com/>



{terrific trivia}

1. In which city would you visit the Doge's Palace?
2. Which newspaper exposed the Watergate cover-up?
3. Doc Holliday of OK Corral fame was what kind of doctor?



1. Venice
2. The Washington Post
3. Doctor of dental surgery



The Ties that Bind

There are a lot of bindings out there, so here are a few of the popular binding techniques that you can choose from:

The Perfect Bind – The most common binding method, the perfect bind, is used if you want to achieve a really professional look. The disadvantage: the spine is glued flat, and often you'll see catalog printing jobs that crack along the spine when opened.

The Coil Bind – Coil-bound projects are punched near the binding and then held together with a flexible plastic coil. The best part is that the binds can be adjusted by hand; thus you can easily add pages or remove pages if you need to.

The Spiral Bind – Just like a notebook. The spiral coil, usually made of plastic, is threaded through the holes punched in your project. The advantage of this type of technique is that it allows your printed piece to lay flat.

The Saddle Stitch – This method is more appropriate if you're planning on a very thin finished product. The pages of your project should be two times larger than your finished product, because you're going to fold it and then stitch it down the center.

Your choice of binding for your project will help a great deal in obtaining that professional look. It's up to you to decide what kind of binding would be appropriate for your project, as well as your business needs. Our printing firm is here to help you make this important decision—don't hesitate to ask!

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

Gutenberg's Army®



{top 10 list}



Top 10 Vegetable Crops

- | | |
|-------------------|---------------|
| 1. Sugar cane | 6. Cabbages |
| 2. Potatoes | 7. Onions |
| 3. Sugar beets | 8. Cucumbers |
| 4. Soybeans | 9. Yams |
| 5. Sweet potatoes | 10. Eggplants |



Dan Jansen had a love of speed from an early age. He competed in his first Olympics when he was 18 years old.

In 1988, he was the favored speed skater at the Olympics in Calgary, Canada. But on the day he was scheduled to race, he received a call that his sister Jane had died from leukemia. He fell during that day's race, and fell again four days later.

In 1992, he finished fourth in the 500 and 26th in the 1,000 meter.

His last shot at a medal came at the 1994 Olympics in Lillehammer, Norway. He fell while on a world-record pace in the 500. Unable to accept defeat, he raced in the 1,000 meter—the last Olympic race of his career. He skated a world-record time and won the gold medal. He dedicated his win to his sister Jane.

☎ More at: www.dan-jansen.com

{ben's friends}



- He who has no fire in himself cannot warm others.
- Too many people are ready to carry the stool when the piano needs to be moved.
- A truly happy person is one who can enjoy the scenery on a detour.



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can you guess the year?

- Paul Simon tours South Africa after the end of the cultural boycott.
- The Winter Olympics are held in Albertville, France, and the Summer Olympics are held in Barcelona, Spain.
- *The Silence of the Lambs* wins Best Picture at the Academy Awards, which are hosted by Billy Crystal.
- Microsoft releases Windows 3.1.
- Disneyland Paris officially opens under the name "EuroDisney."
- Johnny Carson retires as the host of NBC's *Tonight Show*. Jay Leno becomes the show's new host.
- The Mall of America opens in Bloomington, Minnesota. It is the largest shopping mall in the U.S.



Anthony Hopkins in *The Silence of the Lambs*.

- Hurricane Andrew hits south Florida and dissipates as it moves through Tennessee.
- Brett Favre makes his first start for the Green Bay Packers.
- Prince Charles and Princess Diana publicly announce their separation.
- William Jefferson Clinton is elected U.S. president, defeating George H. W. Bush.
- Evander Holyfield loses his heavyweight boxing title to Riddick Bowe.

The year was 1992.

{recine}

Buffalo Chicken Wings



oil for deep frying	1/2 cup all-purpose flour
1/4 cup butter	1/4 teaspoon paprika
1/4 cup hot sauce	1/4 teaspoon cayenne pepper
1 dash ground black pepper	1/4 teaspoon salt
1 dash garlic powder	10 chicken wings

Heat oil in a deep fryer to 375° F. The oil should be just enough to cover wings entirely, an inch or so deep. Combine the butter, hot sauce, pepper and garlic powder in a small saucepan over low heat. Stir together and heat until butter is melted and mixture is well blended. Remove from heat and reserve for serving. In a small bowl, mix together the flour, paprika, cayenne pepper and salt. Place chicken wings in a large, nonporous glass dish or bowl, and sprinkle flour mixture over them until they are evenly coated. Cover dish or bowl and refrigerate for 60 to 90 minutes. Fry coated wings in hot oil for 10 to 15 minutes, or until parts of wings begin to turn brown. Remove from heat, place wings in serving bowl, add hot-sauce mixture and stir together.

Robert Downey Jr. was born in New York City on April 4, 1965. His father and mother are both actors, and Downey himself made his acting debut at a young age. In 1982 he dropped out of high school and began a full-time pursuit of his acting career. He enjoyed success in his early career with roles in films like *Less than Zero* and *Air America*, but fell victim to drug abuse in the late 90s. He has made a great comeback in the past few years, with such films as *Good Night and Good Luck*, *Tropic Thunder*, *The Soloist*, and, of course, *Iron Man*.

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— www.paperrecycles.org