



# *Atwood's Printing* press release

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

[www.atwoodprint.com](http://www.atwoodprint.com)



## Racing Against the Clock? Ways to Get There On Time

No one is on time to everything. But some people find it hard to be on time for anything. If you are constantly late for important meetings, family get-togethers or other appointments, or you just want to improve your on-time record, help has arrived.

Being late is not only stressful to you, it's aggravating for the people who have to wait for you. And if you're rarely on time, you can easily send the message that the people you're meeting with are not that important to you—a message that can damage both personal and professional relationships.

Here are some tips that everyone can use to become more punctual:

- *Don't check your e-mail or voice mail right before you leave for an appointment.* That "last quick check" usually takes more time than you think.
- *Set your clocks ahead a few minutes*—by different amounts. You might have a look at a device called the Procrastinator's Clock, which is randomly set up to 15 minutes ahead.
- *Become a better estimator.* Use a time-

tracker application to learn how long it takes to complete tasks.

- *Schedule events 10 minutes early.* Put your 1:00 appointment into your schedule at 12:50.
- *Set reminders.* Use a calendar program with a built-in reminder function, or consider a system like Jott that lets you voice-record reminders using your cell phone.
- *Schedule events for "off-peak" times.* Learn the times that traffic or other factors might make you late, and avoid scheduling during those times.
- *Fill your gas tank when it reaches 1/4 tank.* Don't let an empty gas tank make you late for anything.

One other thing to consider if you have trouble being on time: your schedule. If you try to fit too much into a day, you'll not only risk being late, you'll risk burning out physically and emotionally.

☛ For more tips about time, visit [www.Time-Management-Guide.com](http://www.Time-Management-Guide.com).

## wise words

"Dost thou love life? Then do not squander time, for that's the stuff life is made of."

—Benjamin Franklin



## Rack Cards

### Right Place, Right Time

As a prospective customer scans a display of rack cards, they are looking for someone that provides the products and services they need. Having a professionally printed rack card puts your company in front of prospects at the moment they need you. We can help you create dynamite rack cards for your company. Ask us today!

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# Independence National Historical Park



**Bret Atwood**

A brand-new year means a brand-new set of goals and aspirations for your company. One of our printing firm's goals for the New Year is to strengthen the relationships we have with our customers. This is done through outstanding customer service and exceptional printing.

We hope you have experienced both from us in the past, and we want you to know that we are raising the bar as we move toward the future.

We take great pride in serving our customers. Thank you for allowing us to be your printer.

Although Washington, D.C. is the capital of the U.S., it hasn't always held that distinction. Philadelphia was actually the nation's first capital. Today, visitors to Philadelphia can see where a new nation was born more than two centuries ago at Independence National Historical Park.

Called "the most historic square mile in America," the park contains several national treasures, including Independence Hall and the Liberty Bell.

With its red-brick Colonial design, Independence Hall looks small and out of place next to today's skyscrapers, but it is arguably the most important feature in Philadelphia's skyline.

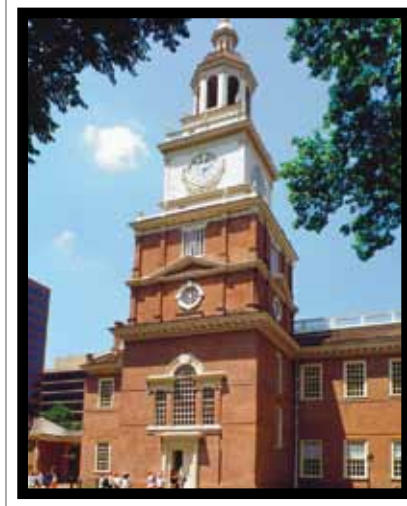
It is the central structure of a 3-building complex that served as the nation's first seat of government. To its west is Congress Hall, and to the east is Old City Hall, which was once home to the Supreme Court.

Behind Old City Hall is Independence Square. It was here that the Declaration

of Independence was read publicly for the first time on July 8, 1776. To the north of Independence Hall stands Liberty Bell Center. Here, visitors can view the bell and learn about its history.

A couple of blocks east of Liberty Bell Center, visitors can see Franklin Court. Built on the site of Benjamin Franklin's home, the court contains a print shop and underground museum.

Other sights worth seeing include Carpenter's Hall, where the First Continental Congress met, and Declaration House, a reconstruction of the house in which Jefferson wrote the rough draft of the



*Independence Hall*

Declaration of Independence.

The historic sites at Independence National Historical Park are sure to engage and inspire any visitor.

For more information about the park, visit [www.nps.gov/inde/](http://www.nps.gov/inde/).

## {wellness}

### Natural Ways to Improve Thyroid Function

You may not give your thyroid too much thought on a daily basis, but if you find yourself experiencing extreme fatigue, forgetfulness, depression, constipation, or a change in your weight and appetite, you could be suffering from hypothyroidism.

The thyroid is a small, butterfly-shaped gland that produces hormones that affect virtually every organ, tissue, and cell in your body. Thyroid disease, if left untreated, can lead to heart disease, infertility, muscle weakness, and osteoporosis.

While hormone treatments exist, consider these natural ways to improve thyroid function:

- The first step is to reduce your intake of processed and refined foods.
- Make sure you're getting enough selenium and iodine, which provide the raw materials for your thyroid gland to work better.
- Get 3-5 grams per day of omega-3 fats from high-quality sources like salmon, flax seeds, or walnuts.
- Be sure to get a sound night's sleep, in complete darkness.

For more information about natural health remedies, visit [www.mercola.com](http://www.mercola.com).



## {terrific trivia}

1. What are the two planets in our solar system that have no moons?
2. What was the name of Shakespeare's wife?
3. On the *Abbey Road* album cover, which Beatle crossed the road first?



1. Mercury and  
Venus  
2. Anne  
Hathaway  
3. John Lennon



## Choosing the Right Typeface

Different projects require different typefaces. There is greater freedom in large-format projects, or even projects with only a small amount of text, that doesn't exist with text-heavy pieces like newsletters, magazines, or business proposals. Which typefaces are best for your project? Here are some tips to help you narrow them down:

- *Look for similar character widths.* There is a natural rhythm to reading; an alphabet with widely varying character widths will disrupt that rhythm.
- *Keep in mind the height-and-width ratio of each character.* As letters are compressed or expanded, they tend to get distorted. Use a medium ratio to keep your letters legible.
- *Consider the x-height.* The x-height in a typeface is the height of its lowercase letters. The larger the x-height, the denser the typeface will appear. Choose a medium x-height for increased legibility.
- *Watch out for mirrors.* Some typefaces have letters that are mirror images of each other, which cuts down on legibility. Use a typeface with distinct characters when working with large amounts of text.
- *Avoid using quirky characters.* The interesting typefaces that work well on postcards and posters are tiring on the eyes when used in text-intensive situations.

As you can see, there are many things to keep in mind when selecting the right typeface for your project. Our creative design team can work with you to make sure your message is readable.

☛ Visit us at [www.atwoodprint.com](http://www.atwoodprint.com) to see the many ways we can help you.

## Gutenberg's Army®



## {top 10 list}



### Most Common Phobias

- |                    |             |
|--------------------|-------------|
| 1. Open spaces     | 6. Illness  |
| 2. Driving         | 7. Animals  |
| 3. Vomiting        | 8. Flying   |
| 4. Confined spaces | 9. Blushing |
| 5. Insects         | 10. Heights |

## {ben's friends}



- Ask the experienced rather than the learned.
- Don't throw away the old bucket until you know whether the new one holds water.
- Forget injuries; never forget kindnesses.
- Gratitude is the heart's memory.



Great moments in sports history are the ones that are talked about long after the moment has passed.

Perhaps one of the greatest moments in NFL history happened on January 12, 1969 when Joe Namath stood at a podium in downtown Miami, Florida and enthusiastically predicted his New York Jets would easily defeat the Baltimore Colts in the upcoming Super Bowl. Guaranteeing a win went against the unspoken code of competition, especially considering the Jets were an 18-point underdog going into the game.

But the Jets did exactly what Broadway Joe had predicted—they defeated the Colts 16-7.

☛ More great football stories at: [www.nfl.com](http://www.nfl.com)

You're In  
Good Hands!



Worried about hitting that big deadline?  
Relax. We've got you covered.

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# can you guess the year?

- The billionth living person in India is born.
- America Online announces an agreement to be bought by Time Warner for \$162 billion to form the largest-ever corporate merger.
- The St. Louis Rams win the NFL Championship for the first time since 1951, defeating the Tennessee Titans 23-16 in Super Bowl XXXIV.
- The 72nd Academy Awards are hosted by Billy Crystal. *American Beauty* wins Best Picture.
- In a predawn raid, federal agents seize 6-year-old Elián González from his relatives' home in Miami, Florida and fly him to his Cuban father in Washington, D.C.



India

- The New York Yankees defeat the New York Mets in a Subway Series matchup to win the World Series.
- The final original *Peanuts* comic strip is published, following the death of its creator, Charles Schulz.
- The Summer Olympics are held in Sydney, Australia.
- "Breathe" by Faith Hill, "Smooth" and "Maria, Maria" by Santana, and "I Wanna Know" by Joe top the Billboard charts.

The year was 2000.

## {recipe}

### Cheeseburger Meatloaf

- |                            |                     |
|----------------------------|---------------------|
| 2 pounds ground beef       | 1 1/2 teaspoons     |
| 3/4 cup fresh bread crumbs | ground black pepper |
| 1/2 cup minced onion       | 3 cups shredded     |
| 2 eggs, beaten             | cheddar cheese      |
| 1 1/2 teaspoons salt       |                     |

Preheat oven to 350°F. In a large bowl, combine the ground beef, bread crumbs, onion, eggs, salt, and pepper, and mix well. Pat out meat mixture into a 14x18-inch rectangle on a piece of wax paper. Spread cheese over the meat, leaving a 3/4-inch border around the edges. Roll up jelly-roll fashion to enclose the filling and form a pinwheel loaf. Press beef in on both ends to enclose the cheese. Place in a 10x15-inch baking dish. Bake in the preheated oven 1 hour, or until the internal temperature reaches 160°F.



**Kenny Chesney** was born in Knoxville, Tennessee and raised in Luttrell, Tennessee. While attending college at East Tennessee State University to study advertising, he performed music at various venues near the campus and recorded his first album in 1989. After graduating, he headed to Nashville to pursue his music career. In 1992, he signed a contract with BMI and Opryland Music Group. To date, he has produced more than 30 Top 10 singles on the U.S. Billboard Hot Country Songs charts, and has received five CMA awards and six ACM awards, including four consecutive Entertainer of the Year awards.

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### Truth about Trees

More trees are lost each year to forest fires, insects, and other natural causes than are harvested by man for paper.

— www.AbundantForests.org