



Atwood's Printing press release

Timely Information and a Good Mix of Fun from the gang at Atwood's Printing.
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The Farmer's Market: A Paradise of Fresh and Local Produce

Eating locally and seasonally is good for both you and the environment. The trouble is keeping track of what to buy, where it comes from, and how to get it. Shopping your local farmers' market is the easiest way to ensure that what you're buying is seasonal, fresh, and local. Here are some tips to make your experience a fruitful one:

- Before heading out, do some research on what's in season in your area. This way you have realistic expectations of what you will find. And since all fruits are not created equal, make sure you know what everything you want looks like at its peak.
- Bring a backpack or large tote to carry your spoils. This way you leave with fresh produce and not a new collection of plastic bags. Some small, reusable plastic bags, a bottle of water, and a few paper towels are useful to hydrate extremely perishable items like fresh herbs and asparagus. Also, most vendors are cash only, so come prepared with small bills.

- It's true that the early bird gets the best produce, so get to the market early before neighborhood foodies and eager chefs snatch all the best stuff. But take a moment and make a quick loop around the entire market before making a purchase. When you do buy, you know you're getting the freshest food at the best price.

- Remember that the farmers are the experts. They know the ins and outs of their produce, and, with the right questions, they should be willing to share important information about growing and transport techniques.

- If you really like one particular farmer, ask if they have stalls at other locations or sell any other produce.

A trip to the farmer's market stimulates your local economy, supports local farmers, and fills your kitchen with fresh foods. It's a triple-win.

☪ For more information, check out: www.localharvest.com.

wise words

"Paint a masterpiece daily.
Always autograph your
work with excellence."

—Greg Hickman



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Pigeon Forge, Tennessee



Bret Atwood, Owner

John David Wright once said, "Business is like riding a bicycle. Either you keep moving or you fall down." This statement is true for all companies, including our printing firm. Times change quickly, so in order to keep our wheels turning, we provide on-going training for our staff, offer product and service improvements to our customers, and update our equipment regularly. We know it's not enough just to stay on the bike; we have to keep moving forward in order to be the best printing firm we can be for our customers.

Of the nearly 11 million people that visit the Great Smoky Mountains National Park, half of them pass through Pigeon Forge.

The name Pigeon Forge was derived in 1820 when Isaac Love built an iron forge on the Little Pigeon River. Although the forge was dismantled in 1885, a mill was built around the same time and still operates today using the same machinery.

Naturally, one of Pigeon Forge's best nearby attractions is The Great Smoky Mountains National Park, the most-visited park in the United States.

The park covers a half-million acres in the mountainous terrain of Tennessee and North Carolina. It has been designated an International Biosphere by the United Nations for purposes of environmental research. There is so much to explore in the park, and the hundreds of miles of hiking trails make it easy to get around.

For visitors looking to spend some time away from nature, a five-mile parkway is lined with attractions that are sure to meet their needs. There are theaters; museums such as the Dinosaur Walk Museum, WonderWorks, the Elvis Museum, and the

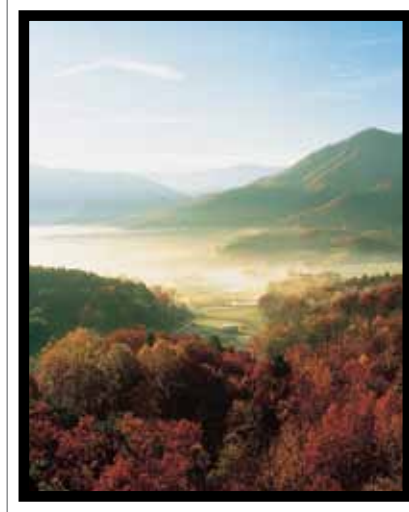
Smoky Mountain Car Museum; gift shops; go-karts; miniature golf; bumper boats; waterslides; and an indoor skydiving simulator. One of the main attractions of Pigeon Forge is the Dollywood theme park, one of the best family attractions in the South.

Heading back to nature, visitors can enjoy tubing, whitewater rafting, leaf peeping, wildlife-watching, horseback

riding, and helicopter tours.

With so much to see and do, it's no wonder so many make this their vacation destination each year.

☎ For more information about this area, visit: www.mypigeonforge.com.



{wellness}

Maintaining Strong Bones

While your peak levels of bone density occur during your early 30s, there are a few things you can do to help strengthen the outer portion of your bones and slow down the rate at which you are losing bone density:

Jump. Activities that involve jumping such as basketball, tennis, volleyball, high-impact aerobics, kickboxing, and even jumping jacks and jumping rope can help to maintain bone density. Even a small amount of jumping appears to be helpful.

Lift heavy weights. Many people lift weights that are too light for them to experience the maximum benefit. Work with a trainer to determine the right amount of weight for you.

Include other bone-health promoting activities. While light resistance training like yoga and Pilates do not appear to produce forceful enough muscle contractions to build bone, they do improve bone health by increasing balance, which can help prevent falls.

Eat for bone health. Though calcium is important for bone health, vitamins D and K, magnesium, and trace minerals also play a role. Fruits and vegetables are a great source of these bone-boosting nutrients.

☎ For more information, visit www.AmericanBoneHealth.com.



{terrific trivia}

1. Which U.S. state borders Maryland, Pennsylvania, and New Jersey?
2. If you traveled directly south from London until you reached a foreign country, which one would it be?
3. Who was the first sportsman to have a bigger salary than the president?



1. Delaware
2. France
3. Babe Ruth
who received
\$80,000 for the
1930 season



Catching Errors Before It's Too Late

Grammatical errors, awkward sentences, and poor organization all make a lousy first impression. Proofreading is essential to presenting yourself or your company in the best possible way. Try these tips to hone your proofreading skills.

Take a break. After you are finished writing, take a break before proofreading. You will return with a fresh mind—and a fresh eye—to catch errors more easily. If possible, have someone who didn't help draft the material do the final proofreading.

Take your time. Try to be in an area where you won't have interruptions. Don't let a deadline make you careless. *Edit first, proofread last.* First, read your document for overall content, then proofread for grammar, word spellings, and other elements.

Read out loud. Reading out loud is slower, so you'll have more time to notice details. And you will hear the difference between what you meant to write and what you actually wrote.

Proofread backwards. Start at the end and work back line by line. This will force you to look at the elements rather than concentrate on the content. *Track your mistakes.* Develop a checklist of your most common mistakes. Proofread for these common mistakes first—they're the ones you're most likely to overlook.

Regardless of how great a piece looks, one grammatical or spelling error can ruin it. Our customer service reps will work closely with you to make sure what gets printed is what you want.

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

Gutenberg's Army®



{top 10 list}



Top 10 Smallest U.S. States*

- | | |
|-----------------|-------------------|
| 1. Rhode Island | 6. Massachusetts |
| 2. Delaware | 7. New Hampshire |
| 3. Connecticut | 8. Vermont |
| 4. Hawaii | 9. Maryland |
| 5. New Jersey | 10. West Virginia |

*Excluding water

{ben's friends}



- Nothing lowers the level of conversation more than raising the voice.
- Don't let your victories go to your head, or your failures go to your heart.
- A false friend and a shadow attend only while the sun shines.

easy being green.



Something new out of something old is an easy way to live green. Here are a few simple things you can do:

- If you're always searching for a shipping box, look no further than your pantry. An old cereal box wrapped in a brown paper bag is great for sending smaller items.
 - An empty plastic milk jug can make the perfect watering can, with just a few holes punched into the plastic cap.
 - Put your empty CD spindles to work holding cords to keep them from getting tangled.
 - Stuff dryer lint (which is highly flammable, so be careful) into old toilet paper tubes, and use the tubes to start a fire in the fireplace.
 - Use foam packing peanuts in the base of your potted plants.
- ☎ For more creative ideas, visit: www.tipnut.com.

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{ we're the one you can trust! }

{ recipe }



Apple Walnut Salad with Cranberry Vinaigrette

*1/2 cup chopped walnuts
1/4 cup cranberries
1/4 cup balsamic vinegar
1 cup red onion, chopped
1 tablespoon white sugar
1 tablespoon Dijon-style
prepared mustard*

*1 cup vegetable oil
salt and pepper to taste
10 cups mixed salad
greens, rinsed and dried
2 Red Delicious apples,
cored and thinly sliced*

Preheat the oven to 350°F. Spread the walnuts out on a baking sheet in a single layer. Bake for 8 to 10 minutes in the preheated oven, or until lightly toasted. In a food processor, combine the cranberries, vinegar, onion, sugar, and mustard. Puree until smooth; gradually add oil, and season with salt and pepper. In a salad bowl, toss together the greens, apples, and enough of the cranberry mixture to coat. Sprinkle with walnuts, and serve.

First Lady Michelle Obama was born on the South Side of Chicago on January 17, 1964. Her father was a pump operator for the Chicago Water Department, and Michelle's mother stayed home to raise her and her older brother Craig. She earned degrees in sociology and African-American studies at Princeton University, and graduated from Harvard Law School in 1988. She then joined the Chicago law firm Sidley & Austin, where she later met the man who would become the love of her life, current president Barack Obama.

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