



Atwood's Printing press release

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

June 2010

www.atwoodprint.com



4th of July Schedule Change

At Atwood's Printing & Copying we always strive to provide the highest level of service to all of our clients. Part of that effort is in making sure that our top notch team is here and ready to serve you. In order to aid in this we made a change in our holiday schedule last year to better manage vacation times.

We currently close the week between Christmas & New Years as well as the week of 4th of July. This allows us to group all of our vacation time's together and make sure that you have our full team available to you throughout the rest of the year.

With that said, we are letting you know early in order to anticipate anything that you might need during that week. We plan to stay in constant contact during the time running up to this week.

One of the ways that we already do this is through our "Rapid Repeat" program. This is a program that we use monthly to monitor reorders and proactively notify you when we think something that you use may be running low.

We will be bumping up our schedule for July 2010 Rapid Repeat calls. This should help with some unexpected needs during the week that we are closed.

There will be a number of ways that you can place orders, contact us during the week that we are out.

1. Voicemail: Feel free to place orders via our voicemail by calling 804.226.1500.
2. Email: As always you can email us at mail@atwoodprint.com and we will process your order as soon as we return.
3. Website: Our interactive website atwoodprint.com has many tools to contact us. Including, but not limited to, placing orders/reorders & requesting estimates.

We appreciate and value your business. If you would like to discuss this or any other topic, I hope that you will contact me at your convenience.

Bret Atwood - Owner
804.226.1500, 804.339.2548 (cell)
or bret@atwoodprint.com

wise words

"Success doesn't come to you, you go to it."

— Marva Collins



Comment Cards

What Do You Think?

Asking your customers what they thought of the service you provided them is one of the best ways to know what needs changing, and what should stay the same, at your company. We can print effective comment cards for use in your business, so you are always sure to know what your customers are thinking.

**follow us
on your social
networking sites!**



twitter.com/atwoodprint
facebook.com/atwoodprint

Adventure Awaits in the Big Bend Area



Bret Atwood, Owner

You need someone to turn to when it comes to promoting your company. At our printing firm, we specialize in producing high-quality promotional material. Whether it's for a convention, workshop, or everyday use, our staff can help you put together superb promotional materials.

Out of ideas? Check with our design people. They are willing and ready to help you today. Promotion is a top priority for your company, and we make you our top priority when it comes to quality printing.

"Big" is truly the word to describe this remote area of Texas. Located in the central, far western part of the state, this area is made up of several cities: Alpine, Lajitas, Marathon, Study Butte, Terlingua, Sanderson, Fort Davis, Marfa, and Presidio, each having its own charm.

One of the greatest attractions to this area is the Big Bend National Park. Visitors can travel from the Rio Grande, with its spectacular canyons, up through the Chihuahuan Desert, and to the Chisos Mountains woodlands.

The park offers limitless exploring opportunities, with bird-watching expeditions, Rio Grande raft trips, scenic drives, and a museum.

Nearby Fort Davis provides visitors with experiences they will never forget. Established under the U.S. Army in 1854, Fort Davis was set up to help protect pioneers and gold seekers

traveling through the wilderness. The National Historic Site is a spectacular example of frontier forts from the 1800s.

Near Fort Davis is the McDonald Observatory at Mount Locke and Mount Fowlkes. The observatory is a research unit of the University of Texas at Austin and is one of the world's leading centers

for astronomical research, teaching, and public education and outreach.

While in the Big Bend area, visitors should not miss exploring the Ranch State Natural Arch in Lajitas, the historic Gage Hotel in

Marathon, Marfa Mystery Lights in Marfa, and the Christmas Mountains Sanctuary in Terlingua.

The Big Bend area of Texas offers visitors an adventure behind every bend in the road.

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



Rio Grande riverbed at Big Bend National Park.

{wellness}

How to Have a Happy Gut

If you are like most people, what goes on in your gut isn't a typical daily thought. But the health of your digestive system plays a key role in your overall health. Here are two things to consider when it comes to digestive health:

Prebiotics. Prebiotics are used in the growth and proliferation of beneficial bacteria in the digestive system. They are components of food that are not otherwise easily digested by humans, but they are ideal for feeding the beneficial bacteria in your gut.

Examples: tomatoes, radicchio, several types of beans, endive, bananas, onions, asparagus, chicory, jicama, garlic, wheat, oats, barley, berries, and prebiotic supplements.

Probiotics. Probiotics are foods or supplements that contain live, beneficial microorganisms. Probiotics, when ingested properly, help to recolonize the digestive tract with friendly, beneficial bacteria.

Examples: yogurt with live cultures, kombucha, water kefir, fermented and cultured vegetables, and probiotic supplements.

Be sure to consult a physician before adding prebiotics or probiotics to your diet.

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



{terrific trivia}

1. What number does Roman numeral M represent?
2. Whose first major novel was *The Time Machine*?
3. Who sang the original version of the 1950s rock hit "Blue Suede Shoes"?



1. 1,000
2. H.G. Wells
3. Carl Perkins



Thermography Tips

Thermography, or raised printing, is an exciting specialty printing process. Here are some tips from the experts that will help you make the most of thermography for your company.

Thermography is perfect for making a part of a design stand out. Line art or detailed drawing that looks like etching works especially well with thermography. Any color can be thermographed. Both pastels and bright and bold colors look especially striking when thermographed.

Areas of large, flat design are not ideal for thermography, especially when there are finer elements on the same page that are to be thermographed. Large areas require more heat, which may cause the precise area to smudge. Consider outlining the edges of a flat design with thermography for a unique look.

Thermography doesn't do well across the fold. If you are designing a folded piece, be sure the thermography doesn't fall on the fold line or it may crack. Similarly, thermography should not be used on bleed edges as it may crack when cut.

It is most effective to design your piece using thermography on one side of the paper only. Thermography applied to the second side of the paper will require a second pass under the heat and may compromise the first side.

Always request blister inks so that the color will not change during heating.

All types of paper stock can be used for thermography but, for the best results, use an uncoated paper with a smooth, hard-finished surface.

As always, we are here to help you decide the best way to use thermography for any of your projects.

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

Gutenberg's Army®



{top 10 list}



Top Ten Types of Livestock Worldwide

- | | |
|-------------|---------------|
| 1. Chickens | 6. Goats |
| 2. Cattle | 7. Rabbits |
| 3. Sheep | 8. Geese |
| 4. Ducks | 9. Turkeys |
| 5. Pigs | 10. Buffaloes |

tending home & garden.



Burlap coffee bags, which you may be able to get for free from a coffee shop, make great planters for annuals, vegetables, and herbs.

Here's how to do it:

- Set a coffee bag against a tree, under a shrub, or among a clump of perennials.
- Roll down the top edge to get the height you want. The rounded edge is gentle on draping plants.
- Fill the bag with predampened, all-purpose potting soil (or halfway with compost or garden soil and halfway with potting soil). Don't worry about drainage; the burlap will hold moisture but will also drain appropriately.
- Plant seedlings like you would in a regular container.

☎ More at: www.plantea.com

{ben's friends}



- Actions speak louder than words—and speak far fewer lies.
- People become well-to-do by doing what they do well.
- A man's work is a portrait of himself.
- A smile is a curve that can set a number of things straight.

Atwood's Printing

5635 S. Laburnum Avenue
Richmond, Virginia 23231
ph. (804) 226-1500
fax. (804) 222-0007
www.atwoodprint.com



{ just what you'd expect from us! }

{recine}

Strawberry Pretzel Delight

1 1/2 cups crushed pretzels
4 1/2 tablespoons white sugar
3/4 cup butter, melted
1 cup white sugar
2 (8 ounce) packages cream cheese
1 (8 ounce) container frozen whipped topping, thawed
1 (6 ounce) package strawberry-flavored gelatin
2 cups boiling water
1 (16 ounce) package frozen strawberries

Preheat oven to 350°F. Mix together the pretzels, 4 1/2 tablespoons sugar and melted butter. Press into the bottom of a 9x13-inch pan. Bake for 10 minutes, or until lightly toasted. Set aside to cool completely. In a medium bowl, beat 1 cup of sugar and cream cheese until smooth. Fold in whipped topping. Spread evenly over the cooled crust. Refrigerate until set, about 30 minutes. In a medium bowl, stir together the gelatin mix and boiling water. Mix in frozen strawberries, and stir until thawed. Pour over cream-cheese mixture in pan. Refrigerate until completely chilled, at least 1 hour.



Penélope Cruz was born on April 28, 1974 in Alcobendas, a city located in the community of Madrid, Spain. As a toddler, she could often be seen reenacting TV commercials for her family. She studied classical ballet for nine years, but at age 15 she followed her calling to act, beating out 300 other girls at a talent-agency audition. Her first major films were *Jamón, Jamón* and *Belle Époque*, the latter of which won an Academy Award for Foreign Language Film. She has enjoyed considerable success on both sides of the Atlantic, winning awards for roles in Spanish and English films.

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Published at:
5635 South Laburnum Avenue
Richmond, Virginia 23231

How to reach us:

Phone

804-226-1500 Local
804-226-1500 24-hour voice mail

e-mail

Letters to the editor
bret@atwoodprint.com
Customer Service
mail@atwoodprint.com

Fax

804-222-0007

Web

www.atwoodprint.com
twitter.com/atwoodprint
facebook.com/atwoodprint



Making Paper

More than 36% of the fiber used to make new paper products in the U.S. comes from recycled sources.

— www.greenink.com