



Atwood's Printing

press release

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

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www.atwoodprint.com



Fire Up the Grill!

There is nothing quite like the aroma or taste of food that is cooked on the grill. The thrill of cooking over an open flame has survived through the ages and continues to be a popular summer tradition. Here are some tips to make your grilling a hit:

- Use cooking spray on the grilling rack to prevent food from sticking and make cleanup easier. Never spray over the open flame or you could have a flare-up.
- When preparing a charcoal fire, fill an empty juice or milk carton with charcoal and place it on the bottom of the grill, open side up. Light the top of the carton. The wax lining slows the burn speed, allowing the coals to heat to the desired temperature. As the carton disintegrates, the coals will spread across the bottom of the grill.
- Use marinades. Marinating quickly tenderizes meat and enhances flavor. Use about one cup of marinade for every pound of meat.
- When marinating food, keep the food refrigerated (never at room temperature) for about four to eight

hours in a plastic bag or glass dish. The marinade should completely surround the food.

- Boil pork or poultry before grilling to reduce cooking time on the grill.
- Most traditional barbecue sauces contain sugar, corn syrup, or tomato sauce, which burn very quickly. Add such sauces at the end of cooking to keep from burning the meat.
- Use aluminum foil to cook delicate foods such as vegetables or fish fillets. Foil holds in natural oils and liquids, and can also be used as a grease drip pan or heat reflector.
- Use long-handled tongs to turn the meat. Never use a fork, since poking holes in the meat allows natural juices to escape, causing the meat to lose flavor and become tough.
- For easy cleanup, heat the grill until the temperature is hot enough to kill bacteria. Then scrub the hot grill with a wire brush or crumpled aluminum foil.

More ideas and resources available at: www.grillingtips.com

wise words

“It’s wonderful what we can do if we’re always doing.”

—George Washington



Postcards

The Printed Power Tool!

Postcards are a powerful way to interact with your customers. They may be small, but they stand out in a pile of mail and allow you to deliver just the right message to your customers and prospects. Let us help you design and print postcards for your company.

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Massachusetts' Old Sturbridge Village



Bret Atwood, Owner

We Mind Our P's and Q's.

Some historians credit early printers with originating the phrase, "Mind your p's and q's." Back in the days when type was set by hand, letters had to be set backwards and in reverse order so they would print correctly when the inked printing plate came in contact with the paper beneath. Typesetters had to be particularly mindful of lowercase p's and q's since, when reversed, the two looked like one another. At our printing firm, we still mind our p's and q's ... and r's ... and t's ... and everything else we do.

Early 19th-century New England comes alive at Old Sturbridge Village, located in the heart of Massachusetts about an hour west of Boston. Old Sturbridge Village is an outdoor, living history museum that offers a deeper understanding of what life was like in an early 19th-century rural New England town.

The village began when brothers Albert B. and J. Cheney Wells decided to display their vast collection of antiques from early rural New England. To accomplish their goal, they purchased some acres of farmland and set to work creating a place to showcase the extensive variety of artifacts they had recovered from around New England. Many structures were moved to the site from various parts of New England, while others were authentically recreated specifically for the village.

Today, there are 40 restored buildings filled with thousands of pieces from

the past, and historically costumed staff members demonstrate and discuss life, work, and celebrations in early 19th-century America.

Visitors can take a walk through time as they visit historic households, shops, and water-powered windmills. They are also encouraged to participate in traditional activities such as milking a cow, learning how to write with a quill pen, or helping a tinner snip metal to make a cup or lantern. The village is open year-round, with plenty to do and see in each season.



Old Sturbridge Village has had more than 21 million visitors since it first opened

to the public in 1946. With its special events, programs, workshops and hands-on activities, and more than 200 acres to explore, there is always something new to see at Old Sturbridge Village.

☛ For more information about the village, visit www.osv.org.



{ wellness }

Staying Away from Pollen

For many people, the arrival of spring means the arrival of a silent tormentor: pollen. There are many different types of pollens, and figuring out which one causes your symptoms will help you determine when to stay indoors and when it's safe to venture out. Here are some ways to reduce your exposure to pollen:

- Stay out of the wind. Wind can carry pollen very long distances, very quickly, even bringing pollens that aren't native to your immediate area.
- Close the windows and keep the air-conditioning on at home or in your car when necessary. This will create a bubble that will insulate you from the outside pollen.
- Change your clothes and take a quick shower when you arrive home at the end of the day. This will remove any pollens that may be attached to your clothes, skin, and hair, and helps keep your home pollen free. Pets can also bring in pollen, so give them regular brushings and vacuum up any hair and particles off the floor.
- Do not sleep with unwashed hair. Any pollen that is trapped in your hair will attach to the pillow, meaning you are breathing pollen all night.

☛ For more information about pollen counts in your area, visit www.pollen.com.

{ terrific trivia }

1. What was used to erase lead pencil marks before rubber?
2. Approximately how many blades of grass are there in an acre of lawn?
3. In medieval days, how much did the average suit of armor weigh?



1. Pieces of bread
2. 564,377,600
3. Between 50 and 55 pounds



It's In the Mail

Getting your direct-mail marketing materials into the hands of your customers and prospects means involving the postal system. But navigating postal regulations can be an overwhelming undertaking. Fortunately, a little knowledge can go a long way toward demystifying the wide array of mailing services that can be used for successful marketing campaigns.

Rest assured that you don't have to tackle the mailing process on your own. The right people and state-of-the-art equipment can save you time and money, letting you concentrate on the target market, messaging, and timing of your direct-mail campaign.

The following services are available to help make your mailing a breeze:

- Mailing List Rental. Rent a list of names and addresses.
- List Processing and CASS Certification. This service cleans up the duplicates and identifies any potentially undeliverable addresses in your mailing list.
- Addressing. For just pennies a piece, high-speed equipment can ink-jet the destination address, return address, and mailing indicia all at once.
- Variable data. Customize your mail pieces with personalized greetings or sequential numbering, either during or instead of the addressing process.
- Inserting and tabbing. The latest technology makes it easier than ever to insert cards, letters or multiple pieces into envelopes, and tab or seal folded brochure mailers.

If you have questions about the mailing process, our printing firm would be happy to walk you through it. Just give us a call or stop in with your questions.

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

Gutenberg's Army ©



{ top 10 list }



Top Ten Busiest Underground Railway Networks

Tokyo, Japan	Paris, France
Moscow, Russia	London, UK
New York, USA	Osaka, Japan
Seoul, South Korea	Hong Kong, China
Mexico City, Mexico	São Paulo, Brazil

{ ben's friends }



- You win only if you aren't afraid to lose.
- Wait for the wisest of all counselors ... time.
- To teach is to learn twice.
- It is not the answer that enlightens, but the question.



Make Homemade Dust Cloths

You will need:

A container with an airtight cover.
5 cheesecloth squares cut to about 20 inches by 20 inches.

1 pint of hot water
1/4 cup lemon oil

1. Pour water and lemon oil in a Mason jar. Cover and shake well.
2. Soak the cloth in the solution and squeeze out the excess.
3. Hang and allow to dry.

To use, just take one of your treated cloths and dust wood furniture as you always do.

When the cloth gets dirty, just wash it in warm, soapy water and rinse thoroughly. Repeat the dipping and drying process, and it is ready to dust and polish more furniture.

☎ More at: <http://planetgreen.discovery.com>

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{ we aim to exceed your expectations! }

{ recipe }

Flat Iron Steak with Pepper Rub

<i>1 tbsp smoked paprika</i>	<i>1/2 tsp ground black pepper</i>
<i>2 tsp salt</i>	<i>1/2 tsp garlic powder</i>
<i>1 tsp brown sugar</i>	<i>1/2 tsp onion powder</i>
<i>2 tsp chili powder</i>	<i>1/2 tsp ground cumin</i>
<i>1 tsp chipotle chili powder</i>	<i>2 pounds flat iron steaks</i>

Stir together the paprika, salt, sugar, chili powder, chipotle powder, black pepper, garlic powder, onion powder, and cumin in a small bowl until blended. Rub the seasoning mix all over the flat iron steaks, then wrap them tightly with plastic wrap. Marinate in the refrigerator 2 to 8 hours (the longer the better). Preheat an outdoor grill for medium-high heat, and lightly oil grate. Cook the steaks on the preheated grill until cooked to your desired degree of doneness, about 4 minutes per side for medium. Allow the steaks to rest for 5 minutes in a warm location before slicing. Serves 6.



Kobe Bryant was born on August 23, 1978 in Philadelphia, Pennsylvania. His parents picked his name after seeing it on a Japanese steak-house menu. He is the son of former NBA player Joe "Jellybean" Bryant. Kobe spent seven years of his childhood in Italy and is fluent in Italian. The family moved back to the U.S. in 1991, and Kobe joined his high school basketball team. He went straight to the NBA from high school and became the youngest All-Star in NBA history at age 19. Kobe is a powerful member of the L.A. Lakers, helping them win four NBA championships, the most recent in 2009.

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Percent of Recyclers

In 2008, a record-high 57.4 percent
of the paper consumed in the U.S.
was recovered for recycling.

— www.paperrecycles.org