



# Atwood's Printing

## press release

Timely Information and a Good Mix of Fun from the gang at Atwood's Printing.  
March 2010 [www.atwoodprint.com](http://www.atwoodprint.com)



### Ten Health Matters You Can't Ignore

Maintaining your health means being proactive about issues that arise. Dr. Joseph W. Stubbs, president of the American College of Physicians, asserts that the following ten medical issues should not be ignored:

**Chest Pain** - Chest pain can suggest an acute heart attack. Get to the ER as quickly as possible.

**Abdominal Pain** - Mild to moderate abdominal pain that lasts for more than a week can be the sign of an ulcer, malignancy, gallstones, or inflammation such as colitis or diverticulitis.

**Fever** - Fevers over 101°F, especially if they're associated with vomiting, diarrhea, or a change in mental functioning, require immediate attention. A high fever combined with shortness of breath, mental changes, or lower back pain could be signs of pneumonia, meningitis, or a kidney infection.

**Bleeding** - Intermittent bleeding can be the sign of an ulcer, hemorrhoid, inflammation of the intestinal tract or a type of cancer. Patients who experience excessive bleeding should seek medical attention immediately.

**Mental Functioning** - Unusual sleepiness or unresponsiveness require attention. A sudden inability to speak could mean a stroke.

**Trouble Breathing** - Progressive shortness of breath when you exert yourself or when you're lying down could indicate an emergent heart condition or inflammation of the lungs.

**Headaches** - If you notice a change in your headache pattern, it can be an indication of a malignancy or blood vessel abnormality, which may lead to an aneurysm.

**Blacking Out** - Though it is not a common cause of fainting, an irregularity of your heart rhythm can be the culprit. If you black out, you should be evaluated.

**Difficulty Swallowing** - A narrowing of the esophagus, acid reflux, or a malignancy could be the issue.

**Skin Changes** - Suspicious lesions, pigmentation, lumps or rashes should be evaluated to rule out underlying infections or diseases.

More ideas and resources available at [www.mayoclinic.com](http://www.mayoclinic.com).

### wise words

“If you are all wrapped up in yourself, you are overdressed.”

—Kate Halverson



## Color Copies

### Impressive and Affordable

When you need a color brochure, sell sheet, or business card, but don't need a large quantity, consider the convenience of color copies. The equipment used to produce color copies turns out high-quality pieces that are sure to impress your prospects and customers.

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# A Place Time Forgot: Mendocino, California



Bret Atwood, Owner

The great thinker Henry David Thoreau once said, "It's not enough to be busy ... the question is: What are we busy about?"

At our printing firm, we tend to stay pretty busy with your important projects. When we're not busy meeting your deadlines, we're busy learning new techniques, challenging our capabilities, cleaning our equipment, updating our files, organizing customer information, or making steady improvements.

If you'd like to see how we maintain efficiency, give us a call!

Mendocino, the beautiful seaside village perched high on California's coastal bluffs, attracts visitors from all around the globe. Known for its awe-inspiring, panoramic ocean view, Victorian architecture, and interesting surrounding locations, Mendocino is a north-coast village like no other.

There are a lot of things to do in Mendocino, such as taking a highly recommended stroll along the scenic headlands, enjoying a horse-drawn carriage ride back in time through the quaint lanes and

out to the ocean's edge, playing a game of golf along the Pacific Ocean, visiting world-class restaurants, or stopping at the Mendocino Art Center for a live theatrical performance.

A trip to Mendocino can be an excursion of its own, or it can be combined with a variety of activities

along the nearby coast, including a ride on the world-famous Skunk Train, which takes visitors along the Mendocino east into the majestic redwood forest.

March is the prime season for whale-watching. Boat tours are available to watch the whales migrate up the Mendocino coast. Many people also enjoy

wine-tasting tours, canoeing excursions down the Big River, bicycle explorations through the redwoods and fern canyons of nearby state parks, and visits to the botanical gardens located on 47-oceanfront acres that include



Mendocino Coast, California.

canyons, wetlands, and coastal bluffs.

Whatever activities visitors choose, they can rest assured that their visit to Mendocino and its surrounding area will be a memorable one.

☛ For more information about this area, visit [www.mendocino.com](http://www.mendocino.com).

## { wellness }

### Strengthening Your Resilience

Working on your mental well-being is just as important as working on your physical health. If you want to strengthen your resilience, try these tips:

*Get connected.* Build strong, positive relationships with family and friends, who provide support and acceptance.

*Start laughing.* Finding humor in stressful situations doesn't mean you're in denial. Humor is a helpful coping mechanism.

*Learn from experience.* Think back on how you've coped with hardships in the past. Build on skills and strategies that helped you through the rough times, and don't repeat those that didn't help.

*Keep a journal.* Journaling can help you see situations in a new way and help you identify patterns in your behavior and reactions.

*Maintain perspective.* Look at your situation in the larger context of your own life and of the world, and know that your situation can improve if you actively work at it.

☛ For more information on improving mental health, visit [www.mentalhealthamerica.com](http://www.mentalhealthamerica.com).



## { terrific trivia }

1. What causes most power outages in Nigeria?
2. How can you tell a fish's age?
3. What is former Vice President Dan Quayle's first name?



1. Giraffes running into electric lines  
2. Each pair of growth rings on its scales represents a year  
3. James



## When Black isn't Dark Enough

When we think of colors, we often think of many different shades of each primary color. Take blue for example ... it can vary between colors such as baby blue, aqua, turquoise, teal, royal blue, or navy blue.

Many people would assume that the one exception to these color variations is black. After all, we think of black as being absolute darkness. However, like all process inks, black that is used in full-color (process) printing is transparent.

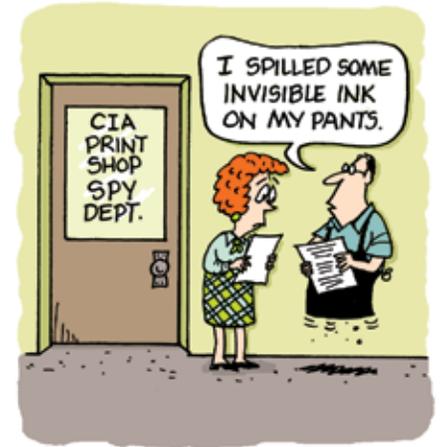
Using an opaque black ink may seem like a simple solution, but it would cause adverse reactions to other color or high-res images that contain black ink. Instead, the wise choice would be to add various "enriched" process blacks to your color menus. Here are two types of enriched blacks to consider using:

**Rich black.** Rich black combines process black with one other process ink (traditionally 100% black and 60% cyan), which causes the black to appear "blacker" because the second ink color increases its density. Use rich black whenever the edges of a black object are fully exposed, or when a black object straddles other image information. And remember, it's only appropriate for objects that are at least a quarter-inch wide.

**Super black.** By combining three process undercolors (50% cyan, 50% magenta, and 50% yellow), you can create the deepest, most satisfying process black you can reproduce on-press. Use super black only when all the object edges are within other colors, or when they bleed off the edge of the page.

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 }



### 10 Rainiest American Cities

- |                   |                        |
|-------------------|------------------------|
| 1. Hilo, HI       | 6. Buffalo, NY         |
| 2. Quillayute, WA | 7. Marquette, MI       |
| 3. Astoria, OR    | 8. Sault Ste Marie, MI |
| 4. Elkins, WV     | 9. Erie, PA            |
| 5. Syracuse, NY   | 10. Binghamton, NY     |

## { ben's friends }



- The turtle only makes progress when he sticks his neck out.
- The fragrance always stays in the hand that gives the rose.
- In just two days, tomorrow will be yesterday.
- Always be kinder than necessary.



Your garden needs water. Here are two tips that will help you keep your plants wet and happy:

Consider installing a sprinkler or irrigation system for your lawn. Irrigation systems work great at targeting specific areas that need to be watered, which cuts back on unnecessary watering. Plus, irrigation systems often come with a timer option, meaning no more setting out the sprinkler and forgetting about it. Irrigation systems help save water.

A rain barrel is an easy and cost effective way to collect mineral- and chlorine-free water which can be used on your lawns, yards, and gardens. A rain barrel can save up to 1,300 gallons of water in the summer months.

More valuable information at [www.greenlivingtips.com](http://www.greenlivingtips.com).



While we're putting ink on paper, we're always watching the clock so you get marvelous printing when you need it.

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# can you guess the year?

- *The Cosby Show*, *Cheers*, and *Growing Pains* are the year's top three television shows.
- British Prime Minister Margaret Thatcher is elected for a third term.
- Richard Branson and Per Lindstrand make the first transatlantic hot-air balloon flight.
- Stock markets around the world crash on "Black Monday."
- The FDA approves AZT for use in the treatment of AIDS.
- The U.S. Supreme Court rules that Rotary Clubs must admit women.
- The L.A. Lakers defeat the Boston Celtics in the NBA Championship, 4-2.
- Disposable cameras are introduced.



The Huxtable family from *The Cosby Show*.

- Fred Astaire, Jackie Gleason, Liberace, and Rita Hayworth die.
- Eli Lilly & Company releases Prozac for sale in the U.S.
- More than 50,000 people gather at Graceland for the 10th anniversary of Elvis' death.
- The life expectancy of an average American is 73.8 years.
- 40 states and hundreds of cities restrict smoking in public buildings and restaurants.

The year was 1987.

## { recipe }



### Slow-Cooker Buffalo Chicken Sandwiches

4 frozen skinless, boneless chicken breast halves  
1 (17.5 fluid ounce) bottle buffalo wing sauce, divided  
1/2 (1 ounce) package dry ranch salad dressing mix  
2 tablespoons butter  
6 hoagie rolls, split lengthwise

Place the frozen chicken breasts into a slow cooker, and pour in 3/4 of the wing sauce and the ranch dressing mix. Cover, and cook on low for 5 hours. After 5 hours, add the butter, and shred the meat with two forks. Allow the chicken to simmer in the crockpot for another 2 hours before piling the meat onto the hoagie rolls, and splashing with the remaining buffalo wing sauce to serve.

Johnny Depp was born on June 9, 1963. His father was a civil engineer and his mother was a waitress. He has one brother and two sisters. When he was 12 years old, his mother bought him a guitar, which he played in various garage bands. Johnny dropped out of high school to become a rock musician and went to L.A. to pursue a record deal. Instead of landing a music gig, he found his place in the world of show biz. He has been Captain Jack Sparrow, Willy Wonka, Sweeney Todd, and Edward Scissorhands, and won the People's Choice award for Favorite Male Movie Star from 2005-2008.

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