

Walker Printing Company, LLC

ThumbPRINT

APRIL 2018 | Timely Information and a Good Mix of Fun from Your Locally Owned Printer.

Not All Produce Is Created Equal

While most people know to avoid bruised or blemished produce, here are a few tips for choosing the best fruits and veggies:

- » Carrots with green stems attached are fresher and more flavorful. In addition, smaller and brighter carrots are sweeter.
 - » Smaller strawberries are sweeter and less hollow than big strawberries.
 - » The color of asparagus fades as it ages, so choose the bright green asparagus with tight spear tops.
 - » Artichoke leaves shouldn't be brown or dried at the edges. When you squeeze the head, you should hear a squeak.
 - » Grapefruit color doesn't matter. Rather, look for heavy, thin-skinned grapefruits that are slightly springy.
 - » Cherries should have a smooth, shiny surface and new-looking stems.
 - » Cantaloupe should have a yellowish skin and a thick texture on the rind.
 - » Watermelon should be symmetrical in shape with a cream-colored underside.
 - » Bell peppers should have bright and glossy skin.
 - » Cauliflower should have heads with tightly packed, creamy-white florets. Avoid yellowed, spotted, or flowering florets.
 - » Broccoli should have closed florets and have a deep green color.
 - » Green beans should be slender and snap rather than bend.
 - » Potatoes should be firm and smooth. Avoid those with green spots or sprouts.
- Also, some kinds of produce are climacteric, which means they will continue to ripen after picking. A few popular examples include: bananas, apples, pears, peaches, plums, kiwis, mangoes, and apricots.
- Foods that are non-climacteric (meaning they will *not* continue to ripen) include: most berries, watermelon, peppers, grapes, and most citrus. 🍏

Let Us
LAMINATE
Your ...
Menu
Poster
ID Card
Business Card
Map
Table Tent
Rack Cards
Etc.



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**Ben's
FRIENDS**
Quotes to Live By

"Friendship is a single soul dwelling in two bodies."

- ARISTOTLE

"Sometimes when two worlds collide, a better one is created."

- SUSAN GALE

"You can't blame gravity for falling in love."

- ALBERT EINSTEIN



Sandra and David Chaney
Owners

Finish Well

Surely you've heard the saying: it's not how you start that's important, but how well you finish. The same idea holds true in the printing world. Binding and finishing not only increase functionality and value but also improve the visual appeal of your printed pieces. Finishing touches portray quality and importance, and can take your document to the next level to ensure it gets noticed and remembered. Ask us for ideas on how finishing touches can make all the difference on your next print project.



Celebrate the
resurrection
of our
Lord!

Happy Easter

Pass It Around
If you enjoyed this newsletter,
share it with fellow employees
or friends. Just copy and paste
the link into an email message
and share the wealth!



Wellness

The Many Uses of Vicks VapoRub

In addition to clearing up congestion, here are a few alternate uses:

- » Cough suppression. Try applying a thick layer to the soles of your feet, then covering with a pair of socks to relieve coughing.
- » Relieve earache pain by applying to a cotton ball and placing it in the ear.
- » Use as an insect repellent by applying a small dab of it on your ankles, wrists, neck, and behind your ears. You can also rub it on bug bites to relieve itching.
- » Relieve headaches by applying a small amount on your temples or forehead.
- » Prevent cats from scratching by wiping a small bit on their favorite places.
- » Reduce the inflammation and itchiness of eczema by applying on the affected area.
- » Reduce the appearance of stretch marks by rubbing it on them. ✓

Your Printing Isn't Done Until It's Finished

When it comes to printing, putting ink on paper isn't the end of the story. Here are a few examples of our most popular finishing touches:

- » Spot varnish adds emphasis and can make specific areas "pop" off the page. It's available in gloss, matte, or satin finishes.
- » Embossing or de-bossing adds depth to documents. Embossing creates a raised 3-D impression, while de-bossing creates an indented image.
- » Foil stamping is an easy way to create a focus on text or imagery, verify authenticity, and prevent counterfeiting.
- » Laminating can greatly increase durability and offer water protection.
- » Die-cutting is used to create a unique shape, outline, or edging.
- » Shrink-wrap finished documents for protection, easy distribution, and ease of storage.
- » Perforation ensures a simple tear-away or removable portion, such as a tearaway coupon.
- » Scoring ensures a clean, crisp crease for easy paper folding.
- » Binding is a great way to improve functionality and convenience. Various binding options can include: comb binding, saddle stitch, coil binding, and perfect binding (hidden binding used for magazines and books).



Visit us online or give us a call for more details on our extensive range of finishing services.



Tommee Tippee Saves the Day

This is a heartwarming story about a 14-year-old boy with severe autism who exclusively drank from the same-style Tommee Tippee cup since he was a toddler, to the point where he'd been hospitalized for dehydration for refusing to drink from anything else. When his dad found out that the cup had been discontinued, he created a social-media campaign #cupsforBen. After hundreds of thousands of shares, retweets, and likes, Tommee Tippee did an exclusive production run of the original cup, and gave his family a lifetime supply of 500 cups, ensuring they would never have to worry about finding another cup. ✓

TRIVIA

1. What is the most-spoken language in the world?
2. How fast can a honeybee fly?
3. What does NASA stand for?
4. What kind of tree do acorns grow on?

1.) Chinese 2.) 15 mph 3.) National Aeronautics and Space Administration 4.) Oak tree

Gutenberg's Army®



TOP TEN

Reasons for Dr. Visits

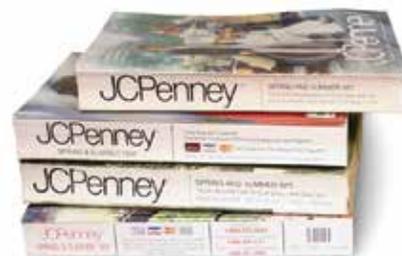
1. Skin disorders
2. Osteoarthritis and joint disorders
3. Back problems
4. Cholesterol problems
5. Upper-respiratory conditions (excluding asthma)
6. Anxiety, depression, and bipolar disorder
7. Chronic neurological disorders
8. High blood pressure
9. Headaches/migraines
10. Diabetes

Source: Mayo Clinic



Pass It Around
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CAN YOU GUESS THE YEAR?



Printing Lives at JCPenney

After a five-year hiatus, JCPenney brought back its print catalog in 2015. The updated print catalogs, which focused on the home department, were much thinner than the previous "Big Book," which often featured more than one thousand pages. JCPenney chose to bring back their catalog, as well as other circulars and promotional pieces, after research proved customers still prefer browsing traditional print pieces before ordering items online or going to the store. ✓

- » The Summer Olympics are held in Athens, Greece.
- » Taipei 101, the tallest skyscraper in the world, opens at 1,676 feet tall.
- » *Friends* airs the series finale.
- » Ronald Reagan, Ray Charles, and Christopher Reeve pass away.
- » The National World War II Memorial in Washington D.C. opens to the public.
- » Arnold Schwarzenegger earns the nickname "Governator."
- » *Shrek 2* and *Spider-Man 2* are the top movie sequels at the box office.
- » Facebook launches.
- » Colin Powell announces his resignation, and Condoleezza Rice is nominated as his replacement for Secretary of State.
- » Martha Stewart is convicted of a felony and sentenced to five months in prison.
- » Tom Brokaw does his last *NBC Nightly News* broadcast.

The year was 2004.



Fettuccine Alfredo

- 24 oz. fettuccine pasta
- 1 cup butter
- 1½ cup heavy cream
- Salt and pepper to taste
- 1 dash garlic salt
- ¾ cup grated Romano cheese
- ½ cup grated Parmesan cheese

Boil fettuccine noodles for eight to 10 minutes and drain. In a large saucepan, melt butter into cream over low heat. Add salt, pepper, and garlic salt. Stir in cheese over medium heat until melted, which will thicken the sauce. Add pasta to sauce. Use enough of the pasta so it is thoroughly coated. Serve immediately.

Pat Sajak was born on October 26, 1946, in Chicago, Illinois. In his early years, Sajak worked as a radio newsman for a Spanish-language radio station in Chicago. He then served in the U.S. Army in Vietnam as a DJ for Armed Forces Radio. He was later a weatherman in Nashville and Los Angeles before being chosen by Merv Griffin to host *Wheel of Fortune*, which he started in 1981. Sajak has won several awards and received a star on the Hollywood Walk of Fame in 1994.

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