

printer's PRESS

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

wise words

“Happiness is an inside job.”

— William Arthur Ward



Easy Ways to Improve Your Day

Many of us start our days feeling rushed and harried, and that feeling can easily continue throughout the day. Here are a few easy things you can do every day to lower stress, improve your mood, and feel more organized:

- *Prepare your things the night before.* Decide what you're going to wear, make your lunch, and pack a snack. By taking a few minutes to plan ahead, you can start your day with less rushing and stress.
- *Make a list of things you need to do and prioritize them.* Do your most important tasks first every day and get them over with.
- *Learn to say “no.”* Acknowledge that you can't do everything. When you say yes to everyone, you will leave yourself trapped with little time. By saying no, you will have more time to focus on existing obligations and important priorities.
- *Make your bed every morning.* Not only can making your bed create a calm environment, it can help you feel productive and organized.

- *Wake up 15 minutes earlier.* Give yourself time to make a good breakfast or take a longer shower.
 - *Listen to music that makes you happy.* Music can not only boost your mood, but also reduce stress and help lower your blood pressure.
 - *Turn off your electronics for at least an hour or two a day in the evenings.* Or consider using the “Do Not Disturb” setting so you can check your emails and texts at your leisure, rather than feeling like you need to check every notification that comes through your phone.
 - *Organize and declutter your desk – at least the surface.* Clear random papers cluttering your work space to help increase your focus and concentration.
 - *Do something nice for others.* Whether you hold the door or offer a sincere compliment, you can boost your own mood by boosting the mood of others.
- Being better organized, prioritizing, and just taking good care of yourself helps you stay focused all day.

can you guess the year?

- The Hubble Space Telescope is launched.
- Desert Shield begins as the U.S. and U.K. send troops to Kuwait.
- *The Simpsons*, *Beverly Hills 90210*, and *Seinfeld* debut on TV.
- East and West Germany are reunited as a single country.
- The first in-car GPS satellite navigation system, made by Pioneer, goes on sale.
- Saturn cars are launched by General Motors.
- The most complete skeleton of a Tyrannosaurus rex ever discovered is found in South Dakota.
- Margaret Thatcher, Britain's first female prime minister, resigns.



- After 27 years of imprisonment in South Africa, Nelson Mandela is released.
- Italy's Leaning Tower of Pisa is closed to the public due to safety concerns of it falling over.
- Boris N. Yeltsin becomes president of Russia.
- Microsoft releases Windows 3.0.
- The duo Milli Vanilli admits to lip-synching and has their Grammy Award revoked.

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The year was 1990.



Go Stuff It to Increase Sales!

With statement-stuffer coupons, customers get a great deal and businesses benefit from extra sales and the opportunity to promote products and specials. Order yours today!

This complimentary issue sent by:



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Doug Suereth & Scott Gass

If your business is looking for an easy way to get more bang for your buck on regular mailings, try inserting statement-stuffer coupons. These printed promotions can be easily slipped into an existing mailing such as a monthly invoice or statement, without adding additional postage fees or the hassle of a separate mailing. Including valuable coupons in your mailing will not only help boost your sales, but it's also a great way to show your customers that you appreciate their return business. Order yours today!

Crowne Plaza at Union Station, Indianapolis

Located at historic Union Station, the Crowne Plaza in downtown Indianapolis, Indiana offers a unique twist to the usual hotel experience. In addition to a full-service hotel featuring 273 guest rooms and 29 meeting rooms, guests can stay in one of 26 authentic 1920s Pullman train cars that rest on the original tracks and have been converted into luxury suites.

The hotel offers a glimpse into the city's proud history. Each train car is named after a 20th-century personality, including Winston Churchill, Charlie Chaplin, and Louis Armstrong.

The hotel's hallways are decorated with statues of passengers and train conductors dressed in authentic clothing from the 1920s. In addition, the atrium's riveted steel beams and Tiffany-style glass are nostalgic reminders of its 19th-century origins, making it easy to see why it is listed on the National Register of Historic Places.



The Indianapolis Union Station opened in 1853, and was the first union station in the world (although it was called "Union Depot" at the time). It served as a travel junction for 500,000 passengers each month. The Crowne Plaza at Union Station opened in 1999, and has since undergone widespread restorations. Today, it is a hub for Amtrak, the national rail-passenger carrier.

The Crowne Plaza is connected to the Indiana Convention Center and Lucas Oil Stadium. It is located just one block from Circle Center Mall, and is near other attractions such as the Indianapolis Zoo

and Indianapolis Motor Speedway.

Whether you choose to stay at the Crowne Plaza or just admire the station, a trip to Indianapolis is not complete without a visit to this unique and impressive landmark.

For more information and photos, visit: <http://www.ihg.com/crowneplaza/hotels/us/en/indianapolis/inndt/hoteldetail>.

{ terrific trivia }

1. In terms of computing, what does ROM stand for?
2. How many tentacles does a squid have?
3. A palmiped's feet are commonly called what?
4. What is the smallest member of the flute family?



{ top 10 list }



Top 10 Highest Lakes (ASL= above sea level)

1. Nevado Ojos del Salado, Argentina - 6,390m ASL
2. Lhagba Pool, Tibet - 6,358m ASL
3. Changtse Pool, Tibet - 6,216m ASL
4. East Rongbuk Pool, Tibet - 6,100m ASL
5. Acamarachi Pool, Chile - 5,950m ASL
6. Lake Licancabur, Bolivia/Chile - 5,916m ASL
7. Aguas Calientes Pool, Chile - 5,831m ASL
8. Ridonglabo Lake, Tibet - 5,801m ASL
9. Poquentica Lake, Bolivia/Chile - 5,750m ASL
10. Damavand Pool, Iran - 5,650m ASL

Source: www.smashinglists.com

{ ben's friends }



- Better to light a candle than curse the darkness.
- It's a small world, unless you have to walk home.
- Life is a journey, not a race.
- If plan "A" doesn't work, the alphabet has 25 more letters.

Statement-Stuffer Coupons



What can possibly be a more cost-effective way to boost sales than coupons? The answer is statement-stuffer coupons! Because statement-stuffer coupons are designed to be slipped into existing mailings without adding postage, they can ensure your coupons get noticed.

Here are a few creative ways to let statement-stuffer coupons do the selling for you:

- Create a fold-over stuffer with a tear-away coupon, using half of the space as an advertisement, and the other tear-away portion as a coupon.
- Design a stuffer as a thank-you message with an exclusive coupon or promotion that shows customers how much you appreciate their business.
- Consider applying a label to the outside of the envelope to increase excitement, such as "\$20 coupon value inside!"
- Consider stacked statement-stuffer coupons (a cascade of various-sized coupons that "step" down from tallest in back to shortest) to promote sales over upcoming months or weeks.
- Create statement-stuffer coupons to highlight a different product or service every month to educate customers about unique products or services you offer that they may not be aware of.
- Create a die-cut shaped statement-stuffer coupon to grab more attention.

If you'd like help creating the perfect statement-stuffer coupons, give us a call today!

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

Gutenberg's Army®



easy being green.



Green Your Garbage

- Compost your scraps. On average, every American throws away about one pound of food scraps daily.
- According to the U.S. EPA, approximately 75 percent of our waste is recyclable. Beyond the standard paper, plastic, glass, cans, and cardboard, don't forget about items such as batteries, paint, CFLs, electronics, and more.
- Consider purchasing recycled trash bags.
- Purchase items with less waste and/or that are packaged in recycled materials.
- Ensure everyone in your home is playing by the same rules. Sort your trash and see what got thrown away that could have been recycled, composted, or reused.

{ wellness }

Wellness Benefits of Essential Oils

The benefits of essential oils go well beyond their fragrance. Here are a few wellness tips using essential oils. Be sure to consult a physician before using oils.

- Eucalyptus can be used to clear sinuses and relieve sore muscles. Consider using it in a vaporizer to loosen up chest congestion.
- Mix a few drops of peppermint oil in water and drink to stimulate the mind and increase mental accuracy.
- Place a few drops of oregano oil on your tongue to fight cold and flu season.
- Add a few drops of frankincense oil to a hot bath for stress relief. You can also add frankincense to a vaporizer to fight anxiety, or apply to skin to help cuts and bug bites heal quickly.
- Apply tea-tree oil topically to treat acne blemishes or skin fungal infections like athlete's foot.
- Calendula can reduce the appearance of acne scars and can be used in bathwater to soothe psoriasis.

Check out more essential oils tips at <http://draxe.com/essential-oil-uses-benefits/>.

