

printer's PRESS

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

can you guess the year?



The original Pet Rock.

- The laser printer is invented.
- The Supreme Court rules that teachers can spank their pupils after first giving a warning.
- The Ford F-150 pickup truck makes its debut.
- *One Flew Over the Cuckoo's Nest* wins the "Big Five" Oscars: Best Picture, Best Director, Best Actor, Best Actress, and Best Writing.
- BIC introduces the first disposable razor.
- The Vietnam War ends as Communist forces take Saigon and South Vietnam surrenders unconditionally.
- Miller Brewing Company begins to market Miller Lite Beer.

- Mood rings, 8-tracks, Magic 8 Balls, and Pet Rocks are popular.
- Margaret Thatcher is the first woman elected to lead Britain's Conservative Party.
- Home videotape systems (VCRs) are developed in Japan by Sony (Betamax) and Matsushita (VHS).
- Motorola receives a patent for the first portable mobile phone.
- *Wheel of Fortune* and *Saturday Night Live* premiere on NBC.

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Published by Kwik Quality Press, Inc.
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The year was 1975.



Take a Deep Breath

One of the easiest and most effective ways to relax physically and emotionally is through focused, deep breathing. Deep breathing not only helps to decrease your heart rate and blood pressure, it can relieve muscle tension. Because deep breathing increases the supply of oxygen to your brain and stimulates your nervous system, it can help your body feel calm and relaxed.

Here are a few breathing tips to help you relax:

- Breathe in and out slowly and in a regular rhythm as a way to help you calm down.
- Breathe deeply from the abdomen, filling your lungs with as much air as possible. By taking deep breaths from the abdomen, rather than shallow breaths from your upper chest, you inhale more oxygen.
- Sit comfortably with your back straight, and put one hand on your chest and the other on your stomach. As you breathe in, the hand on your stomach should rise, and the hand on your chest should move very little.

- If you are not comfortably breathing from your abdomen while sitting up, consider lying down. Set a book on your stomach and watch it rise and fall as you take deep breaths.

- To better control your breathing, breathe in through your nose and out through your mouth.
- Breathe in slowly, counting from one to five (beginners may need to practice first to reach five). Then, exhale slowly, counting from one to five. Repeat again and again until you feel calm. Breathe without pausing or holding your breath.
- Consider alternate nostril breathing. Sit up straight, close your eyes, and hold one of your nostrils closed, inhaling through the other nostril. Pause briefly and switch.
- Practice relaxed abdominal breathing several times a day (or whenever you feel stressed).
- Consider combining these deep-breathing techniques with other relaxation exercises, such as aromatherapy and music.

wise words

"Live for the moments that take your breath away."

— Unknown



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Skagit Valley Tulip Festival, Washington

The Skagit Valley Tulip Festival is located in the western corner of Washington state during the month of April, with activities in Mount Vernon, Burlington, Sedro-Woolley, La Conner, Edison, and Anacortes. The festival is designed as a driving tour, since there are hundreds of acres of brightly colored flowers that provide stunning photo opportunities around every corner.

Throughout the past 30 years, the festival has welcomed visitors from more than 85 countries worldwide. The tulip fields are actually the crops

of RoozenGaarde/Washington Bulb Co., Inc. and Tulip Town. The tulips are grown in order to produce bulbs, which is a major industry in the Skagit Valley.

While Mother Nature decides exactly when the display of colors begins, locals recommend the best time to see the tulips in bloom is around April 15.



The flower-viewing season typically begins with yellow daffodils in mid-March, a rainbow of tulips taking over in April, with beautiful irises and lilies to follow in May. Once a tulip field begins to bloom, it stays in color for about two weeks. The tulip fields in Skagit Valley are planted with different varieties, so not all fields will bloom at the same time.

For the best experience, wear boots, since the fields can be muddy. Also, plan your visit during the morning or evening of a weekday. Not only will you encounter less traffic, but your photographs will be better, since the

sun tends to wash out the amazing floral colors.

In addition to viewing spectacular arrays of colorful flowers, visitors can enjoy the area's art shows, concerts, wineries, and cheese tours.

For more information about this area, visit <http://www.tulipfestival.org/>.

{ terrific trivia }

1. What is the world's biggest island?
2. What was Erich Weiss better known as?
3. How many feet are in a fathom?
4. Who won the World Series in 1987?



1. Greenland
2. Harry Houdini
3. Six
4. Minnesota Twins

{ top 10 list }



Top 10 Countries Most in Debt

Country	US \$ Millions
1. United States	15,940,978
2. United Kingdom	9,307,090
3. Germany	5,539,282
4. France	5,303,543
5. Japan	2,826,649
6. Luxembourg	2,698,726
7. Italy	2,421,685
8. Netherlands	2,407,429
9. Spain	2,229,909
10. Ireland	2,145,899

Source: World Bank Quarterly External Debt Statistics

{ ben's friends }



- Live your life and forget your age.
- Everyone smiles in the same language.
- The more you love your decisions, the less you need others to love them.
- Give without remembering and receive without forgetting.



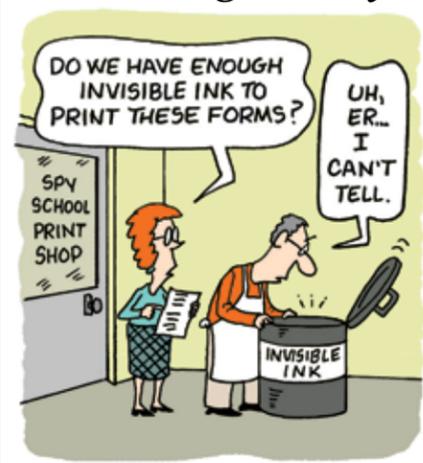
Stay in Touch with Newsletters

Newsletters are a great way to not only establish credibility with your customers and prospects, but also promote upcoming specials, feature new products, and educate your audience as industry experts. Here are a few inspirational newsletter tips to consider:

- Think outside the box and consider designing your newsletter as a placemat, oversized or folded postcard, or even a statement stuffer or door hanger.
- In addition to mailing your newsletter, consider handing them out at trade shows, sales calls, or providing them at your front desk.
- Include articles to inform and educate, using short stories, bulleted information, lists, and other forms of concise information.
- Become a source of information on upcoming industry events such as speakers, trade shows, etc.
- Consider an "Ask an Expert" section where readers can submit questions and then an industry expert will provide an answer in an open forum for all to see.
- Create an archive section on your website that makes all previous newsletter issues available to online visitors.
- Always include a call to action to request more information, place an order, or stop by to redeem a coupon or learn more about a product offer.
- Ask your current subscribers for help sharing your newsletter. Consider offering a referral prize or reward.

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Uses for Baking Soda

- Extinguish small cooking fires. Baking soda releases carbon dioxide gas when heated, which suffocates flames.
- Relieve toothaches, bug bites, or sunburns by applying a paste of baking soda and warm water.
- Remove stains from coffee/tea cups or red sauce from plastic by scrubbing with baking soda.
- Sprinkle baking soda on the bottom of your trash can to keep smells away.
- Sprinkle baking soda on your outdoor steps or sidewalk to provide traction and melt ice without damaging surfaces.
- Remove marks (even crayon) from walls and painted furniture by applying baking soda to a damp sponge and rubbing lightly.

{ wellness }

Habits that Hurt Your Teeth

While everyone knows that candy, smoking, and drinking too much coffee, wine, or soda can harm your teeth, here are a few everyday habits that can also wreak havoc on your pearly whites:

- Opening things or tearing off clothing tags can cause teeth to chip or fracture.
- Brushing your teeth too hard can wear down enamel, irritate your gums, make your teeth sensitive to cold, and even cause cavities.
- Always rinse your mouth after consuming acidic foods or beverages. Avoid immediate brushing as this can actually brush the acid into your teeth.
- Many cough drops are great for a sore throat, but not for teeth.
- Biting your nails can cause your teeth to move out of place or even cause tooth enamel to splinter.
- Chewing on ice. The cold temperature and the hardness of ice cubes can cause serious damage to your teeth.
- Biting on objects, such as pens or eyeglasses, places a lot of pressure on your teeth, and can cause your teeth to shift or crack.

