

PRINTER'S PRESS

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

Suffering from Seasonal Allergies? It's Time for a Breath of Fresh Air!

While the thought of fresh grass and blooming flowers in the springtime sounds wonderful to some people, it sends many others to local pharmacies in search of relief from sneezing and itchy, watery eyes.

Allergies are one of the most common health problems today, with seasonal allergies affecting more than 35 million Americans every spring.

In addition to visiting an allergist, or taking medications (either over-the-counter medications or regular allergy shots) to reduce or eliminate your symptoms, here are a few steps you can take to minimize your exposure to the allergens that cause irritation:

- Monitor air quality through publicized pollen counts. Rainy, cloudy, or windless days typically have lower pollen counts, but mold spores may be higher after a rain.
- Minimize outdoor activity on days when the pollen count or humidity are high, or on windy days when active pollen and mold are easily blown around.
- Avoid being outdoors before 10 a.m. since pollen counts are highest in the morning.

- Avoid touching your eyes and nose when outdoors.
- Since pollen can accumulate in your hair and transfer to your pillow, it's a good idea to shower and wash your hair before going to bed. Also be sure to wash your bedding in hot water every week.
- Use a clothes dryer rather than hanging clothes outside where pollens and molds can easily collect on them.
- Reduce the number of places dust and molds can linger in your home by limiting your use of throw rugs. Make sure the rugs you do have are washable, and wash them once a week.
- Keep indoor air clean by changing filters in air conditioning units and vents often. Also use a dehumidifier to keep the air cool and dry.
- Keep your windows closed at night and in the morning to prevent pollens or molds from drifting into your home.
- Keep car windows closed when traveling.
- Use a paper mask when raking or mowing your lawn to prevent you from breathing in the pollen and molds that are stirred up.



www.AAAAI.org

American Academy of Allergy, Asthma & Immunology To learn more about pollens that cause spring allergies, and to follow pollen counts around the country, check out the National Allergy Bureau at www.AAAAI.org.

LOOK NO FURTHER...

WISE WORDS

"The best way to predict the future is to invent it."

— Alan Kay

Get Moving with



Business Stationery

If you want to achieve front-of-mind awareness in the eyes of your prospects and customers, you need to use memorable business stationery... and we can help. Just ask us how!

nsp nebel printing, inc.

12160 Nebel Street
Rockville, MD 20852

301-881-4016

FAX 301-231-8975

www.nebelprint.com



12160 Nebel Street
Rockville, MD 20852
301-881-4016
FAX 301-231-8975
www.nebelprint.com

Why Remain Still When You Can Push Forward?

John A. Shedd once said, "A ship in harbor is safe, but that is not what ships are built for." While tight deadlines or unexpected challenges may create pressure in areas that many companies don't want to deal with, we welcome these surprises on a daily basis. Not only do they keep us on our toes, they also encourage us to raise the bar, push the limits, see how far we can go as a team, and how far we can take your company.

HEALTH



California's Redwood Parks

Home to some of the world's tallest and most glorious trees, the Redwood National and State Parks, located along the coast of northern California, offer a breathtaking glimpse of nature at its finest.

If you've ever had the opportunity to experience the glory of stepping into a towering, yet peaceful grove of

*...a breathtaking
glimpse of nature at
its finest.*

coastal redwoods, you can probably understand why many people compare it to the feeling of awe one experiences when entering one of the world's great cathedrals.

In the 1920s, the State of California created numerous parks to protect some of the finest remaining examples of coastal redwoods. Together, these parks are recognized as both a World Heritage Site and an International Biosphere Reserve.

In addition to the massive trees which grow to over 300 feet tall and live to be more than 2,000 years old, the parks boast a long stretch of pristine Pacific coastline, grassy foothills, oak woodlands, mighty rivers and streams, and a multitude of wildlife.

One of the best ways to experience the parks is to plan ahead, or ask a local ranger or park employee for advice. Depending on the type of adventure one is looking for, visitors can experience more than 200 winding miles of trails on foot, bike, or horseback, or in a vehicle. Many visitors also enjoy boating, camping, fishing, hiking, kayaking, whitewater rafting, wildlife viewing, bird watching, or simply relaxing and enjoying the majestic wilderness.

www.nps.gov/redw/

Redwood National & State Parks

For more information on California's Redwood National and State Parks, including maps, tourist info, history, activities, a photo gallery, and more, check out: www.nps.gov/redw/.



Taking Care of Your Pearly Whites

When we are young, we start with naturally white smiles. Unfortunately, over time these white smiles fade due to our lack of dental care, food decisions, or natural tooth composition. Here are some tips on how to make your pearly whites shine through again:

- Avoid or limit foods that damage your teeth, including: coffee, red wine, tea, soy sauce, berries; foods that are slightly acidic, (because they open up the pores of the tooth enamel allowing stains to more easily move into your teeth); extremely hot or cold liquids (which cause teeth to expand and contract, allowing stains to penetrate your teeth); and especially tobacco, which quickly stains teeth.
- Brush your teeth every chance you get for at least two minutes each time you brush.
- Floss daily, by gently sliding it between teeth and the space between the gum and the tooth. Never snap the floss into the gums.
- Remember to brush your tongue as well to remove bacteria and freshen your breath.
- Various types of toothpaste are designed for many conditions, including cavities, gingivitis, tartar, stained teeth and sensitivity, so choose a toothpaste that meets your needs.

TERRIFIC TRIVIA



1. Which type of birds have been trained to tend sheep?
2. In Australian slang, what does the word "spliced" mean?
3. What is the fullest part of a ship's bow called?
4. What fruit did early Greeks and Romans convert into helmets?

1. Geese
2. To be married
3. The Juff
4. Dried watermelon

TOP 10 LIST

The World's Longest Railroad Tunnels

Tunnel/Country	Miles
1. Seikan (Japan)	33.5
2. The Chunnel (UK-France)	31.04
3. Dal-shimizu (Japan)	14
4. Simplon No. 1 & 2 (Switzerland-Italy)	12
5. Kanmon (Japan)	12
6. Apennine (Italy)	11
7. Rokko (Japan)	10
8. Mt. MacDonald (Canada)	9.1
9. Gotthard (Switzerland)	9
10. Lotschberg (Switzerland)	9

NO KIDDING?

- The famous "Constable Tree" (an orange tree brought to France in 1421) lived and bore fruit for 473 years.
- Similar to horse races in the United States, camel races are a popular sport in Morocco.
- Elephants purr like cats as a means of communication.



Ready, Set, Go!

Pull up to a busy intersection, and your travel through that intersection will most likely be regulated by a red, yellow, and green traffic light. Did you know that such lights were originally used before automobiles were even in use?

As travel by buggies and wagons increased, so did the need for a system to regulate the traffic that ensued. The first traffic light was installed at a busy intersection in London around 1868. This traffic light consisted of a manually operated, revolving gas lantern with red and green signals.

In 1869, this lantern exploded and injured the policeman who was operating it, making it apparent that a new system was necessary. It wasn't until 1920 that a police officer named William Potts devised a traffic light made with red, amber, and green railroad lights, designed to work similarly to the code system that railroad engineers used to control trains. Around the same time, the gifted African-American inventor, Garrett Morgan, devised and patented the electric automatic traffic light.

Perhaps you have wondered why these particular colors were selected to regulate traffic. Because red generally symbolizes danger or warning, it was chosen for "stop."

Green, which is a calming color, is a sign of growth, and was therefore chosen to represent "go." And lastly, although yellow symbolizes warmth and happiness, it is used to command "caution" because it is highly visible and contrasts well between red and green.

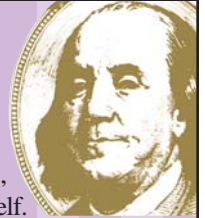


Gutenberg's Army ©



BEN'S FRIENDS

- A smile is an inexpensive way to improve your looks.
- In seeking happiness for others, you find it for yourself.
- We will find only what we look for, nothing more and nothing less.
- Don't ask for a light load, but rather ask for a strong back.



HOUSEHOLD TIPS

- Dissolve rust from bolts and other metals by soaking them in full strength vinegar.
- To remove old self-stick shelf paper, simply run a warm iron over the paper and it will peel right off.
- "Painlessly" remove a bandage by first rubbing it with a cotton ball soaked in baby oil.
- Take grease off suede by dipping a toothbrush in vinegar and gently brushing it over the grease spot.



There's ALWAYS Room for Improvement

While we'll never claim to know everything, we will make every attempt possible to learn as much as we can on a daily basis. This is why we are eager to learn new printing techniques, receive ongoing training on top-notch equipment, and welcome your suggestions for other improvements. As they say, "Good, better, best, never let it rest, until the good is better, and the better, best."



nsp nebel printing, inc.

12160 Nebel Street
Rockville, MD 20852
301-881-4016
FAX 301-231-8975
www.nebelprint.com

RECIPE



Tasty Toffee Bars

Singer Norah Jones was born March 30, 1979, in New York City, but was raised in Dallas, Texas. Her love for singing and playing the piano grew stronger at Booker T.

Washington High School for the Performing and Visual Arts, which influenced her to attend the University of North Texas. After just two years, she decided to take a trip to New York City, where her musical career took wings. Ms. Jones was crowned "Queen of the Grammys" in 2003, where she took home eight awards (making history as one of the only female vocalists to sweep in five major categories). Today, her music continues to move the millions who appreciate her sultry jazz style.

15 graham crackers
(2-1/2 in. squares)
1 cup butter (or
margarine)

1 cup brown sugar
1 cup milk chocolate
chips
1 cup chopped nuts

Line a 9" x 13" pan with aluminum foil and butter the foil. Cover bottom of pan with graham crackers. In a medium saucepan, combine brown sugar and butter, and bring to a boil. Remove from heat and pour over graham crackers. Bake for five minutes at 350 degrees. Remove from oven, and immediately sprinkle with chocolate chips. When chips are soft, spread them evenly over top and sprinkle with nuts. Refrigerate about 30 minutes until chocolate is set. Store in refrigerator.

Can You Guess The Year?

— The Los Angeles Dodgers defeat the New York Yankees in the World Series, 4-2.

— MTV debuts with the music video, "Video Killed the Radio Star."

— The Supreme Court rules to allow television cameras in the courtroom.

— The FDA approves the use of Nutrasweet, an artificial sweetener made of aspartame.

— Ronald Reagan succeeds Jimmy Carter as President of the United States of America.

— After 19 years hosting the CBS Evening News Walter Cronkite signs off for the last time.

— The Pac-Man video game is introduced in the US.

Also in this year:

About 188 are injured and more than 110 die in collapse of aerial walkways in the lobby of the Hyatt Regency Hotel in Kansas City; the AIDS virus surfaces and is identified in the United States; President Reagan is shot by John Hinckley, Jr.; the cost of mailing a first class letter goes up twice, first from 15 to 18 cents, and then to 20 cents; the world's longest suspension bridge opens in England; BMW develops the first in-car computer to monitor engine performance; Col. Harland Sanders, the founder of Kentucky Fried Chicken, dies from leukemia at 90; *Indiana Jones: Raiders of the Lost Ark* brings back the old-fashioned movie adventure; and the space shuttle Columbia makes its maiden voyage from Cape Canaveral.

(Answer is to the right of recipe.)

