



printer'spress

Timely information and a good mix of fun from your friends at **NGP**

September 2008

Save Yourself Some Money

While coupon clipping may seem old-fashioned, saving money never goes out of style. Everyone could stand to save a couple of bucks now and then. For just a little bit of effort, you can save yourself fairly significant amounts of money. Here are some simple strategies to consider:

• **Buy extra papers.** Coupon pages generally show up in the Sunday paper, but they occasionally creep into the daily editions. If you find a number of good coupons in the paper that will save you \$15, it would be wise to buy a few extra copies. The few dollars you spend buying the papers are quickly recovered when you use the coupons.

• **Stack your coupons.** This simply means combining a manufacturer coupon with a store coupon for the same item. At stores that double manufacturers' coupons, this could add up to a big savings. To really save, try combining your manufacturer

coupon with a store coupon, a sale, and a rebate.

• **Triple your savings.** Many grocery stores will double coupons, but some offer triple coupon days. Make a note of when these occur and shop accordingly.

• **Use "buy one, get one free" coupons on "buy one, get one free" sales.** It seems too good to be true, but you can actually walk out of the store with two free items.

• **Don't forget to check the clearance displays.** Your coupons, unless otherwise stated, will work on clearance items, too. If you have your coupon collection with you while shopping, you'll be able to take advantage of great clearance savings.

• **Be on the lookout when you travel.** Sunday coupon inserts vary from region to region. If you are away from home on a Sunday, buy a paper. You'll find deals you've never seen before.

wise words

"A good laugh is sunshine in a house."

—William M. Thackeray



PROGRAMS

Great looking and economical!

If you have a special event coming up, a beautifully designed and printed program will make a great impression. Call or stop in and let the Printing Professionals at NGP show you samples and assist you in creating a great looking program that will fit your budget.

NGP

PRINTING PROFESSIONALS
224 W. Market St. Lima, OH 45801
419-227-2627 419-274-8128
www.ngp.com



can you guess the year?

- Operation Desert Storm begins with air strikes against Iraq.
- In the Netherlands, thieves steal 20 paintings worth \$500 million from the Van Gogh Museum in Amsterdam. Less than an hour later they are found in an abandoned car near the museum.
- The Super Nintendo Entertainment System is released in the United States.
- Several “republics” declare their independence from the Soviet Union, and by the end of the year it ceases to exist.
- The Huntington Library makes the Dead Sea Scrolls available to the public for the first time.
- Los Angeles Lakers point guard Magic Johnson announces that he has HIV.

Also in this year:

The KGB officially stops operations; Michael Landon, Dr. Seuss, and Miles Davis die; serial killer Jeffrey Dahmer is arrested; and Ötzi the Iceman is found in the Alps.

Answer on page 4



Mount Shasta, California

“Lonely as God, and white as a winter moon, Mount Shasta starts up sudden and solitary from the heart of the great black forests of Northern California.” These words, penned by poet Joaquin Miller, describe the 14,000-foot volcanic mountain that is the second-highest peak in the Cascade Range.

It was quite the sight for early Euro-American trappers and hunters

“... Mount Shasta is a great destination for any traveler.”

that passed from California to the Pacific Northwest on the Siskiyou Trail. The discovery of gold in nearby Yreka, California in 1851 and the completion of the Central Pacific Railroad in 1887 caused a great increase in tourism to what has become the city of Mount Shasta.

Today, tourists are drawn to the mountain and the surrounding area for many different reasons. There is, of course, a great deal of climbing that is done on the mountain year-round. Backcountry skiing is also a popular winter activity on the mountain, some of which can be done on the climbing routes. There are also hiking trails around the base of the mountain.

Visitors who aren't keen on venturing up the mountain will be pleased to know that the Mount Shasta area offers almost every outdoor activity imaginable. The city of Mount Shasta provides visitors with art galleries, museums, train excursions, a microbrewery, fish hatchery, and lavender farms. There is no reason to be bored on a trip to Mount Shasta.

With so many things to see, do, and explore in the area, it's no wonder that Mount Shasta is a great destination for any traveler.

health



Taking Care of Your Mouth

How well do you care for your mouth? Even your regular brushing and flossing routine may be missing some important areas. Here are a few problem spots to pay special attention to, and some ways to take better care of your mouth:

- The area between your back teeth (top and bottom). This is a prime breeding ground for cavities. When flossing, wrap the floss around each tooth, slide it just under the gum, and then floss like you would shine a shoe.
- The gum that surrounds both your top left canine tooth and the premolar behind it. This area takes the most abuse from brushing, with the left teeth being affected more by right-handed brushers. These teeth should be brushed from the gum down to the bottom of the tooth.
- Your two bottom teeth in the front and center are the closest to the salivary glands. Oddly enough, there is a protein in saliva that has been shown to promote plaque buildup. One way to counteract this effect is to eat raisins, which contain phytochemicals that block plaque from latching onto your teeth.

terrific trivia

1. What is the oldest city in France?
2. What two presidents signed the Constitution?
3. How long is a fortnight?
4. What is the distance between the stakes in a game of horseshoes?



1. Marseilles
2. George Washington and James Madison
3. 14 days
4. 40 feet

checklist

Back to School

- Backpack
- Insulated lunch bag
- Pencils and pens
- Ruler
- Calculator
- Notebooks



Gutenberg's Army ©



a cause for celebration

- Connecticut's Norwalk Seaport Oyster Festival is held September 5-7. Highlights include oyster shucking and slurping contests.
- Line Dance Week is celebrated September 8-13 to honor the line dance.
- The Big E takes place in West Springfield, Mass., September 12-28. It is one of the nation's largest fairs, featuring a big-top circus, and Mardi Gras floats.
- September 19 is International Talk Like a Pirate Day.

in an average lifetime

The Average American...

- Purchases 100 toothbrushes.
- Makes 8,958 trips to the supermarket.
- Eats 18,216 bowls of cereal.
- Spends 3,417 hours listening to the radio.



A Stitch in Time

Think about the clothes you have hanging in your closet. Imagine how many fewer clothes you would have if you had to make every piece by hand. Until the invention of the sewing machine, if you wanted something to wear, you had to make it with your own two hands.

While the first sewing machines were patented in England in 1755, in Austria in 1819, the U.S. in 1826, and France in 1830, each of these machines was designed for industrial applications. The first practical home sewing machine was patented in 1846 by Elias Howe. He worked for five years to complete his machine.

Just eight years later, a man whose name has come to mean excellence in sewing machines, Isaac Merritt Singer, was issued a patent for his machine which had been scaled for use at home. Although his original design was based on Howe's concepts, he later patented the rigid arm for holding the needle

and a vertical bar to secure the cloth against the upward stroke of the needle.

Singer later developed the continuous stitch machine and founded the Singer Sewing Machine Company, which became one of the world's largest manufacturers of personal sewing machines. The first electric sewing machine for the home, also a Singer, was introduced in 1889.

Sewing machines still have a place in homes across the country, providing adults and children alike the satisfaction of producing a handmade product in their own homes.





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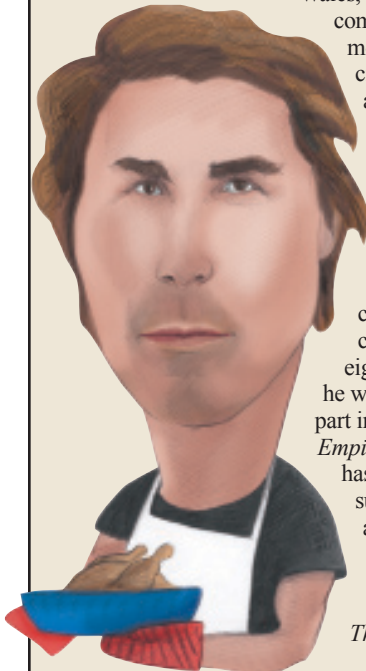
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recipe

Christian Bale was born January 30, 1974 in Wales, UK. His father was a commercial pilot and his mother a dancer with the circus. He discovered a love of acting at an early age. His father encouraged his acting ambitions and quit his job as a pilot to manage Bale's career.

His first on-camera roles were commercials at only eight years old. When he was 13, he earned a part in Steven Spielberg's *Empire of the Sun*. Bale has enjoyed incredible success in movies such as *Newsies*, *Little Women*, and more recently *The Prestige*, *Batman Begins*, and *The Dark Knight*.



Braised Balsamic Chicken

*6 skinless, boneless chicken breast halves
ground black pepper to taste
1 tsp garlic salt
2 tbsp olive oil
1 onion, thinly sliced
1/2 cup balsamic vinegar
1 can (14.5 oz) diced tomatoes
1 tsp dried basil
1 tsp dried oregano
1 tsp dried rosemary
1/2 tsp dried thyme*

Season chicken breasts with ground black pepper and garlic salt. Heat olive oil in a medium skillet, and brown the onion and seasoned chicken breasts. Pour tomatoes and balsamic vinegar over chicken, and season with basil, oregano, rosemary and thyme. Simmer until chicken is no longer pink and the juices run clear, about 15 minutes.



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How to reach us:
Phone
419-227-2527 Local
800-274-4198 Toll Free

Fax
419-222-2303

Web
www.ngpco.com

E-mail
Letters to the Editor
desktop2@ngpco.com
Customer Service
office@ngpco.com
sales@ngpco.com

The year was 1991.