

# printer's PRESS

Timely Information and a Good Mix of Fun from Your Friends at **NGP**



## A Penny Saved Is a Lesson Learned: Helping Your Kids Set Up a Budget

Kids these days. They take in money faster than we do, proportionately. Grandma's birthday money, lemonade-stand proceeds, babysitting and lawn-mowing earnings, allowance—their revenue streams are plentiful. Now's the time to introduce good financial management strategies.

Consider helping your kids set up varied funds with their money. Provide piggy banks or envelopes or decorated glass jars, labeled with names the kids can understand. Even young kids can grasp concepts like “little money,” “big money,” and “sharing money.”

“Little money” is for spending. The child can dip into this fund anytime for a small purchase like candy or a comic book. In doing so, your young one will learn the value of various bills and coins, and even about tax.

“Big money” is savings for something specific: an American Girl doll, a video game, a bike, a trip to camp. You might want to help

your child open an actual savings account at a bank for this fund.

“Sharing money” is set aside to give away. This is the money your child places in the church offering or gives to a charitable cause. Your child might enjoy dropping coins into a Salvation Army kettle, or buying toys for a refugee family.

You and your kids may come up with more or different categories. That's fine. What matters is that they'll learn basic budgeting and some math concepts, they'll become prepared to live debt-free as adults, and they'll develop character qualities like goal setting, discipline, delayed gratification, problem solving and generosity. It's an activity you can share together.

And that's the most important bottom line of all.

• More ideas and resources available at: [www.itsahabit.com](http://www.itsahabit.com) or [kids.daveramsey.com](http://kids.daveramsey.com)

## wise words

“The smallest act of kindness is worth more than the greatest intention.”

— Oscar Wilde



## The Envelope: An Open-and-Shut Case

In order for your important letters to be read, they have to be taken out of the envelope. We print high-quality envelopes that customers love to open. We'll assist you in selecting and printing the ideal envelope for every mailing. A top-notch envelope is a sales must—it's an open-and-shut case.

# NGP

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**NEWS GAZETTE Printing Company**  
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# can you guess the year?

- The “Thrilla in Manila,” a boxing match between Muhammad Ali and Joe Frazier, takes place.

- *One Flew Over the Cuckoo’s Nest* sweeps the Academy Awards.

- Labor leader Jimmy Hoffa mysteriously disappears.

- Popular songs include “Love Will Keep Us Together” by Captain & Tennille, “Mandy” by Barry Manilow, and “Rhinestone Cowboy” by Glen Campbell.

- A first-class postage stamp goes from 10¢ to 13¢ in the U.S.

- Mood rings, Earth shoes and chukka boots are fashion “must-haves.”

- The name Microsoft is trademarked.
- Popular films: *Jaws*, *The Rocky Horror Picture Show*, *Dog Day Afternoon*, and *Shampoo*.

The year was 1975.



Jack Nicholson

## The Breathtaking Catskill Mountain Region

Washington Irving once wrote, “I shall never forget my first view of these mountains ... sometimes melting into hazy distance, now burnished by the setting sun, until in the evening they printed themselves against the glowing sky in the deep purple of an Italian landscape.”

Since Irving’s time, thousands have been captivated by the breathtaking and rugged beauty of the idyllic Catskill wilderness.

Located about 100 miles northwest of New York City, the Catskill Mountain region encompasses four different counties, and over 3,000 square miles of sweet-smelling forests,

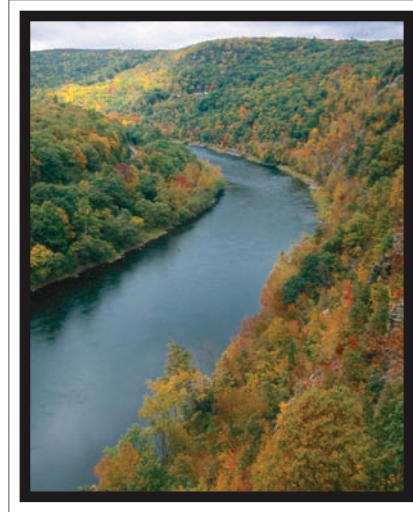
scenic parks, cascading waterfalls, and quaint little villages.

Any season is a good time to visit the beautiful Catskills. During the late summer and the crisp days of autumn, the open-air farm stands are laden with hardy apples, plump pumpkins, gourmet honey spreads,

and rich maple syrup. The winter snows provide opportunities to downhill or cross-country ski, snowshoe, snowmobile, or ice fish. And when the snow melts, visitors can enjoy outdoor activities such as fly-fishing, hiking, horseback riding, hang-gliding, and

white water rafting, or test their skills at one of 50 remarkable golf courses in the region.

The Catskills are filled with a variety of lodging options. Resorts, farmsteads, and historic inns provide a relaxing stay and a beautiful complement to a visitor’s stay. There are also plenty of campsites for those who would rather spend their nights under the stars.



Catskills Delaware River scene in autumn.

The wide array of activities and accommodations coupled with the unmatched beauty of the landscape make a visit to the Catskill Mountain region one that is sure to leave lasting memories.

For more information about this area, visit: [www.VisitTheCatskills.com](http://www.VisitTheCatskills.com).



## { wellness }

### Don’t Let Blood Pressure Stress You Out

High blood pressure can be caused by factors beyond your control, like heredity and the food you ate as a child. But it can also be caused by controllable factors, like stress and diet. The good news is that most people can lower and control their blood pressure by applying some commonsense principles.

- **Hit the salad bar** — diets heavy in fruit and vegetables provide you with good amounts of vitamin C and E, which can decrease blood pressure.

- **Let it roll** — aerobic exercise (walking, jogging, biking) tends to lower blood pressure; anaerobic exercise (weight lifting) doesn’t have the same positive effect.

- **Lose a few** — taking off just a few pounds aids in reducing blood pressure.

- **Have an orange** — folic acid (found in citrus fruits, leafy green vegetables and beans) tends to reduce the risk of high blood pressure.

- **Nurse your baby** — studies continue to show the many benefits of mother’s milk for newborns; among them, decreased chance of high blood pressure in adulthood.

For more information, visit [www.mercola.com](http://www.mercola.com).

## {terrific trivia}

1. What was the original name of the butterfly?
2. Opposite faces of traditional dice always add up to what number?
3. What city is Winnie the Pooh named for?



1. Flutterby  
2. Seven  
3. Winnipeg, Manitoba



## Let's Work Together on Your Print Project

There is great potential in the relationship between you and our printing firm. Your creativity combined with our printing expertise can blend to create printed pieces that will help your company effectively tell its story.

In order to get this relationship off on the right foot, there are some things you should know about us. We love what we do; we treasure our customers, and we are committed to producing the best in printing.

We know you're also interested in quality printing, so let's roll up our sleeves and get to work, together.

- **Getting started.** Call us to discuss your project and the software you're using. We can work with nearly all design software, but it's good to check with us early on.

- **Digital file.** One of the best ways to get your project to us is as a .pdf file, which usually includes all the fonts and images.

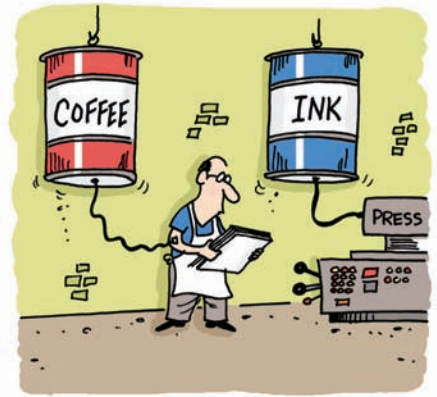
- **Graphic images.** You'll likely be using a logo or some photos in your project. We'll need the digital files of all those images.

- **Fonts.** We'll also need the digital file of the fonts you've chosen. If you don't have that font file, never fear. We might have your fonts on hand, or we can make a substitution that will be close to the original.

If you're not technically savvy, don't worry. We can explain and help all along the way. We really do enjoy working with our customers on every aspect of the printing process. So give us a call. Let's get to work on your project!

☎ Visit us at > [www.ngpco.com](http://www.ngpco.com) <  
to see the many ways we can help you.

## Gutenberg's Army®



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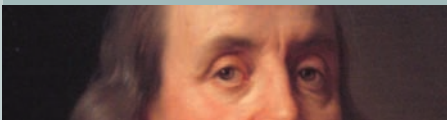
## {top 10 list}



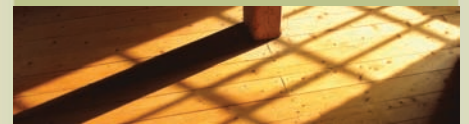
Top 10 baby names of 2007  
(according to Babycenter.com):

Girls	Boys
1. Sophia	1. Aiden
2. Isabella	2. Ethan
3. Emma	3. Jacob
4. Madison	4. Jayden
5. Ava	5. Caden

## {ben's friends}



- A bad workman always blames his tools.
- To speak kindly does not hurt the tongue.
- A book is a garden carried in the pocket.
- Water and words are easy to pour but impossible to recover.



Wood flooring is beautiful and making a comeback in popularity. But is it eco-friendly? Surprisingly, yes.

Here's some good news: hardwood forests are growing faster than they're being cut down in the U.S.

Still, for peace of mind, look for the Forest Stewardship Council (FSC) stamp of approval on any hardwood you buy. The FSC certifies that your floor was produced using environmentally responsible forestry practices.

An alternative to hardwood is called reclaimed flooring. It's made of wood salvaged from buildings, river bottoms, or old floors. Or consider bamboo or cork; both are readily renewable and improve the ambiance of any room.

☎ More at: [www.ecotimber.com](http://www.ecotimber.com)



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{ this could be the start of something beautiful }

# { recipe }



## Delicious Ham and Potato Soup

- |   |  |
|---|--|
| 3 1/2 cups peeled and diced potatoes    | 1/2 teaspoon salt, or to taste                       |
| 1/3 cup diced celery                    | 1 teaspoon ground white or black pepper, or to taste |
| 1/3 cup finely chopped onion            | 5 tablespoons butter                                 |
| 3/4 cup diced cooked ham                | 5 tablespoons flour                                  |
| 3 1/4 cups water                        | 2 cups milk  |
| 2 tablespoons chicken bouillon granules |  |

Combine the potatoes, celery, onion, ham and water in a stockpot. Bring to a boil, then cook over medium heat until potatoes are tender, about 10 to 15 minutes. Stir in the chicken bouillon, salt and pepper. In a separate saucepan, melt butter over medium-low heat. Whisk in flour with a fork, and cook, stirring constantly until thick, about 1 minute. Slowly stir in milk so as not to allow lumps to form, until all of the milk has been added. Continue stirring over medium-low heat until thick, 4 to 5 minutes. Stir the milk mixture into the stockpot, and cook soup until heated through. Serve immediately.

**Simon Cowell** was born Oct. 7, 1959 in Brighton, England. His father was an executive with the record company EMI. Cowell's first jobs were in music publishing. He was a judge on the British TV show *Pop Idol* in 2001 and the following year, a judge on *American Idol* in the U.S. He's become known for his brutal honesty and his white, gray or black shirts and sweaters. Cowell has launched and appeared on numerous competition shows, including *American Inventor*, *America's Got Talent*, *Celebrity Duets*, and England's *The X Factor*.



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recycle enough paper to fill  
15 miles of boxcars each day?

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(www.fsc.org)