



printer's press

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

May 2008

The Art of Small Talk

Corporate events and industry conferences are the breeding grounds for small talk. When you find yourself in a small-talk situation, here are a few tips to make your conversation a bit more meaningful:

• **Be the first to say "Hello."** It is possible that you will run into people you have met before at previous events. If you're not sure the other person will remember you, offer your name to ease the pressure. For example: "Sue Smith? Tom Swanson—good to see you again." Smile first and always shake hands when you meet someone.

• **For those you haven't met, make the introduction count.** Remembering a name and one thing about each person you meet will make subsequent meetings flow smoothly.

• **Be prepared.** As you are preparing for a function, make a list of generic questions that will get others talking. Keeping up on current events and culture will provide you with natural conversation builders.

• **Stay focused on your conversational partner by actively listening and giving feedback.** Glancing around the room gives the impression that you have something better you could be doing. Maintain eye contact while you listen to the other person.

• **Watch your body language.** The right amount of confidence in your stance and tone of voice will make others more comfortable.

• **Be careful when entering a conversation that's already in progress.** Listen carefully to cues that it would be appropriate to jump in. An ill-timed remark could change the dynamic of the conversation and make a bad impression.

• **Prepare a few exit lines so you can end a conversation gracefully.** Simple phrases like "I need to check in with a client over there," or "I skipped lunch today, so I need to visit the buffet," can work well.



wise words

"There is no distance on this earth as far away as yesterday."

— Robert Nathan



Special pricing when ordering these items during month of May

can you guess the year?

- Martin Luther King Day is officially observed in all 50 U.S. states for the first time.
- A bomb explodes at the World Trade Center in New York City, killing 6 and injuring over 1,000.
- Janet Reno becomes the first female attorney general of the United States.
- The Holocaust Memorial Museum is dedicated in Washington, D.C.
- Tennis star Monica Seles is stabbed in the back by an obsessed fan of rival Steffi Graf.
- *Jurassic Park* debuts in theaters.
- Windows NT 3.1 is released to manufacturing.
- The Carolina Panthers become the NFL's 29th franchise, and the first expansion team since 1976.
- President Clinton signs the Brady Bill into law.

Also in this year:

River Phoenix dies of a drug overdose; and the Intel Corporation ships the first Pentium chips.

Answer on page 4



Hagerman Valley, Idaho

Idaho's Hagerman Valley is unique not only for its beauty, but for the incredible variety it offers to visitors. From north to south, here are some spots that are worth visiting.

The Snake River, one of the premier rivers in the West, winds its way through the valley. The high, palisade walls of the river make it the perfect setting for kayaking and white-water rafting. Waterskiing, boating, bird-watching, and fishing are also very popular.

"... Hagerman Valley is unique not only for its beauty ..."

The Malad Gorge State Park, located on the eastern side of the valley, offers breathtaking views of the 2.5-mile-long Malad Gorge. The Malad River runs through the gorge, dropping 60 feet into the Devil's Washbowl before flowing into the Snake River.

A web of natural springs gushes from lava canyon walls and from underground sources along the Snake River. The water in these springs is pure, clear, and oxygenated, and remains at a constant 58°F, which happens to be the ideal temperature for raising trout. Approximately 70% of all the trout produced in the U.S. comes from hatcheries located in a 30-mile stretch along the Snake River. The Clear Springs Food Visitors Center has an underground viewing area where guests can observe trout and sturgeon in a natural setting.

At the south end of the valley is Thousand Springs Preserve. It is 400 acres of spring-fed creeks, basalt cliffs, and sparkling cascades of water. Bird-watching, hiking, and canoeing are available in the area.

The Hagerman Valley has a long list of sights and adventures to keep visitors entertained.

health

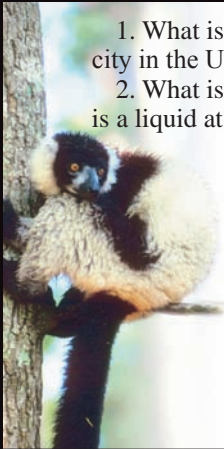


Helping a Loved One Through Depression

You may not know what depression feels like, but you can still offer empathy and compassion. Just being there for a loved one can make a difference. Here are a few other things you can do to help someone struggling with depression:

- **Express concern.** Be honest in acknowledging their pain, but don't use the words "I know how you feel," if you really don't. In your concern, avoid offering solutions. Simply listen if they want to talk, but try not to ask too many intrusive questions.
- **Ask how you can help.** Make yourself as available as possible to help with everyday tasks that are overwhelming to your loved one. Offer to help with certain tasks and ask if it's OK if you go ahead and do them.
- **Give positive reinforcement.** Depression can make people feel worthless. You can remind your loved one about their positive qualities and how much they mean to you.
- **Encourage healthy behaviors.** Depression steals away motivation, energy, and interest. Ask your loved one to join you in different activities. Help them remember to take prescribed medications and attend therapy appointments.

terrific trivia



1. What is the oldest capital city in the U.S.?
2. What is the only metal that is a liquid at room temperature?
3. Where is the only place to find lemurs in the wild?

1. Santa Fe, New Mexico, which was first settled in 1609
2. Mercury
3. Madagascar in the Indian Ocean

checklist

Essential Gardening Tools

- A spade and a flat-headed shovel
- A leaf rake for light raking and a metal rake for soil preparation
- Pruning shears
- Garden hose
- Wheelbarrow or lawn cart



Gutenberg's Army®



a cause for celebration

- The annual Bark in the Park 5K walk takes place on May 3 at Lincoln Park, Chicago, Ill.
- The Albany Tulip Festival is held May 9-11 in Albany, New York. The festival honors the Dutch heritage of the city with thousands of tulip blooms and a variety of events.
- May 14 has been set aside as Root Canal Appreciation Day to reverse the common misconceptions about this simple dental procedure.

in an average lifetime

The average American spends ...



- Two years unsuccessfully returning phone calls.
- Six months sitting at stoplights.
- Seven years waiting in line.
- Eight months opening junk mail.

Thirst-Quenching Kool-Aid

Edwin Perkins was a boy who was fascinated with chemistry, and spent many hours experimenting with homemade concoctions in his mother's kitchen in Nebraska.

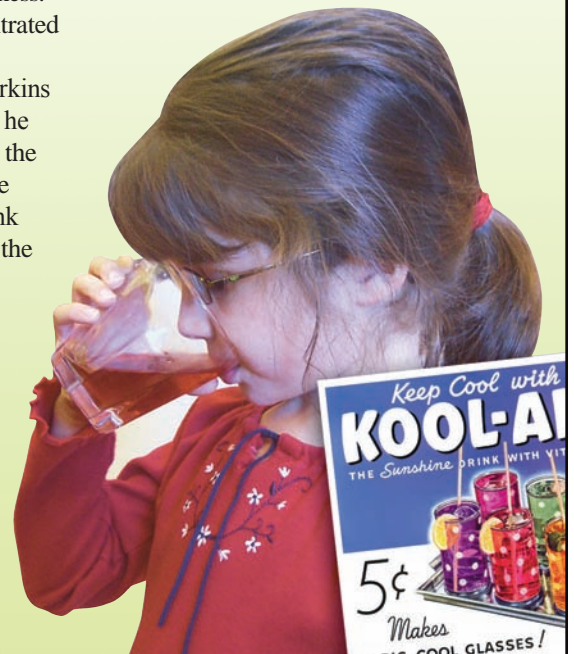
By the time Perkins graduated from high school, he had assembled quite the collection of inventions. He started a mail-order business called Perkins Products Co. to help him market all his ideas. In 1918 he married his childhood friend, Kitty Shoemaker, and together they met the demands of their growing business.

Around that time, a concentrated liquid drink mix called Fruit Smack had hit the market. Perkins liked the concept, but figured he could remove the liquid from the drink mix and simply package the powder. He called his drink mix Kool-Ade and packaged the powder in small envelopes.

The strawberry, cherry, lemon-lime, grape, orange, and raspberry packets were originally sold for 10¢ apiece by mail order to wholesale grocers. In 1929, they were distributed to grocery stores nationwide. The demand for Kool-Aid (as he later renamed it) became so

strong that he decided to drop the other products from his mail-order company and move the operation to Chicago.

During the Great Depression, Perkins cut the price to just 5¢ a packet, which was a "luxury" most people could afford. World War II forced rations of fruit acid and dextrose, limiting any growth. But when the war ended, Perkins had to expand the factory. By 1950, he was employing 300 production workers producing nearly one million packets of Kool-Aid each day.





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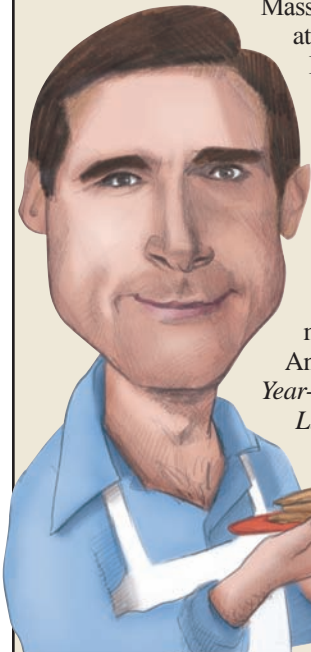
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recipe

He was born Steven Carell on August 16, 1962, into an Italian-American family in Concord, Massachusetts. He studied

at and graduated from Denison University in Granville, Ohio, then learned improv at Chicago's Second City troupe. Carell has been seen in a variety of comedic roles throughout his career, perhaps the most notable being Andy Stitzer in *The 40-Year-Old Virgin*, Frank in *Little Miss Sunshine*, and Michael Scott in the hit TV show "The Office."



Maple Bacon Pancake

- 4 ounces bacon
- 1 cup baking mix
- 1 1/4 cups shredded cheddar cheese, divided
- 1/2 cup milk
- 1/4 cup maple syrup
- 2 tablespoons white sugar
- 2 eggs

Preheat oven to 350° F. Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble, and set aside. Spray a 9-inch pie plate with nonstick cooking spray. In a large bowl, beat together baking mix, 3/4 cup cheddar cheese, milk, maple syrup, sugar and eggs until only small lumps of cheese remain. Pour into prepared pie plate. Bake in preheated oven for 20 minutes, until a toothpick inserted into center of pancake comes out clean. Sprinkle bacon and remaining 1/2 cup cheese over top of pancake. Bake until cheese melts, about 3 to 5 minutes.



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The year was 1993.