

TIDBITS ■ FACTS ■ INFO

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President's Message

Welcome to the first edition of our newsletter. We hope this newsletter provides you with a little bit of everything- information, a little humor and health tips that we all may find interesting. Please give us feedback on this newsletter so we can make it more useful to you. Feel free to ask for additional free copies of this if you would like them.

Jeff Roberts-President

Common Printing Terminology

CMYK- Abbreviation for Cyan, Magenta, Yellow and Black. These are the four process colors used to produce full color printing.



PDF- (Portable Document Format)

A universal file format that can preserve all the fonts, formatting, graphics and color of any source document regardless of the application or platform used to create it.

Health Tip - What are the best vitamins for memory?

Answer: B vitamins. Research shows that B vitamins improve memory by creating a protective shield for the neurons in the brain. The most important B vitamins for memory include: B6, B12 and Folic Acid(B9).



Source:- memory-improvement-tips.com

Famous Quote: "Gray hair is God's Graffiti"
- Bill Cosby

Facts

Some Facts about paper vs. electronic communications

Every decision to communicate has some impact on the environment. For example, whether we email or send a letter, we consume energy and resources. There are environmental tradeoffs in every choice we make, and there is no simple "right answer." The facts may surprise you.



MANY BELIEVE that electronic media are more environmentally friendly than paper and have a smaller environmental footprint. Before you choose, weigh all the tradeoffs between electronic devices and paper. Start by asking the right questions:

Is the medium made from a renewable resource?

Paper is made from wood – a resource that is being renewed on a daily basis by the paper and forest products industry, which plants millions of trees every year. Electronic devices however, are made of plastics and other non-renewable resources and often contain toxic chemicals and metals.

Aren't most electronics recycled and made into other products?

No. Only 18 percent of the U.S. electronic devices are currently recycled, and many of those are not being reused for other products. In the U.S., nearly 60 percent of all paper is recycled, recovered and reused to make new paper products.

Is electronic delivery of communications always greener than paper?

No. As new research emerges, it is clear that "either/or" is not the answer. Instead, one must consider all the inputs and outputs before making a decision about which communications are better delivered electronically or on paper.

Is there room for both paper and pixels in the future? Yes. By linking the power of paper with the efficiency of electronics, we can streamline our communications and help maintain the best environmental balance possible.

Source: International Paper "Down to Earth" Publication

Joke of the Month:



A man is flying in a hot air balloon and realizes he is lost. He reduces his altitude and spots a man down below. He lowers the balloon further and shouts: "Excuse me, can you tell me where I am?" The man below says: "Yes, you are in a hot air balloon, hovering 30 feet above this field." "You must work in Technical Support," says the balloonist. "I do," replies the man. "How did you know?" "Well" says the balloonist, "everything you have told me is technically correct, but completely useless." The man below says: "You must be in management." "I am," replies the balloonist, "but how did you know?" "Well", says the man, "you don't know where you are, or where you're going, but you expect me to be able to help. You're still in the same position you were before we met, but now it's my fault."

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