



# ThumbPRINT

AUGUST 2022 | Timely Information and a Good Mix of Fun from Your Locally Owned Printer.

## Take the Mystery Out of Meal Planning

*The thing about eating is it happens every day—multiple times. Making a plan for what you're going to eat and when doesn't have to be a burden. Here are some ways to make it enjoyable:*

» Make a list. What are the meals you or your family enjoy eating the most? Which ones do you enjoy preparing? Make a list of the meals that are familiar and pleasing to those you cook for; it will form the backbone of your menu plan. Pull this list out every time you sit down to plan.

» Try new things. Gather any new recipes you want to try and make space for them in your meal plan. Knowing you have a plan to try that great quiche recipe will get you excited to make it!

» Shop your pantry. Before sitting down with your calendar, take a look through your pantry. Are there foods you need to use before they go bad? What do you already have on hand? Knowing what you have means you're using the items you've already spent money on.

» Check the calendar. There are no rules about how many days in advance you need to plan for. The important

thing is that you get out your calendar and decide which days require which types of meals. A night filled with activities requires something quick or even portable. Nights at home allow slower cooking times and longer to enjoy meals.

» Fill in your plan. Once you know what's in your pantry and on the calendar, take your tried-and-true meal list and start plugging in meals. If your main need is supper meals, just plan for that. But if you find yourself scratching your head at breakfast and lunch, why not make a simple plan for those meals?

» Stock up. Having the ingredients for your meal plan on hand means if you need to switch a meal to a different day, you can easily make the change.

A meal plan is a simple way to bring some order to a busy life, and it can help you save money by using the foods you already have on hand. ✓



# SAVE 10%

on your next order of 250 or more printed marketing pieces.\*

\*Some restrictions apply. Not valid with other offers. Offer expires 08/31/22.



**Walker Printing Company, LLC**

Office Supplies & Furniture

203 East Pine Street

Fitzgerald, Georgia 31750

(229) 423-4327 • 1-800-423-0003

Fax (229) 423-1200

[www.WalkerPrintingCompany.com](http://www.WalkerPrintingCompany.com)



## Ben's FRIENDS

Quotes to Live By

"What you do today can improve all your tomorrows."

— RALPH MARSTON

"We may encounter many defeats but we must not be defeated."

— MAYA ANGELOU

"A goal is a dream with a deadline."

— NAPOLEON HILL

Pass It Around  
If you enjoyed this newsletter, share it with fellow employees or friends.



Sandra and David Chaney  
Owners

## Local Marketing

There are so many ways to get the word out about the things your company offers. It can be difficult to narrow down the best choices for your unique business. One of the benefits of working with a local printer is their connection to your area. They understand the context in which you're doing business, so they can help you create a campaign, directed at your specific audience, to bring in business that might otherwise drive right past. Don't underestimate the power of your local printer.

# BACK TO SCHOOL ESSENTIALS



## We Sell School Supplies!!!



Wellness

## Get More Face Time

*Making connections is vital to mental health and overall well-being.*

- » Put down the screens. So much genuine connection happens when we can experience the nonverbal cues of another person.
- » Arrange a regular meet-up. Having a scheduled time to spend with a friend or loved one will force you, in a really good way, to maintain a connection. More than just a quick catch-up, prioritize an intentional, set-aside time.
- » Call an acquaintance. As an adult, it can be difficult to make friends. Consider your coworkers, neighbors, or kids' friends — putting yourself out there and suggesting you grab a cup of coffee, and then actually putting a date on the calendar, could be the start of a new friendship.
- » Get involved. If there are special-interest groups in your area that meet on a regular basis, consider being a part of one. Gathering with others who have a common interest is a great way to feel part of something bigger than yourself.

# The Many Benefits of Posters

Posters are an affordable and flexible marketing tool to increase awareness about anything. Here are some of the advantages you'll enjoy when you go big with poster marketing:

- » Easily Visible: Make a great impression on your audience when you hang your message in target, high-traffic areas.
- » Inexpensive and Quick: Posters offer you a more affordable means to get the word out than radio ads or ads in

newspapers and magazines. Plus, they're quicker. Posters go from design to completion in as little as a few days.

- » Continuous Exposure: The impact of your poster lasts as long as you have your message on display.

- » Size Options: Posters come in a variety of sizes and finishes because one size doesn't fit all. Choose from a range of sizes to fit the space available.

- » Versatile: Use posters to welcome customers at your place of business, in high-traffic public areas, at trade shows and conventions, or to advertise current sales and promotions for new products and services.

If your business needs help creating the perfect poster for any occasion, give us a call today! 



## Goodbye Neck Pain

Anyone who has experienced neck pain, and that's most likely everyone, would benefit from the massaging pain relief offered by the Soothely Neck Massager. Shaped like a pair of headphones, the Soothely easily wraps around the back of the neck and offers 15 gear-force modes and six massage modes that can target specific problem areas. Lightweight, rechargeable, and easy to bring anywhere, the Soothely offers a way to alleviate pain and provide relaxation to sore muscles wherever you may be.



## TRIVIA

1. How many times has the *Mona Lisa* been stolen?
2. What two words were combined to make the word "Spam"?
3. Where was the Hawaiian pizza invented?
4. What is a female alligator called?

1) Once 2) Spiced ham 3) Canada 4) Cow

## Gutenberg's Army<sup>®</sup>



## TOP TEN

### Busiest Airports (as of January 2022)

1. Atlanta Hartsfield-Jackson International Airport
2. Dubai International Airport
3. Tokyo International Airport
4. Guangzhou Baiyun International Airport
5. Dallas/Fort Worth International Airport
6. Los Angeles International Airport
7. Denver International Airport
8. Chicago O'Hare International Airport
9. Delhi Airport
10. Jakarta Soekarno-Hatta Airport



**Pass It Around**  
 If you enjoyed this news-letter, share it with fellow employees or friends. Just copy and paste the link into an email message and share the wealth!

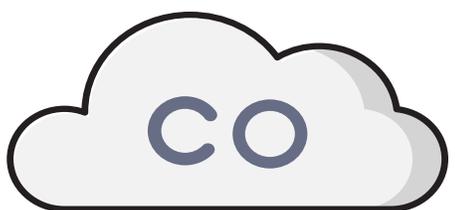
# CAN YOU GUESS THE YEAR?



- » Queen Elizabeth II celebrates her Golden Jubilee, marking 50 years since her accession to the thrones of the United Kingdom, Canada, Australia, and New Zealand.
- » The XIX Winter Olympics are held in Salt Lake City, Utah.
- » The FIFA World Cup is hosted by South Korea and Japan, making it the first time it's been held outside the Americas or Europe.
- » Former U.S. president Jimmy Carter awarded the Nobel Peace Prize.
- » G8 Summit is held in Canada.

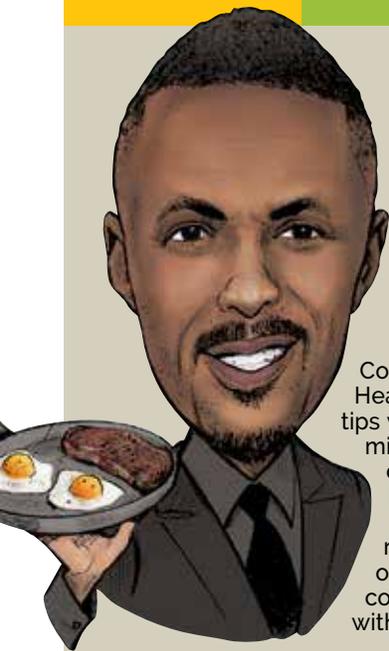
- » Kmart Corp becomes the largest retailer in American history to file for Chapter 11 bankruptcy protection.
- » Kelly Clarkson wins first *American Idol* contest.
- » *The Lord of the Rings: The Two Towers*, *Harry Potter and the Chamber of Secrets*, *Spider-Man*, and *Star Wars Episode II: Attack of the Clones* premiere in theaters.

The year was 2002.



## Life-Saving Print

In an effort to save lives by raising awareness about the dangers of carbon monoxide poisoning, the Polish National Fire Department teamed up with local grocery stores to distribute an advertisement for the store that doubled as a carbon monoxide test strip. The ad instructed the holder to place the piece of paper on a vent in their home. If the paper sticks, the air pressure is at appropriate levels. If it doesn't stick, the homeowner may be at risk. They were able to reach and educate people in 28 million homes with their simple flyer. ✓



## Steak and Eggs Skillet

- |                                     |                     |
|-------------------------------------|---------------------|
| 2 Tbsp avocado oil                  | Spice Mixture:      |
| 1 lb steak tips or stew beef        | 1.5 tsp salt        |
| 1 russet potato, peeled & diced     | ½ tsp garlic powder |
| 1 green bell pepper, seeded & diced | ½ tsp paprika       |
| 1 red bell pepper, seeded & diced   | ½ tsp oregano       |
| ½ yellow onion, peeled & diced      | ¼ tsp pepper        |
| 4 eggs                              | ¼ tsp cayenne       |

Combine the ingredients for the spice mixture in a small bowl. Heat the oil in a large skillet over medium/high heat. Toss the steak tips with half the spice mixture and add to the hot pan. Cook for 5-7 minutes, getting a nice even brown on the meat (should be mostly cooked through), then remove from pan and set aside. Reduce heat to medium/low and add a little more oil if needed, then add in the onions, peppers, and potatoes to the pan with the remaining spice mixture. Cook until potatoes are fork tender (stir occasionally to prevent burning). Add the steak tips back in and continue cooking for 2-3 minutes to combine all the flavors. Top with fried eggs, cooked to desired consistency.

**Idris Elba** was born September 6, 1972 in the London borough of Hackney to his Sierra Leonean Creole father Winston Elba, and his Ghanaian mother Eve. Raised in Hackney and East Ham, he attended school in Canning Town where he first became involved with acting. He credits his break into acting to the entertainment publication *The Stage*, after being cast in a role he had seen advertised. At the age of 15 he started his own DJ company with some friends, and two years later left school to attend the National Youth Music Theatre. He has played many stage, television, and movie roles in his long career, and was given the OBE and knighted by Prince William in 2016.

## Walker Printing Company, LLC

P.O. Box 720 • Fitzgerald, Georgia 31750



## Thumbprint

**Published by**  
 Walker Printing Company, LLC  
 203 E. Pine Street  
 P. O. Box 720  
 Fitzgerald, GA 31750

**Phone**  
 229-423-4327 | 800-423-0003

**Fax**  
 229-423-1200

**E-mail**  
 Office Supplies  
 Sales@WalkerPrintingCompany.com  
 Printing  
 Stephanie@WalkerPrintingCompany.com

**Web**  
 www.WalkerPrintingCompany.com

PRSR STD  
 U.S. POSTAGE PAID  
 FITZGERALD, GA  
 31750  
 PERMIT NO. 6