

# CREATE. DESIGN. PRINT.

atlanta **AdGraphics** LLC  
create | design | print



# Money Excites **EVERYONE!**

## And, there's a **NEW DESIGN** in town!

Whether you use them to grab attention for your promotion or company...or whether you use them to **PROMOTE** your company, this **NEW** design is bound to catch the attention of anyone who sees it.

Customize the back and turn this into what is most likely the **ONLY** business card that clients will not throw away. And, they will even ask for **MORE!**

Use them to say:

- Stock Brokers: "Who else wants to make a Million Dollars in the stock market...before the end of the year?"
- Banks: "We have over One Million Dollars to lend...right now!"
- Accountants: "Did your present accountant make a Million Dollar mistake on your corporate taxes last year? Are you sure? Call us for a **FREE** audit!"
- Real Estate Brokers: "List your house with me! I personally sold more than One Million Dollars in local residential properties last month!"
- Ad Agencies: "I've got a Million Dollar idea that is perfect for your company!"

### **PERFECT** for...

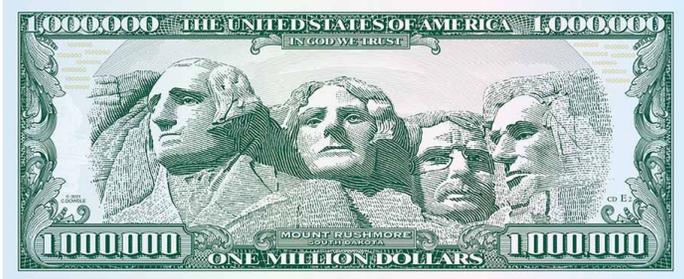
**Grand Openings | Trade Shows | Seminars | Sales Contests | Fairs  
Anniversaries | Workshops | Direct Mail | and So Much MORE!**

See more of the **NEW** design on the next page!

Standard Front



Standard Back



Customized Back - "Business Card Back"



Customized Front



Customized Back - "Business Card Back"



**Order Yours TODAY!**

**SELF PROMOS Include...**  
Business Cards | Postcards | Brochures  
Flyers | Banners | Retractable Banners  
Letterhead | Envelopes | Presentations  
Notepads | Pens | Mugs & Cups | Bags  
Name Badges | Apparel | And more...

# IDEAS FOR SELF PROMOTION

Display ads, brochures, advertising specialties, postcards, business cards, pens all have something in common. They are all proven ways to promote your company's products and services. Each one is a great reminder of you, your company, and what you do.

What if you already have these and don't really have a big budget for more? How can you effectively and efficiently promote your business and not break the bank?

## CALENDARS

Calendars are useful, beautiful, economical items that promote your business. All. Year. Long! A single calendar can give thousands of hours of advertising exposure. For an average of seven hours each day, 250 days a year, a calendar displayed at your customer's place of business remains highly visible to your customer and anyone else who happens to be visiting.

One of our favorite formats are calendar magnets! Everyone uses magnets on their refrigerators or filing cabinets. With a calendar magnet, it's incentive to keep it prominent for the entire year! Add a coupon or discount to increase the value of your calendar.

## INFORMATIVE GIVEAWAYS

Informative giveaways are great! People love receiving things for free, especially when they have value. I know you're asking yourself, "what in the world is an informative giveaway?" Well, let me give you some examples.

Booklets are one of the most popular informative giveaways. You can create your own booklet, based on your industry expertise to provide useful tips and tricks for your customers.

A Realtor or insurance agent may put together a "welcome" packet for new residents or businesses. This is a great way to help yourself and others in your community by promoting their business as well. These establish your business as a valuable resource. Some ideas to include might be a community map, information about your city/town, discount coupons for local businesses, take-out menus or food delivery services, and advertising for your own products or services.

## COUPON CARD

Turn your business card into value by printing a coupon or special offer on the back! Consider multiple offers and ask the person to share your card with someone else for a "referral" offer.

## OPEN HOUSE

A business open house provides opportunity to display your best work, expose customers to new technologies, and to introduce your entire staff. Be well prepared with adequate materials available, snacks and/or beverages, PPE products such as masks and hand sanitizers, and be sure to follow proper social distancing guidelines.

## CREATIVE SELF PROMOTION

As indicated, self promotion can be tailored to fit any circumstance, business, or budget. Atlanta AdGraphics would be honored to help you develop ideas to effectively promote your business!

## ACROSS

- 1 Norwegian Royal Name
- 5 Polynesian root crop
- 9 Audibly startled
- 14 Country superstar's first name
- 15 Peering pair
- 16 Braggart's boast
- 17 Fairy's overnight pickup
- 19 Make the podium
- 20 Big ranches
- 21 Nonbeliever
- 23 Total devastation
- 25 Shoebox data
- 26 Kindergarten phenom
- 31 Hogwash
- 32 The T in STEM fields
- 33 "What I really think," in texts
- 36 Palo \_\_\_\_\_ (32 Across hub)
- 37 Lake near Nevada's capital
- 39 Evacuation order
- 40 "Sweet" spheroid
- 41 Physician family surname
- 42 Alternative to khakis
- 43 *Boys' Life* or *Tiger Beat*
- 46 Grace under pressure
- 49 Uncle of Joseph
- 50 Army captain's command
- 52 "Artisan" anagram for a vocal artist
- 57 Western side of Hispaniola

- 58 Aquatic class for grownups
- 60 Not shared with anyone else
- 61 It may mean "I'm hungry!"
- 62 Aerodynamic toy
- 63 Industrious group
- 64 Ideally nice place
- 65 Lee of comics fame

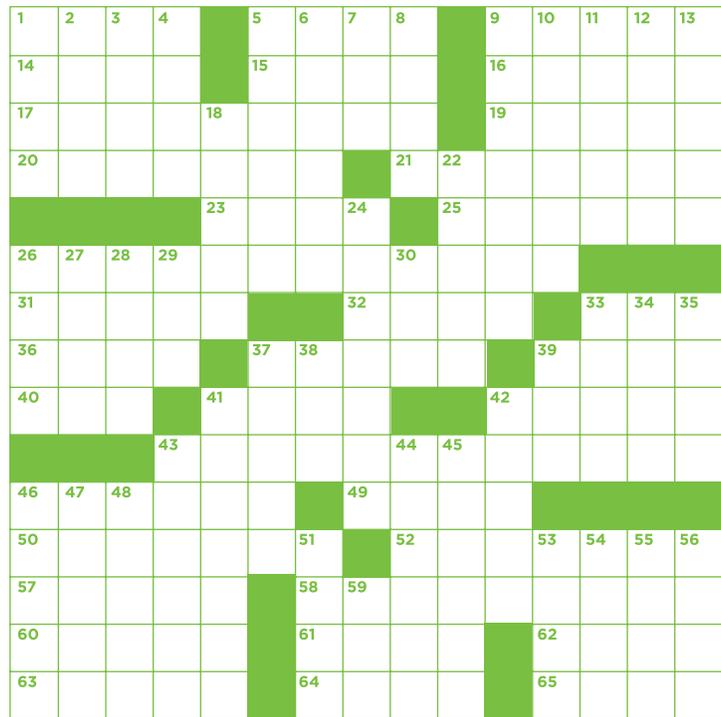
- 34 City near Cologne
- 35 Tubular conveyor
- 37 Martial-arts workout
- 38 Author Rand
- 39 "\_\_\_\_\_ who?"
- 41 Recollectional reading
- 42 Quick trip

- 43 Wobble while walking
- 44 Take on, as responsibilities
- 45 Broccoli, on Chinese menus
- 46 Sap-sucking pest
- 47 City near Dallas
- 48 Jazz singer Cleo
- 51 New parent's selection

- 53 Tries to get info
- 54 Silly goose
- 55 Tequila cocktail, for short
- 56 Common hymn conclusion
- 59 Term for some new parents

## DOWN

- 1 Spherical symbols of sovereignty
- 2 Abrupt transition
- 3 CD, e.g.
- 4 Bonnie, to Warren's Clyde
- 5 Ready to start, in bizspeak
- 6 Ensign's assent
- 7 General Colin L. Powell (\_\_\_\_)
- 8 Labor Dept. unit
- 9 Have big aspirations
- 10 Wanting too much
- 11 Financial fraudster's fear
- 12 Reduce greatly
- 13 Assails with questions
- 18 After the deadline
- 22 Doubly
- 24 On an errand, say
- 26 Bloke
- 27 Plot inconsistency
- 28 Tiny bit
- 29 Feline sign
- 30 "Gloria in excelsis \_\_\_\_\_"
- 33 Subject of an Asian monarchy



Answer Key: [Click Here](#)

# Our Healthy Tip This Spring: KICKING THE SUGAR HABIT

A candy bar here, a cookie there...we all know that sweets can be extremely difficult to resist! Trust me...I know what you're thinking....who is this overweight chick to talk to me about sugar habits? Well, who do you think I'm writing this article for first and foremost? Yep! Myself!

Here are some helpful ways to kick the sugar habit.

- **Know your enemy!** Sugar by any other name is still sugar. Beware of foods containing ingredients ending in "-ose". There are so many ways to "hide" sugar. And we have to be armed with knowledge to know what to look for to aid us in our healthier journey.
- **Know yourself!** If a morsel now and then leaves you with cravings, cut out sugar for a while to allow your energy and appetite for healthy foods to return again.
- **Know that withdrawal is real!** If you're sugar sensitive, you may experience temporary physical symptoms of "drug-deprivation", which can include shakiness, nausea, edginess, headaches, or grumpiness. These changes are only temporary! Be strong and don't give in!
- **It will get easier!** As you cut back over time, cravings for sweet will diminish and your taste buds will, once again, appreciate sweetness in healthy items like fruit!



## 14 TRICKS TO EASILY QUIT SUGAR

1. Prepare to push through cravings
2. Learn the negative consequences of sugar
3. Find an alternative sugar source
4. Try all-natural replacements like stevia or honey
5. Read labels and avoid foods with hidden sugar
6. Avoid foods that need sugar added
7. Limit your intake of fructose
8. Keep track of benefits you get
9. Make avoiding sugar a lifestyle choice
10. Celebrate your victories
11. Slow step off
12. Try apple cider vinegar
13. Herbal therapy
14. Drink green tea

# Grilled Shrimp and Noodle Salad

*Nothing says "Spring is here" like grilling on the deck with your family and friends gathered 'round. After all that comfort food indulged in over the winter months... it's time for some lighter fare.*

## INGREDIENTS

- 14 oz. flat rice noodles
- 1/2 cup fresh lime juice
- 1/3 cup fish sauce
- 1/2 cup packed light brown sugar
- 2 cloves garlic, finely chopped
- 1-2 teaspoons Asian chili sauce (Sriracha)
- 1 pound medium/large shrimp, peeled & deveined
- 1 medium bunch asparagus, trimmed
- 5 oz. shiitake mushrooms, trimmed
- 1 medium carrot, shredded
- 1/2 cup fresh cilantro



## DIRECTIONS

1. Bring a large pot of water to a boil. Add the noodles and cook as the label directs; drain and rinse with cold water.
2. Meanwhile, whisk the lime juice, fish sauce, brown sugar, garlic, chili sauce, and 1/3 cup water in a medium bowl. Transfer 1/4 cup of the marinade to another bowl and toss with the shrimp. Toss another 1/4 cup marinade with the asparagus and mushrooms in a third bowl. Let the shrimp and vegetables marinate 10 minutes at room temperature. Toss the noodles with the remaining marinade.
3. Heat a grill or grill pan to medium-high. Grill the shrimp, asparagus and mushrooms until the shrimp are just cooked through and the asparagus is slightly tender, 2-3 minutes per side. Halve the mushrooms and cut the asparagus into pieces.
4. Divide the noodles among 4 bowls and top with the shrimp, asparagus, mushrooms, carrot and cilantro.

*We love fonts and here's why..*

**WE THINK  
OUR CLIENTS  
ARE MORE  
PERFECT  
THAN  
HELVETICA.**

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