



EAGLE Flyer

Celebrating 100 Years in Business

Summer 2020

Returning to Work after the Covid-19 Pandemic?

Shop the following products from Eagle Printery!

POSTCARDS

MENUS

SIGNS

BANNERS

10-GO MENUS

"We're Open" Postcards

100# Gloss Cover
Printed 2 Sides
Full Color

	500	750	1000
6" x 9"	\$146	\$190	\$231
6" x 11"	\$176	\$232	\$291

One-Time Use Menus

60# Offset
Printed 2 Sides
Black Ink Only

	500	750	1000
8.5" x 11"	\$74	\$89	\$100

One-Time Use Menus

60# Offset
Printed 2 Sides
Full Color

	500	750	1000
8.5" x 11"	\$189	\$246	\$288

Window Signs/Posters

100# Gloss Text
Printed 1 Side
Full Color

	25	50	100
12" x 18"	\$44	\$57	\$82

2'x 5' Banner

12oz. White Vinyl
Printed 1 Side
Standard Grommets
Full Color

	1	2	3
24" x 60"	\$49	\$70	\$93

Old-fashioned social distancing gets a boost at drive-ins

The corona virus may actually be helping one kind of business: Drive-in Theaters.

What better way to go out, see a movie and still maintain social distance?

The experience is pure 1950s. Head out at dusk, find that perfect spot in an enormous parking lot. Watch a movie on an enormous screen with sound in your car.

Of course, today there are only 305 drive-ins known to the United Drive-in Theatre Owner's Association. Thousands still stand in the skeletal form across the country.

But this form of entertainment is not only unique, it's a group experience that's also isolated. At least, if you want it to be.

Isolation wasn't the goal of teens in the 1950s who managed to park side-by-side, girls in one car, boys in another.

Sweeten dinner with fresh fruit

Roasted Pork Chops and Peaches
Serves 4



- 1 10-ounce package couscous (1 1/2 cups)
- 1 tablespoon olive oil
- 4 bone-in pork chops (3/4 inch thick; about 2 pounds total)
- Kosher salt and black pepper
- 2 peaches, cut into wedges
- 1 small red onion, cut into thin wedges
- 3 tablespoons white wine vinegar
- 1/2 cup fresh basil leaves

Heat the oven to 400 F. Cook the couscous according to the package directions.

Meanwhile, heat the oil in a large oven-proof skillet over medium-high heat. Season the pork with 1/2 teaspoon salt and 1/4 teaspoon pepper and cook until browned, 3 to 5 minutes per side. Transfer to a plate.

Add the peaches, onion, vinegar, and 1/4 teaspoon each salt and pepper to the skillet, and cook, tossing, for 1 minute. Return the pork and any accumulated juices to the skillet.

Transfer the skillet to the oven and roast until the pork is cooked through and the peaches are tender, 8 to 10 minutes. Serve with the couscous and sprinkle with the basil.

How to navigate, disinfect your work day

Surface exposure

Wear gloves on public transportation or if you are lingering in high-traffic, public areas.

Keep tissues on your desk, to help yourself and others stop the spread through sneezing and coughing.

Carry tissues with you to open doors, push buttons, and turn handles in public areas. In a pinch, use your sleeve or even your elbow.

Disinfecting wipes help disinfect your desk, but be sure they are wet and not dried out.

Follow the guidance of the CDC on masks. Some areas might not advise workers to wear masks.

Consider changing into clean clothes when you get home from work, especially if you have been to any public places. Wash clothes in at least 86 degree water with soap. Load washers lightly to increase the disinfecting effect. Bleach and non-chlorine

bleach helps, if acceptable for the fabrics. High-heat dryers are also good. Drying clothes outside might help as some studies say ultraviolet light has disinfecting properties.

In break rooms, wash ceramic cups in soap and hot water after using. Consider carrying your cup to your desk or work area, rather than leaving it in the break room.

Surface contamination

The Covid-19 virus is still too new for comprehensive studies on how long it persists on some surfaces. However, similar corona viruses, like SARS and MERS, remain infectious on some surfaces for up to nine days at room temperature. That is much longer than the measles virus, which can stay intact for about two days. Low temperatures and high humidity tend to increase persistence.

Hard surfaces

In quantities large enough to be transmittable, the Covid-19 virus can exist on stainless steel and plastic surfaces for 72 hours.

Copper is known to prevent the spread of respiratory viruses and this was shown in a 2015 study by the University of South Hampton.

Current guidance is the Covid-19 can exist on copper for only 4 hours.

On cardboard, the virus lingers for about 24 hours, suggesting that delivered packages should be safe.

Fabrics Viruses do stay on fabric, but just how long seems to be unknown and was not covered in the NIH study. One study found that wool, cotton, and other natural fabrics contain more bacteria compared to synthetics and silks. But no study has yet proved how long viruses live on fabric. According to the Mayo Clinic, viruses tend to last a shorter time on fabrics.

GOOD FOR ALL: WEIGHT TRAINING SAVES MUSCLES

Between the ages of 30 and 70, adults typically lose at least 20 percent of their muscle tissue.

The slow process of erosion has recently been named sarcopenia, Greek for “vanishing flesh.” Though sarcopenia is not an inevitable consequence of aging, everyone is at risk.

For those over age 30, the good news is that sarcopenia can be reduced and even reversed by weight lifting. Research reported in The Annals of Internal Medicine show that muscle mass peaks around age 30 and begins to decline slowly thereafter. Men and women appear to lose the same percentage of muscle.

Research also shows that older adults who have been lifting weights for 15 to 20 years or doing resistance training, are at least as strong as inactive 20-year-olds.



lying down.

It includes leg lifts, arm curls, and abdominal crunches. Such movements can be performed using free weights, weight machines, or by working against gravity.

The goal is to challenge the targeted muscles by performing at least three sets of eight to twelve repetitions, and to gradually increase the amount of weight used.

In addition to slowing muscle loss, the training increases the rate at which the body burns calories, increases bone density, decreases the risk of diabetes, and increases HDL, the “good” cholesterol.

Famous Diamonds

Y E N I T N E R O L F X V
W C F X N Y P U M P K I N
O K N M O U S S A I E F F
L J J A T N P A R A G O N
L Z U N S C E A G L E H J
E E B O N L P N A S S A K
Y I I O I E O A I T C K M
Y C L M W S H R N O O A G
N N E E I A F E B H Z A S
A I E U O M G K I I H E E
F R U L R E Z N N V N L N
F P P B R E O O V O L R O
I U S V J R K J J H A F Y
T H H A L L N A T T C J U
G R A F F P I N K S T A R
T L H E X C E L S I O R F

ALLNATT
BLUE MOON
EAGLE
EUREKA

EXCELSIOR
FLORENTINE
GRAFF PINK
HOPE

JACOB
JONES
JONKER
JUBILEE
KOH I NOR
MOUSSAIEFF
NASSAK
NIZAM
ORLOV
PARAGON
PINK STAR
PRINCIE
PUMPKIN
REGENT
SANCY
SHAH
TIFFANY YELLOW
UNCLE SAM
WINSTON

Welcome... MARY CAVANAUGH

Mary is a part of our front office and, until a few weeks ago, for about 25 years, worked alongside her husband assisting him with his high school marching band and instructing the color guard/dance team. She misses that busy time and the running of her kids around to their practices and watching them perform/play. Mary prefers the warmer weather so she can walk, ride her bike, work or to just hang outside with family and friends. She would really like to move to a warmer climate. She especially enjoys camping with her husband, taking their 5th wheel to visit other cities or to meet up with family/friends on weekends, when the hopes of being able to take longer trips. Mary is personable and quick to learn the finer points of commercial printing and a huge asset to our customer service team.





Hello
summer!

presented by Eagle Printery

Father's Day reigns on social media

In the new way of honoring those we love, we are about to see pictures of fathers popping up all over Facebook, Instagram, and all of social media.

We'll see father's in military uniform, snapshots of dad in a favorite moment, or maybe even dad on his wedding day.

This year, June 21, just one day past the start of summer, is bound to be a festival of dad. It's a fine way to honor a father and will touch the hearts of many.

If you will post a favorite picture of dad, be sure to post a memory, even if it doesn't exactly match the photo. Was there a legendary moment in the family when dad did something exceptionally

cool? Like maybe spotting a dirt track and making an unscheduled stop to drive little race cars. Or maybe the time big, gruff dad saw a kitten and instantly adopted him. Those times of fun and tenderness are what make memories.



Maybe, if remembering your dad over his lifetime, you can recall his work. That he got up every morning, rain or shine, and brought back a paycheck to support his family. Maybe you remember how he could fix things or save the day in a million little ways.

Or his favorite sayings.

Some dads have a million of them.

It would be a good day to thank him for those million things. So go ahead.

Flag Day: June 14



Crossword Puzzle Answers

Y	E	N	I	T	N	E	R	O	L	F	X	V
W	C	F	X	N	Y	P	U	M	P	K	I	N
O	K	N	M	O	U	S	S	A	I	E	F	F
L	J	J	A	T	N	P	A	R	A	G	O	N
L	Z	U	N	S	C	E	A	G	L	E	H	J
E	E	B	O	N	L	P	N	A	S	S	A	K
Y	C	L	M	W	S	H	R	N	O	O	A	G
N	N	E	E	I	A	F	E	B	H	Z	A	S
A	E	U	O	M	G	K	I	I	H	E	E	
F	R	U	L	R	E	Z	N	N	V	N	L	N
F	P	P	B	R	E	O	O	V	O	L	R	O
U	S	V	J	R	K	J	J	H	A	F	Y	
T	H	H	A	L	L	N	A	T	T	C	J	U
G	R	A	F	F	F	P	I	N	K	S	T	A
T	L	H	E	X	C	E	L	S	I	O	R	F