

*Employee Anniversary Dates
with Labels, Inc./FlexPrint*

Doug Dowie	23 yrs	Facilities Manager
Ian Mansfield.....	16 yrs	Flexo Platemaker
Jen Caster.....	12 yrs	Flexo Process Supervisor
Jackie LaCrosse	8 yrs	Customer Service Rep.
Jim Zakian	7 yrs	Warehouse
Allen Craig	5 yrs	Quality Assurance Manager
Josh McGown	5 yrs	Flexo Press Operator
Jason Peterson	4 yrs	Prepress Specialist
Matt St. Martin.....	3 yrs	Manufacturing Engineer
Marilyn Sohl	3 yrs	Rewind Inspector
Wayne Brackett	2 yrs	Pouch Machine Operator
Scott Smith	2 yrs	Prepress Specialist

*Friends
& Family*

Receptionist Jackie LaCrosse and fiancé Jonathan Philbrick welcomed their new addition:

Emma Marie Philbrick

Born July 12, 2010 - 8lb 3oz - 21" long



~HAPPENINGS AND EVENTS~

Labels, Inc. / FlexPrint welcomes David Dacey, our newest Flexo Press Operator.

Page 4 **This newsletter proudly printed and folded by Labels, Incorporated/FlexPrint**

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Quality Label and Flexible Packaging Products and Services Since 1977



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Press Release

October 2010 LABELS, INCORPORATED/FLEXPRINT Vol 8 Issue 3

Zake's Place

Well, it was bound to happen. For the first time in many years, the gods did not bless us with ideal weather for the Labels, Inc./FlexPrint annual Vendor Appreciation Day. It was sunny and cool as we boarded a bus heading for a boat ride on Squam Lake but clouds and light rain rolled in as we arrived. In spite of this adversity, a good time was had by all, as our helmsman and narrator kept everybody's attention by sharing his knowledge of the area. As many of you may know, the movie On Golden Pond was filmed on Squam and he told us many interesting tidbits about how and where the movie was filmed. It was a little wet and quite breezy but he captivated us with his stories and history of the lake.



Daryl Barnes with Matt Watson of Bel-Nor Company, Vendor of the Year

Back to a nice warm bus and the return ride to The Portsmouth Brewery for hors d'oeuvres, dinner and the Vendor of the Year Award. I am proud to announce that the recipient of the 2010 award is Matt Watson of Bel-Nor Company. Congratulations, Matt. With so many great vendors to choose from, it is always a tough decision. As expected, Heather Raymond did a wonderful job coordinating the whole affair.

Oh, I forgot to mention it was my fault that the event wasn't held on the usual second Thursday in September, as I was attending my naval reunion in San Diego. I then fulfilled a forty year old promise to take my lovely bride to Hawaii. Also stopped in Arizona to visit with a dear friend and had the opportunity to spend some time with former screen process manager Nancy Mello. Happy to say that Nancy is doing well (see picture) and is quite content living in Arizona and creating her beautiful stained glass pieces. I'm sure that those of you who know Nancy can see she is looking mighty fine.

On the company side, business is brisk and I thank both customers and vendors as well as our fine family of employees for making this possible. We are in the process of upgrading our platemaking equipment, and two new pouch machines are being built, scheduled to be completed early next year.

Alas, once again the company softball team was winless as captain and manager Joe Hile could not keep his promise of winning at least one game. Got to admire Joe as he vowed that next year would yield better results and the team would finally get that first elusive victory. Despite being winless, the team had a lot of fun and celebrated with a big, end-of -the-season party in QA Manager Allen Craig's backyard.

I am sure that I have rambled on enough, so until the next Press Release, as always, I wish you health and happiness. —BZ

INSIDE THIS ISSUE

JC's Garage

A Proud Father

Employee Spotlight

Kim McClain

Health Matters

Recipes

Happenings & Events

Friends & Family



Former screen process manager Nancy Mello

JC's Garage A Proud Father

I am dedicating this column to my son Jake, who is serving in Afghanistan with the 190th Military Police Company. We are very fortunate to have the best military forces in the world while they continue to exercise Operation Enduring Freedom. Even though 9/11 was some 9 years ago, it remains fresh in most of our minds and is a constant reminder that we live in a much more vulnerable country, as it seems so many extremists want to hurt us and contaminate our freedom.

Words cannot express the pride I have for my son. Jake was deployed in March of 2010 and will be returning home sometime in January of 2011. My wife Cindy and I were fortunate to be able to spend the Fourth of July week with Jake, his wife Kaidi and our three grandsons Hunter, Ayden and Brady. The army allows our troops a two week leave while deployed overseas and we were very pleased we could be a part of it, seeing as my son lives in Kingsland, Georgia. It was a very emotional homecoming as was his departure. My conversations with Jake regarding his mission were somewhat guarded and humbling at best. He describes a much different picture than the media portrays. On Father's Day Jake flew an American Flag in my honor under the lights on the battlefield. The Flag was then folded and placed in a special package along with a certificate signed by the commander that dedicated that moment to me. He presented that gift to me in July. I have taken part in the delivery of two of my grandchildren with my daughters and certainly the elation of those events speak for themselves and carry a very proud moment in my life, but at that moment when Jake put me on that flagpole, words cannot describe the feeling or the bond that connect father and son. I can only say that I am honored to be his father and he is, by far, my special boy.



The one thing that remains strong in our military is the camaraderie amongst the troops. As I watched Jake's expressions as he discussed his comrades in arms, I

could definitely feel the bond that exists with the men and women that he is stationed with. While we all have our opinions of the conflict and what "woulda, coulda, shoulda" happened, until you talk with a soldier, my best advice would be to take what you hear and read with a "grain of salt" because it is not always what it seems! Cindy and I are counting the days till our son returns and continue to pray for him and all of our troops in harm's way. Remember to thank a soldier when you see the uniform; it means so much to each and every one of them and please keep them in your prayers.

"GOD BLESS OUR MILITARY"

Until the next JC'S Garage I would like to thank all of our customers for their support and wish all good health and happiness.

—John

Health Matters

Versatile Immune Boosting Vegetable Curry

Ingredients:

3 cups broccoli florets
Olive Oil Cooking Spray
1 Small Onion Diced (1 cup)
1-2 Tbsp Curry Powder
½ tsp Sea Salt
¼ tsp Ground Red Pepper
2 Cups Low-Sodium Vegetable Broth
1 Small Green Bell Pepper, Cut into 1-inch strips (1 ¼ Cups)
1 Small Red Bell Pepper, Cut into 1-inch strips (1 ¼ Cups)
1 Small Yellow Bell Pepper, Cut into 1-inch Strips (1 ¼ Cups)
3 Small Carrots, Peeled and Cut into ½ inch thin strips (1 Cup)
½ lb Fresh Green Beans (1 ½ Cups)
½ Cup Light Coconut Milk
2 Cups Cooked Whole-Grain Couscous

Instructions:

- Bring a large pot of water to boil over high heat. Add broccoli and cook for 3 minutes; drain and set aside.
- Mist an extra-large skillet with cooking spray and heat over medium heat. Add onion and saute' until tender, about 3 minutes. Stir in curry powder, salt and ground pepper. Stir in broth and bring to a boil over medium-high heat. Reduce heat to low and simmer for 10 minutes, stirring occasionally.
- Stir in broccoli, bell peppers, carrots, beans and coconut milk. Cook, stirring constantly, for 3 minutes or until vegetables are crisp-tender. Serve over couscous.

Serving: 1 ½ cups curry and ½ cup couscous
Calories: 195 Total Fat: 2.5g Sat. Fat: 1.5g Carbs: 37g
Fiber: 7g Sugars: 8g Protein: 7g Sodium: 360mg
Cholesterol: 0mg

Employee Spotlight Kim McClain

This edition's employee spotlight shines on Kim McClain of the accounting department.

Kim was born in Chicopee, MA, the only child of Rose McCabe and Joseph McClain. At the age of twelve, her family moved to Lynn, MA where Kim attended school and in 1978, graduated from Lynn English High School (go Bulldogs).

Kim married in 1979 and moved to Exeter, NH where she raised two children Sabrina (now 28) and Joshua (26). Kim was a stay at home mother and a day care provider and loved being able to raise the children in this manner. Kim chose the home school method of education for the children as she believed that they would benefit from this atmosphere and the one-on-one attention they would receive.

Once the children finished high school, Kim then focused on herself. For six years she was employed as a cashier at Market Basket Supermarket and then spent 18 months as a teller at First & Ocean Bank. F&O was Labels, Inc./FlexPrint's bank



and it was here that Kim came to the attention of Ed Paquette, VP of finance, and when a position in the accounting department became available, he offered her the opportunity to join

the company. This year was Kim's tenth anniversary as a member of the Labels, Inc./FlexPrint family and she is now in charge of accounts payable/receivable and the general ledgers. It is obvious by her attitude that she enjoys dealing with both customers and vendors. In 2002, Kim took advantage of the company's tuition reimbursement program and attended New Hampshire Technical College and in 2006, earned an associate degree in accounting.

Kim does have a few hobbies, including camping, bingo and her two cats, Mitzi and Digit but her greatest pleasure is caring for her three grandchildren, two year old Isabel and nine month old twins Abigail and Gavin. Isabel is the daughter of Joshua of the flexographic department.

Kim is an excellent asset to the company and we hope to see her smiling face for at least another ten years.

Vendor Day 2010 Squam Lake Nature Center

