

March Madness Munchies Dill Dip

INGREDIENTS

- 1 cup mayonnaise (*low fat or fat free optional*)
- 1 cup sour cream (*low fat or fat free optional*)
- 2 teaspoons dried dill
- 1 teaspoon salt (*optional*)
- 1/2 teaspoon onion powder
- 1 teaspoon Worcestershire sauce
- 2 tablespoons dried minced onion
- 4 cloves of crushed garlic
- 2 tablespoons dried parsley
- 1/2 teaspoon hot pepper sauce
- 1 large green bell pepper

DIRECTIONS

1. Combine mayonnaise, sour cream, dill, salt, onion powder, Worcestershire sauce, dried onion, garlic, parsley flakes, and hot pepper sauce. Cover and chill for at least two hours (better if made the day before, to let the flavors blend overnight).
2. Slice off the top of the bell pepper and remove the seeds from inside, making a "container" for the dip. Spoon dip into the hollow bell pepper, and sprinkle with dill to garnish. Serve with your favorite "dippables" such as crudités, pita triangles, crackers, pretzels or chips. 

Luck o' the Irish!

How to set up your bleeds for a "slam dunk"

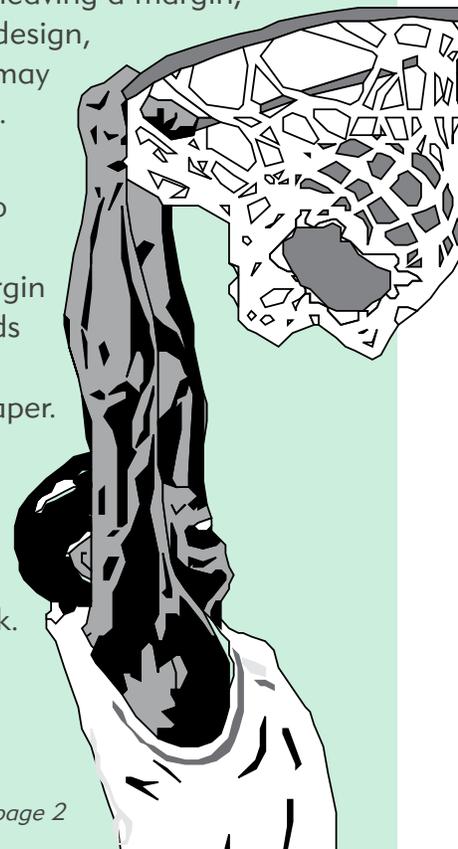
Most of you choose to use our design department to create your printed projects and may not need this information. A few of you, however, set up your own projects and need to understand bleeds to ensure your jobs print correctly.

So, what exactly is a bleed? When an element or image extends beyond the trim edge of a page without leaving a margin, it's called a "bleed." Depending on the design, a photo, rule, clip art or decorative text may bleed off of one or more sides of a page.

Bleeds may add to the cost of printing when a larger size of paper is required to accommodate the design. If cost is an issue, redesign the project leaving a margin on all four sides, and eliminate the bleeds entirely. Another option is to reduce the page size so it fits on a smaller size of paper.

You may decide, however, that maintaining the integrity of the design is more important than the additional cost you're about to incur. If so, you'll need to build a bleed allowance into your work. In other words, the element(s) intended to bleed off the trim edge(s) will need to extend at least 1/8" beyond the edge of the page.

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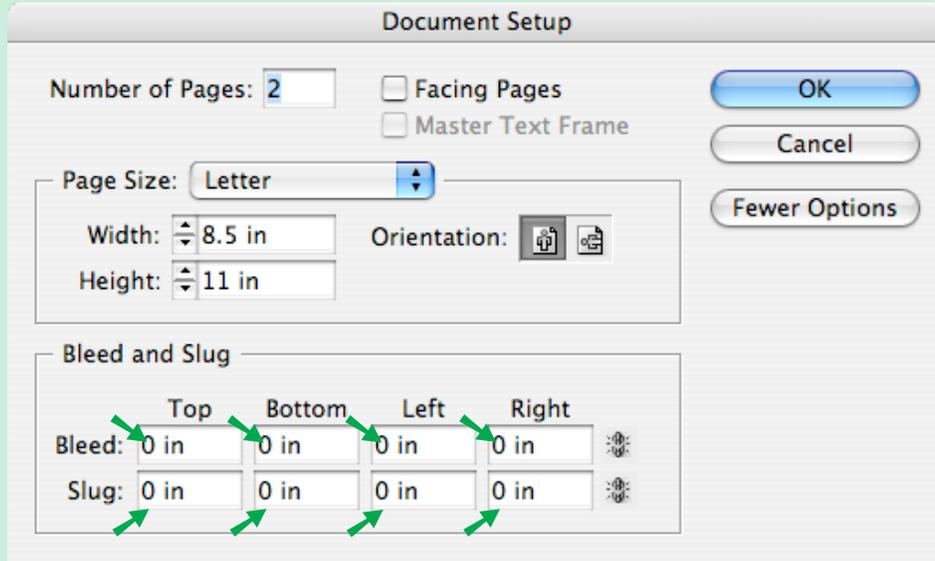
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How to set up your bleeds in Adobe InDesign®:

☘ Under InDesign: Preferences/Units and Increments/Horizontal and Vertical, choose “Inches.”

☘ Go to File: Document Setup. Click on the “More Options” bar, and you will see the following screen:



☘ On the “Bleed” line, replace the “0s” with “0.125” in all four columns—top, bottom, left and right.

☘ On the “Slug” line, replace the “0s” with “0.375” in all four columns. This will allow space for the printer’s information—called a slug—on the negatives. The slug contains information that is helpful to the press operator, and is an added precaution against printing errors.

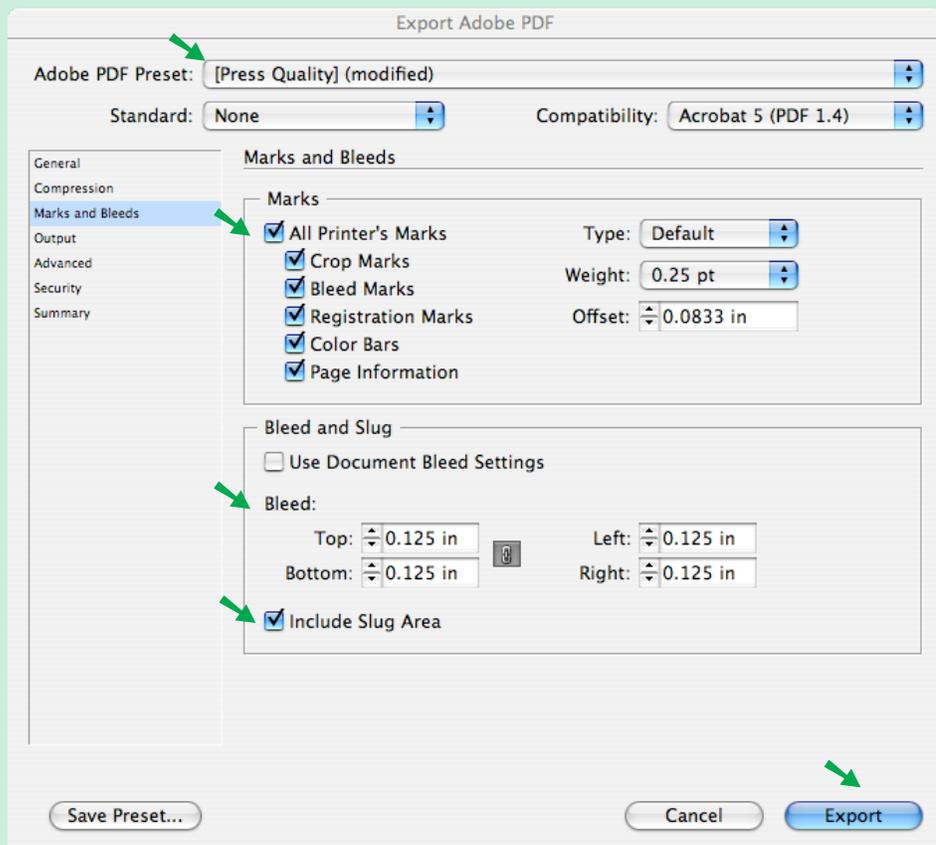
☘ Click OK. As you set up your file, make sure the elements you wish to bleed extend at least 1/8” off of the edge of the page.

How to set up your bleeds in PDF format:

In some instances, only a PDF (Portable Document Format) of the final project is submitted to UD Printing & Design for output. To reduce prepress costs, avoid delays, and to ensure your bleeds print correctly, follow these steps:

1. From your finished InDesign® file, select File: Export/Adobe PDF/Save (or Replace, if you’ve already saved another PDF of the same file).
2. Select “Press Quality” from the Adobe PDF Preset drop down menu (see sample window on next page). Click on “Marks and Bleeds,” and select “All Printer’s Marks.”
3. **If you’ve already changed the “Document Setup” bleed defaults in InDesign® to the numbers indicated above:** Under “Bleed and Slug,” simply click on “Use Document Bleed Settings,” and skip to step 5.
4. **If you haven’t changed the “Document Setup” bleed defaults in InDesign®:** You can leave the “Use Document Bleed Settings” unchecked and, under “Bleed,” change the “0s” to “0.125” (see sample window on next page). *Reminder: **Your bleeds in InDesign® must already extend at least 1/8” beyond the edge of the page** in order for Adobe Acrobat to place the crop marks correctly.*

Go Flyers!



5. Finally, click "Export." When your newly created PDF file comes up, you should see the bleed elements extending slightly beyond the crop marks. Your file is now ready to submit to UDP&D for printing with bleeds.

Note: Other problems may occur that will need to be corrected in the prepress process. Discuss any recurring issues with one of our designers, who will explain how the same problems can be avoided in the future.

To learn how to set up bleeds in Publisher®, contact one of UDP&D's graphic designers:

Ron Acklin: 937-229-4156

Bob H. Hughes, S.M.: 937-229-4713

Sue Whigham: 937-229-4231



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Quote of the month . . .

"Questioning is the door of knowledge."

— An Irish Proverb

