

Suggested Papers for the HC and ComColor series

Brand	Paper Name	Paper Finish	Weight	Paper Type	Color	Brightness	Best Settings Combination Printing	Overall Rating
Cougar	Opaque Smooth	Smooth	60/24 lb	Text/Bond	White	95	Plain, 300x300 dpi Plain, 300x600 dpi Matte, 300x300 dpi Matte, 300x600 dpi	5
**Cougar	Opaque Smooth	Smooth	65 lb	Cover	White		Plain, 300x300 dpi Plain, 300x600 dpi Matte, 300x300 dpi Matte, 300x600 dpi	5
**Cougar	Opaque Super Smooth	Super Smooth	80 lb	Cover	White		Plain, 300x300 dpi Plain, 300x600 dpi Matte, 300x300 dpi Matte, 300x600 dpi	5
Cougar	Opaque Super Smooth	Super Smooth	28 lb	Text	White	70	Plain, 300x300 dpi Plain, 300x600 dpi Matte, 300x300 dpi Matte, 300x600 dpi	5
*Cougar	Opaque Smooth	Smooth	65 lb	Cover	White		Plain, 300x300 dpi Plain, 300x600 dpi Matte, 300x300 dpi Matte, 300x600 dpi	5
Domtar	First Choice Inkjet		24lb	Bond	White	113	Standard 1, 300x300 dpi, Level 3 Standard 1, 300x600 dpi, Level 3 single sided	4
Domtar	First Choice Color Print		28lb	Bond	White	113	Same as above	4
Epson	Premium Bright White Inkjet Paper - 2 sided	Smooth	24 lb	Bond	White	108		4.5
Exact	Color Copy		28 lb	Bond	White			
Finch	Laser Opaque Bright White	Smooth	24lb	Bond	Bright White	94		
Finch	Opaque Bright White Vellum	Vellum	60lb	Text	Bright White		Standard 1, 300x600 dpi, Level 2 Standard 1, 300x600 dpi, Level 3 single sided	3
Graytex Papers	Ruff N Tuff		27lb		White		Plain, 300x300 dpi Plain, 300x600 dpi	4
Graytex Papers	Matte Coated		32lb	Bond	White		Plain, 300x300 dpi Plain, 300x600 dpi	5
Hammemill	Ink Jet Paper	Smooth	24 lb	Bond	White	92		
Hammemill	Ultra Premium Inkjet	Smooth	24 lb	Bond	White	106+		2.5
Hammemill	Accent Opaque Smooth	Smooth	24/60		White			
Hammemill	Accent Opaque Vellum	Vellum	24/60		White			
Hammemill	Color Copy	Smooth	28 lb	Bond	White	96	Standard 1, 300x300 dpi, Level 3 Standard 1, 300x600 dpi, Level 3 High Quality 1, 300x300 dpi, Level 3 High Quality 1, 300x600 dpi, Level 3	4.5
*Hammemill	Accent Opaque Super Smooth Cover	Smooth	65 lb	Cover	White			4.5
Hammemill	Color Copy	Smooth	32 lb	Bond	Photo White	96	Same as above	4.5
Hammemill	Laser Print (Teal Label)	Smooth	28 lb	Bond	White	96	Same as above	4.5
Hammemill	Laser Print (Teal Label)	Smooth	32 lb	Bond	White	96	Same as above	4.5
HP	HP Brochure & Flyer Paper	Matte	48lb	Bond	White	102	Standard 1, 300x300 dpi Standard 1, 300x600 dpi High Quality 1, 300x300 dpi High Quality 1, 300x600 dpi, Level 3, single sided	5
HP	HP Premium Presentation Paper	Matte	32lb	Bond	White	98	Standard 1, 300x300 dpi Standard 1, 300 x 600 dpi High Quality 1, 300 x 300 dpi High Quality 1, 300 x 600 dpi	5
HP	Bright White Inkjet		24 lb	Bond	White	96	Standard 1, 300x300 dpi, Level 2 & 3 Standard 1, 300x300 dpi, Level 4, single sided Standard 1, 300x600 dpi, Level 1 & 2 Standard 1, 300x600 dpi, Level 3, single sided High Quality 1, 300x300 dpi, Levels 1 & 2 High Quality 1, 300x300 dpi, Level 3, single sided High Quality 1, 300x600 dpi, Level 3, single sided	4
HP Indigo	Premium Text Uncoated		80lb/118 gsm	Text	White	96	This paper is available through Xpedx. It comes in 12" x 18" only and will need to be cut down. Paper performs excellent for non bleedshow through.	
HP Indigo	Text Uncoated		70lb/105 gsm	Text	White	92	This paper is available through Xpedx. It comes in 12" x 18" only and will need to be cut down. Paper performs excellent for non bleedshow through.	
Japan Pulp & Paper US Corp.	Crown Digital HS		31lb	Bond	White		Plain, 300x300 dpi Plain, 300x600 dpi	5
Japan Pulp & Paper US Corp.	Crown Digital HS		24lb	Bond	White		Plain, 300x300 dpi Plain, 300x600 dpi	5
Japan Pulp & Paper US Corp.	Crown Digital HS		21lb	Bond	White		Plain, 300x300 dpi Plain, 300x600 dpi	5
Kodak	Bright White Inkjet		24 lb	Bond	White		Standard 1, 300x300 dpi Level 3 Standard 1, 300x600 dpi Level 3	3
Mohawk	Satin 2.0 Cool White	Smooth	28 lb	Bond	Cool White			
Mohawk	Satin 2.0 radiant white coming	Smooth	28 lb	Bond	Radiant White			
Mohawk	Options Smooth True White	Smooth	28 lb	Bond	White		Standard 1, 300x300 dpi, Level 3 Standard 1, 300x600 dpi, Level 3	3.5
**Monadhock	Astrolite Smooth	Smooth	120 lb	Cover	White		Plain, 300x300 dpi Plain, 300x600 dpi Matte, 300x300 dpi Matte, 300x600 dpi	4
Monadhock	Astrolite Silk	Silk	28 lb	Bond	White			
Neusiedler (Mondi Papers)	IQ Triotec Unique		24 lb	Bond	White	98	Standard 1, 300x300 dpi, Level 3 Standard 1, 300x600 dpi, Level 3, single sided	3
Neusiedler (Mondi Papers)	Color Copy Paper		27 lb	Bond	White	98	Same as above	3
Neusiedler (Mondi Papers)	Color Copy Paper		32 lb	Bond	White	98	Standard 1, 300x300 dpi, Level 3 Standard 1, 300x600 dpi, Level 3, single sided	3
Nexfor Fraser Papers - Smart Papers	Pegasus Writing		24lb	Bond	Brilliant White		Standard 1, 300x300 dpi, Level 3 single sided Standard 1, 300x600 dpi, Level 3 single sided	2.5
RISO	Bright White Matte Paper	Matte	32lb	Bond	White		High Quality 1, 300x300 dpi, Level 3 High Quality 1, 300x600 dpi, Level 3	5
RISO	Recycled Matte Paper	Matte	93 g/m2	Bond	White		Standard Quality 1, 300x300 dpi, Level 3 High Quality 1, 300x300 dpi, Level 3	5
*RISO	Bright White Matte Paper	Matte	170 g/m2	Cover	White		Standard, 300x300 Standard, 300x600 High Quality, 300x300	5
Staples	Ink Jet Paper		24 lb	Bond	White	102	Standard 1, 300x300 dpi, Level 3 Standard 1, 300x600 dpi, Level 3	
Unisource	Starbrite Opaque	Smooth	60 lb	Offset	White		Standard 1, 300x300, Level 3 Standard 1, 300x300, Level 3 single sided Standard 1, 300x600, Level 2 Standard 1, 300x600, Level 3 single sided High Quality1, 300x300, Level 3, single sided	3
Wausau Paper	Exact Digital HD Recycled Laser	Smooth	24 lb	Writing	White		Plain, 300x300 dpi Plain, 300x600 dpi Matte, 300x300 dpi Matte, 300x600 dpi	5
Wausau Paper	Exact Digital HD Recycled Color Copy	Smooth	28lb	Writing	White		Plain, 300x300 dpi Plain, 300x600 dpi Matte, 300x300 dpi Matte, 300x600 dpi	5
Wausau Paper	Exact Ice	Smooth	80lb	Cover	White		Plain, 300x300 dpi Plain, 300x600 dpi Matte, 300x300 dpi Matte, 300x600 dpi	5
Wausau Paper	Exact Digital HD Color Copy	Smooth	24lb	Writing	Hyper White		Standard, 300x300	3
Wausau Paper	Exact Opaque White	Smooth	60lb	Text	White		Standard, 300x300	3

***For use with HC5500 and ComColor Series. **For use with ComColor Series only**

Note: Results may vary from Standard 1 to High Quality 1 Settings and for duplex printing. For best performance and results do not use auto-duplex for paper over 28lb bond/105 gsm weight. Combination printing incorporates text, graphics and photos. The file used to test all listed papers is the 20% fill demo original (see image right). Rating is based on a scale of 1 to 5, 5 being the best. Papers with a rating next to them were tested by RISO, Inc. Proper handling required. All papers should be free of rips, wrinkles, curls, holes, moisture, chemical treatment and bent corners. RISO makes no claims as to the reliability or availability of these papers. Price and availability of paper may vary. Check your local paper distributor for details. 3-hole punch paper, labels/papers with adhesives, stocks over weight specifications, transparencies and coated/gloss stocks **cannot be used** in the HC5000/HC5500 & ComColor models. Refer to the model's specification sheet for complete paper specifications. Use of Tyvek and carbonless paper is not recommended. Colored, pre-printed, embossed, tabbed, scored and perforated paper may cause errors or misfeeding. Be sure to consult the user's manual for maximum weight and size paper when printing from feed trays. Consult the user's manuals for paper specifications for the HC5000/HC5500 and ComColor models. Do not run paper printed on an HC and ComColor through a laser/toner or other heat-based device as the ink may transfer onto the imaging drum. Interleaving paper printed on the HC or ComColor with toner documents may cause them to adhere together. Specifications are subject to change without notice. Cover stocks will require the optional special paper feed kit for the ComColor Series. Updated Jan. 18, 2010.

Health Effects of Commonly Eaten Fruit

The health benefits of eating fruit have long been recognized, such as its role in preventing many common diseases. The health benefits of fruit for heart health by including a variety of fruit as part of a daily diet. Why is eating an adequate amount of fruit good for you? Fruit contains soluble fiber, potassium, antioxidants and many other nutrients that help protect your heart. Fruit also contains phytochemicals that help in preventing common diseases and recent evidence suggests a connection between the world has shown that eating plenty of fruit and vegetables can help lower your blood pressure. So for your health, include at least 30g of fruit and 30g of vegetables in your daily diet. Fruit is an important source for vitamins, minerals and dietary fiber. In a meal, work your meal to include about 30g of fruit and 30g of vegetables everyday.

How much is a 1/2 cup of fruit? (Weight targets)			
Apple	1	Apple	1/2
Kiwi	1	Peach	1/2
Tangerine	1	Pear	1/2
Orange	1/2	Pineapple	1/8
Grapefruit	1/2	Cherries	10

National Childcare Education Project

To prepare for the promotion of healthy education, the Ministry of Education, Culture, Sports, Science and Technology has made progress within its strategic educational opportunities such as:

- 1. Policy support for healthy daily activities and activities in the field of education and community centers.
- 2. Strengthening career health and safety education for children and young people who are in a life career in their type of education and learning activities from parents who seek for the health and education opportunities in their careers.

It is necessary to share healthy education. In the "Report by the National Commission on 'Educational Reform'" (December, 2007) proposed the national and regional public universities actively promote children's career for parents. For this reason, the "National Childcare Education Project" was begun in a new effort in 2010, based on the change in thinking about ways to approach more parents about healthy education. The main objectives are listed below.

1. Parents with children younger than elementary school age can use opportunities such as health-related examinations, for example, those required before entering school, to discuss issues related to healthy education. Children's education, the included discussion with parents were presented across the country at elementary schools and health centers in collaboration with the Health, Labour and Welfare Ministry.
2. As a model of such activities, urgent children's education are being offered around the country, in cooperation with the Health, Labour and Welfare Ministry and the PTA, to present information to parents who have worries or concern about children's behavior problems, which have become more numerous for parents due to recent increases in problem behavior of young people.

Involving stakeholders early published about internet topics:

- "Truth and Error of IT Information"
- "Why do you misread keywords?"

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HC5500				ComColor				
Paper type	Max drop	Color Profile	Head Gap	Paper type	Max drop	Color Profile	Head Gap	
	300dpi	600dpi			300dpi	600dpi		
Standard 1	5	4	Type 1	Level 1	Plain	5	4	Type 1
High Quality 1	6	5	Type 2	Level 1	IJ Paper	5	4	Type 2
High Quality 2	7	5	Type 3	Level 1	Matt coated	6	5	Type 3
Envelope	5	4	Type 1	Level 3	High Quality	7	5	Type 4
Card	5	4	Type 1	Level 2	Card IJ	7	5	Type 4
Card IJ	6	5	Type 2	Level 2				