

## **Print Book Instructions**

1. Recommend using Exact Ivory Semi-smooth finish Exact Vellum Bristol Premium Cardstock 67 lb for front and back cover.
2. Print “Trask Front Cover Page” single sided – 1 page.
3. Print “Trask Back Cover Page” single sided – 1 page.
4. Recommend using a clear plastic vellum sheet for protection of Front Cover and Back Cover – 2 sheets.
5. Recommend using 20 lb with brightness at least 92 for body of book – 297 pages.
6. Print “Roy E Trask Crew-10” double sided – 297 pages. Recommend printing in groups of 50 pages (i. e. Pages 1-50; 51-100; 101-150; 151-200; 201-250; 251-297).
7. After printing assemble into a book and take to a FedEx or UPS store and ask them to punch for a **spiral** binder and bind the book.