

**OAKSTONE® PUBLISHING – PERSONAL BEST™**  
**PRESS RELEASE**

**Editorial Contact:**

**Michael Stugrin**

**(562) 498-6353**

**mstugrin@earthlink.net**

**FOR IMMEDIATE RELEASE**

**OAKSTONE® PUBLISHING – PERSONAL BEST™ INTRODUCES  
BROCHURE SERIES PROMOTING EMPLOYEE FINANCIAL  
WELLBEING**

Birmingham, AL, May 15, 2007 – Oakstone Publishing dba Personal Best, a leader in employee wellness publishing and a Hights Cross Communications company, today announced the new personal money management brochure series, “Get Fiscally Fit™.”

This attractive series features brochures about six topics that consumer research has shown to be of most concern and interest to working adults and their families: Investing in Your 401(k): Hitting a Retirement Homerun, Save More, Spend Less: Flex Your Financial Muscle, Get Out of Debt: Racing Toward Financial Freedom, Five Financial Lifesavers: Keeping Your Head Above Water, How to Live on a Budget: Overcoming the Hurdles, and Preventing Identity Theft: Smart Strategies and Self Defense.

“Employers recognize that the financial wellbeing of employees and their families affects employees’ work performance, and ultimately, their overall health. Our customers see a strong demand for these educational materials that cover basic aspects of family financial knowledge,” said Charles K. Dismuke, Personal Best Publisher.

The “Fiscally Fit” brochure series is one of many employee-oriented personal finance information products available for purchase at [www.oakstonewellness.com](http://www.oakstonewellness.com).

**About Oakstone® Publishing – Personal Best™:**

Oakstone® Publishing dba Personal Best™ is a major publisher of employee wellness publications, including newsletters, calendars, posters, brochures, and booklets covering topics related to health and wellness, safety, productivity, shift work, and personal money management. In 2005, Oakstone Publishing acquired Scott Publishing and its award winning *Personal Best® Healthlines* employee wellness newsletter. The combined entities’ flagship newsletters, *TopHealth®*, *Personal Best® Healthlines*, and *Best of Health*, reach more than 1.5 million readers monthly at more than 10,000 organizations.

In 2006, the company consolidated Oakstone Wellness and Scott Publishing products and began marketing all of its publications under its Personal Best™ brand.

**About Hights Cross Communications:**

Founded in 1997 and based in White Plains, NY, Hights Cross is a leading developer and publisher of products for the kindergarten through twelfth grade, or K-12, supplemental education, library, and medical education markets. Hights Cross imprints include: Sundance/Newbridge Educational Publishing (Northborough, MA), Triumph Learning (New York, NY), Buckle Down Publishing (Iowa City, IA), Options Publishing (Merrimack, NH), Recorded Books (Prince Frederick, MD), and Oakstone Publishing (Birmingham, AL). For more information visit [www.hightscross.com](http://www.hightscross.com).

---

---

Safe Harbor Statement: This press release contains forward-looking statements. In some cases, you can identify forward-looking statements by terms such as “may,” “will,” “should,” “could,” “would,” “expect,” “plan,” “anticipate,” “believe,” “potential,” and similar expressions intended to identify forward-looking statements. These statements reflect our current views with respect to future events and are based on assumptions and subject to risks and uncertainties. These risks, uncertainties, and other factors may cause our actual results, performances, or achievements to be materially different from those expressed or implied by our forward-looking statements. Factors that may cause our actual results to differ materially from our forward-looking statements include, among others, changes in external market factors, changes in our business or growth strategy, or an inability to execute our strategy due to changes in our industry or the economy generally, the emergence of new or growing competitors and various other competitive factors. In light of these risks and uncertainties, there can be no assurance that the events and circumstances described in forward-looking statements contained in this press release will in fact occur. You should read this press release completely and with the understanding that our actual results may be materially different from what we expect. We will not update these forward-looking statements, even though our situation may change in the future. We qualify all of our forward-looking statements by these cautionary statements.

---

---