

PERSONAL BEST®
PRESS RELEASE

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FOR IMMEDIATE RELEASE

PERSONAL BEST® WINS
2008 NATIONAL AND WORLD CALENDAR AWARDS

Birmingham, AL, April 15, 2008 – Personal Best®, a leader in employee wellness publishing and a division of Oakstone® Publishing, a Hights Cross Communications company, announced today that it won two awards in the Calendar Marketing Association's 2008 National and World Calendar Awards Competition. Personal Best's *2008 Year of Good Health™: Make Every Day Count – Illustrated Version* won a Gold Award in the "Most Original" category; and *2008 Year of Good Health™: Make Every Day Count – Photo Version* won a Merit Award for "Most Informative." The Calendar Marketing Association is the only worldwide trade association for the calendar industry.

"We are delighted that our calendars have been recognized for their excellence by the Calendar Marketing Association," said Charles K. Dismuke, Personal Best Publisher. "For the past 25 years, Personal Best has been dedicated to providing the highest quality of health and wellness information possible. We believe our calendar lines reflect that tradition of excellence. More than ever, employers are recognizing how important wellness programs can be in maintaining a healthy and productive workforce. The *Year of Good Health™* calendars are an ideal way to motivate employees to make positive lifestyle choices every day. It is gratifying to have our hard work recognized and rewarded in this way."

Personal Best's *Year of Good Health™* calendars are just one of many health and wellness promotion publications available at www.personalbest.com.

About Personal Best:

Personal Best is a major publisher of employee wellness publications, including award-winning 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 *Body Bulletin*, reach more than 1.5 million readers monthly at more than 10,000 organizations across the U.S. and Canada. In 2006, the company consolidated the combined 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 Communications is a premier educational and library publisher dedicated to creating the finest books, audio products, periodicals, software and online services, serving the following markets: K-12 supplemental education, public and school libraries, consumers, and continuing medical education. Hights Cross companies include: Sundance/Newbridge Educational Publishing (Northborough, MA), Triumph Learning (New York, NY), Buckle Down Publishing and Options Publishing (Iowa City, IA), Recorded Books (Prince Frederick, MD), and Oakstone Publishing (Birmingham, AL). For more information, visit 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.