



# Adobe PageMaker Tutorial

## Introduction

This tutorial is designed to give you a basic understanding of Adobe PageMaker. The handout is designed for first-time users and will cover a few important basics. PageMaker is a desktop publishing program. It is used to create documents with a complex layout of text and graphics, such as brochures, pamphlets, newsletters, fliers, reports etc. It offers certain functionalities of a graphics program, and is therefore more suited to organizing pages compared to a word processing program (especially when including graphic images in the document).

This handout walks you through creating a report containing graphic images in PageMaker.

To open PageMaker in the Open Access Labs go to:

**Start ► Programs ► Applications ► Graphics ► Adobe PageMaker**

## How to Create a New Document

Upon starting PageMaker you will see a screen offering you a variety of initial choices of templates upon which to base your publication. In our case, we will start with a blank presentation. After becoming familiar with PageMaker we can always choose one of the templates to create our publication. Close the templates-options screen by clicking on the **Close** button located on the top right corner of the screen.

Go to: **File ► New**. A dialogue box showing the **Document Setup** similar to Figure 1 will appear. Here we can specify the page dimensions, orientation, margins, number of the pages etc. Set the inside margin to "1", all other margins to ".75" and the page size to "Letter".



Figure 1

When done, click **OK**. We can return to this window by clicking on: **File ► Document Setup**, and change or modify any of the settings at a later stage. We now have a new document open in

# Pagemaker Tutorial Guide

**Adobe Systems**



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web apr 16 2023 the best hydration packs for running my go to before a 5k is a banana a banana is one of the best foods to eat before a run they re rich in potassium full easily digestible carbs without being heavy on the stomach i would eat this at least 30 minutes before going to warm up for the race

runner s diet what to eat before during and after running - Oct 14 2023

web sep 16 2022 a balanced diet for healthy runners should include all the essentials carbohydrates protein fats vitamins and minerals while they should be used along with a proper diet some of these best supplements for runners can help improve performance carbohydrates without a doubt carbs are the best source of energy for athletes

**runner s diet plan what to know medical news today** - Feb 06 2023

web oct 29 2021 a runner s diet plan typically includes a balance of the three macronutrients carbohydrates proteins and fats by focusing on eating plenty of fruits and vegetables people will typically

**10 best lunch restaurants in downtown core downtown singapore tripadvisor** - Dec 24 2021

web 2023 8 golden peony at conrad centennial singapore 560 reviews closed now chinese asian menu peking duck is amazing dishes are of good standard excellent service had dim sum lunch there as part of birthday celebration reserve 2023

*runner s meal plan how to fuel your daily runs marathon* - May 29 2022

web jan 24 2022 daily this runner consumes carbohydrates 35 of total daily fuel these carbohydrates are a mix that includes run of the mill carbs such as bread and oatmeal dairy such as yogurt and milk and fruit such as berries and bananas protein 35 of total daily fuel healthy fats 15 of total daily fuel