

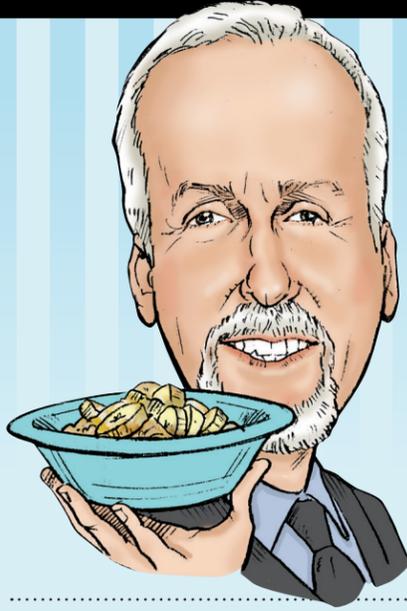
recipe

Peanut Butter Banana Oatmeal (Vegan)

- 1 banana, peeled and roughly chopped
- 1 tsp nondairy butter or coconut oil
- 1/2 Tbsp natural peanut butter
- 1/2 Cup rolled oats
- 1/2-1 tsp chia seed (or ground flax)
- 1 Cup almond milk
- 1/8 tsp ground cinnamon
- 1/8 - 1/4 tsp ground nutmeg
- Pinch of salt
- 1 tsp pure vanilla extract

Toppings: heaping 1/2 Tbsp peanut butter, nuts, cinnamon, pure maple syrup

Cook the banana and nondairy butter or oil over medium heat for about five minutes, stirring frequently. Stir in 1/2 Tbsp peanut butter, and add the oats, chia or flax, almond milk, spices, and pinch of salt. Mix well. Bring to a low boil and then reduce heat to a simmer, stirring often for 8-10 minutes. Remove from heat and stir in vanilla. Scoop into a bowl and top with peanut butter, nuts, cinnamon, and maple syrup.



Oscar-winning director **James Cameron** was born August 16, 1954 in Kapuskasing, Ontario, Canada. As a young child, Cameron was always a big fan of science fiction. He initially pursued physics at a California community college, but left to follow his dream of making movies. He worked as a truck driver before he quit to educate himself in filmmaking techniques, and soon created his first movie. Today, he is best known for popular films such as *Titanic*, *Avatar*, *Aliens*, and *The Terminator*.

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The Amazing Capabilities of Our New HP Latex 360 Wide Format Printer

Goodcopy can create and print impressive signs in a variety of sizes and materials with our new HP Wide Format Printer. Branding your company often requires a wide variety of media which may include posters and other large signage. Our production grade wide format printer offers clients the ability to create full color signage on a wide variety of substrates for posters, wall banners and window graphics.

Like a fine work of art with attention to color and detail that is truly eye-catching! Go large with outdoor banners available on durable vinyl with grommets for hanging. Utilize wall space with colorful large posters. Show off sales or advertise an event with informative window signs.

Smaller cost-efficient signs can be very effective. Yard signs have many uses both for businesses and for personal consumers. Announce discounts and deals or direct

customers to your store. Show support for a child's graduation, a local school's sports team, a family anniversary, or a birthday party. The uses are endless. Custom lawn signs are an industry standard for real estate agents and essential to political campaigns because when placed in a great location, each sign can be an invaluable asset to your event or business.

With today's equipment, the applications for wide-format printing are ever-expanding. Whether you need large banners and posters for a tradeshow, indoor business posters, window signs, or durable outdoor lawn signs we do it all!

Call Goodcopy now and let our experienced team help you put together signage that's sure to grab the attention of your audience and make your event or business a success – 203-624-0194.

wise words

“Spend some time this weekend on home improvement; improve your attitude toward your family.” — Bo Bennett



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Our new wide format HP Latex 360 Printer uses Latex Inks that deliver vibrant, saturated colours. With HP Latex Inks, you can obtain outdoor durability and versatility across all common media types used in sign and display applications. Produces sharp, consistent, repeatable image quality with high-efficiency curing, 6 colors, with excellent color consistency and 1200 dpi resolution.



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Edie & Lou Goldberg

Goodcopy Visual Communications

Happy New Year! To start off the New Year we've given our logo a fresh contemporary look and have also changed our name to better reflect our company. Give us a call – our design department is ready to help update your marketing pieces for the year ahead.



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New Exhibit Now Open:



The (Impolite) Science of the Human Body

Ew! Bodies can be pretty gross—they're crusty, stinky, and slimy...but do you know why? Explore the good, the bad, and the downright ugly behind the ways your body keeps you healthy in Grossology. Slide through a huge intestine, climb an oozy skin wall, tour an enormous nose, smell icky bodily smells and more.

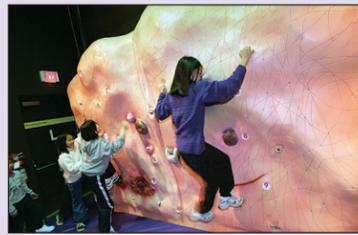
On view through March 8, 2015 at the Connecticut Science Center in our Saint Francis Care Traveling Exhibit Gallery

Based on a best-selling book by Sylvia Branzei, Grossology uses sophisticated animatronics and imaginative exhibits.

Grossology features impolite stations for visitors including an animatronic nose that flows snot called Nigel Nose-It-All; a skin climbing wall that features pimples, warts, wounds, hair, moles, and other skin blemishes; an area in which visitors can match body odors with the area of the body from which they came; and a larger-than-life burping cartoon character drinks from a three-foot soda can that visitors pump.

It's a gas! For more information visit: <http://www.ctsciencecenter.org/grossology/>

Admission: Adults \$19, seniors \$16.50, children \$14, children (under 3) free. Phone: (860) 724-3623



terrific trivia

The first five callers with the correct answer to this month's trivia question will receive \$10.00 off any new order of \$50 or more. Please present your confirmation letter with your order. Not valid with any other coupons or offers. So, put on your thinking caps and call 203.624.0194.

Q: What was the first video viewed more than a billion times on YouTube?

November 2014 Answer:

Q: Which have more bones, cats or humans?

A: Cats



top 10 list



Top 10 Elements in the Human Body

- | | |
|-------------|---------------|
| 1. Oxygen | 6. Phosphorus |
| 2. Carbon | 7. Potassium |
| 3. Hydrogen | 8. Sulfur |
| 4. Nitrogen | 9. Sodium |
| 5. Calcium | 10. Chlorine |

Ben's friends



- A book a day keeps reality away.
- Smile like a monkey with a new banana.
- If you can't explain it simply, you don't understand it enough.
- Never get so busy that you forget to count your blessings.



Roll Out the Roller Banner!

Introduced in the 1990's, roller banners are an eye-catching, light-weight and portable way to showcase your graphics vertically. We see them everywhere – from business conventions to hotels, offices, schools, museums and retail – just about anywhere you can imagine.

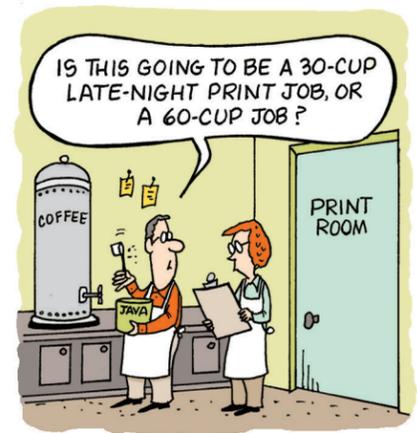
Working like a projector screen, the flexible graphic rolls up inside the base when not in use. And each one comes with a convenient carrying case for easy storage, portability, and re-use.

Give us a call today - we have a variety of roller banners to suit your needs, whether you have an event or convention, or just want to spruce up your lobby or showroom with a striking display!

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Visit us at www.goodcopy.com to see the many ways we can help you.

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GOODCOPY'S CALENDAR CHALLENGE OOPS! Can you find it?

In the 2015 Goodcopy Calendar there is a mistake that even we have overlooked...

If you can find the mistake and contact Lou Goldberg lou@goodcopy.com you will receive a free coffee on us.

Get your proof readers on and let the fun begin.

The first 10 people to correctly identify the mistake will qualify for free coffee on us. This offer is only valid until January 31st.



wellness

Health Benefits of Houseplants

When you decorate your home with indoor plants, you're not only adding beauty, you're also improving indoor air quality and your overall health. Some of the most popular indoor plants for this include aloe, English ivy, peace lily, snake plant, spider plant, and philodendron. Here are a few ways houseplants can benefit your health:

- The presence of houseplants is a natural stress reliever and can improve your well-being, making you feel calm and optimistic.
- Plants release moisture vapor, which increases humidity levels and decreases dust, reducing common colds, respiratory issues, and dry coughs by at least 30 percent. In addition, increased humidity raises the moisture level in your home, helping to prevent dry skin.
- Plants absorb carbon dioxide from the air, which can alleviate drowsiness.
- Plants increase oxygen levels, which can help alleviate headaches and improve sleep.
- Plants such as eucalyptus can be inhaled to relieve congestion (however, beware that eucalyptus is very toxic if eaten).
- Plants help purify and remove toxins from the air.

