

recipe

Old-time Beef Stew

- | | |
|------------------------------|--------------------------------|
| 2 lbs. stew beef | 1 tsp. salt |
| 2 Tbsp. vegetable oil | 1 tsp. sugar |
| 2 cups water | 1/2 tsp. pepper |
| 1 Tbsp. Worcestershire sauce | 1/2 tsp. paprika |
| 1 clove garlic, peeled | Dash ground allspice or cloves |
| 1 or 2 bay leaves | 3 large carrots, sliced |
| 1 medium onion, sliced | 3 ribs celery, chopped |
| | 2 Tbsp. cornstarch |

Brown meat in oil. Add water, Worcestershire sauce, garlic, bay leaves, onion, salt, sugar, pepper, paprika, and allspice. Cover and simmer 1-1/2 hours. Remove bay leaves and garlic clove. Add carrots and celery. Cover and cook 40 minutes longer. To thicken gravy, remove 2 cups hot liquid. In a separate bowl, combine 1/4 cup water and cornstarch until smooth. Mix with a little hot liquid and return your mixture to the pot. Stir and cook until bubbly.

Rupert Murdoch was born in 1931 in Australia. His father was a famous war correspondent and newspaper publisher, sparking his media interest at a young age. Murdoch studied at Oxford University and became a reporter. After his father's death, he inherited his father's papers and took over the business, purchasing media around the world. He moved to New York in 1974 to expand News Corp.'s U.S. market, growing it into the world's second-largest media conglomerate.

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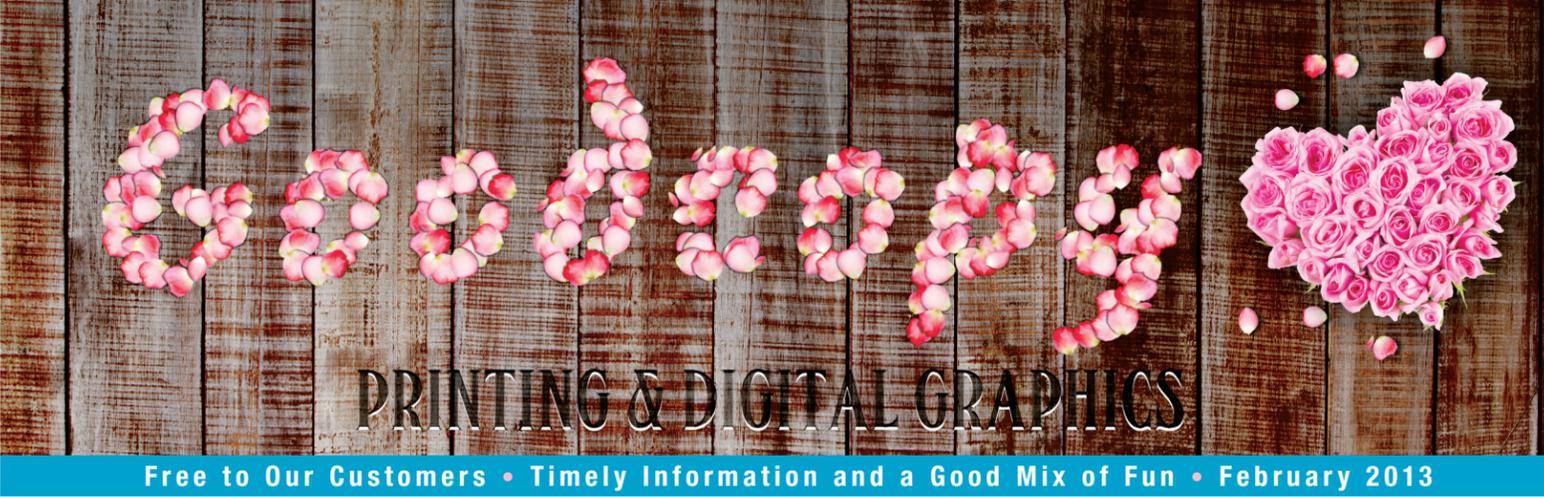
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Unique Ways to Repurpose Everyday Items

Many household items have the potential to be useful in unexpected ways beyond the primary purpose advertised on their labels. Here are a few examples of new and creative uses for some common, everyday items:

- Use Cheez Whiz to remove grease or oil stains from clothing. Apply a glob and allow clothing to soak. Then wipe off and wash as usual.
- Create a flexible gel ice pack by pouring dish detergent in a heavy-duty freezer bag and freezing.
- Dissolve soap scum from shower doors by cleaning them with a used fabric-softener sheet.
- Clean glass surfaces with paper coffee filters, which are lint free.
- Remove unsightly rust spots from chrome car bumpers by rubbing them with a crumpled-up piece of tinfoil dipped in Coca-Cola.
- Use nail-polish remover to clean shoe scuff marks off floors.
- White toothpaste is great for polishing jewelry, removing crayon marks from walls, and cleaning Kool-Aid moustaches from kids' faces.

- Use Efferdent tablets to effortlessly clean diamond jewelry, toilets, and cooking pots.
 - Remove chewing gum from hair by rubbing Miracle Whip into the affected area to loosen it.
 - Dab lip balm on shaving nicks to stop the bleeding.
 - Use cat litter to soak up transmission or oil leaks from garage floors. Pour a thick layer of unused litter over the puddle, wait 24 hours, and sweep up.
 - To clean your dishwasher and make it smell great, pour 1/4-cup powdered orange Tang breakfast drink in the detergent cup, then run a regular cycle. Repeat this process as necessary to remove tougher stains.
 - Before you shower, wipe some shaving cream onto your bathroom mirror to keep it from fogging up.
 - Rub your hands with regular white toothpaste or apple cider vinegar to eliminate garlic, onion, or fish odors.
 - Place a bowl of vinegar in a freshly painted room to dispel the odor.
- More ideas and resources available at www.wackyuses.com.

wise words

“You don’t understand anything until you learn it more than one way.”
— Marvin Minsky



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Edie & Lou Goldberg

Carbonless Forms Work

If you're looking for ways to maximize your company's productivity without minimizing your budget, I'd like to suggest one of my favorite products: carbonless forms.

Put carbonless forms to work as invoices, purchase orders, inventory forms, and sales orders. In addition to saving time, well-designed forms also show customers that your company is dedicated to quality from start to finish. Like John Ruskin once said, "Quality is never an accident; it is always the result of intelligent effort."

When the Eagles Return to the Connecticut River...

When you think of birds flying south for the winter, you probably don't imagine that their warm weather destination is... Connecticut! From January through March, though, many Bald Eagles (and occasionally some Golden Eagles) leave their homes in Canada and other points north for the warmer winter waters of the lower Connecticut River.

Last year, over 50 eagles wintered on the lower Connecticut. Their 6 - 8 foot wing span make the Bald Eagle the largest predator in North America.

One of the best ways to view these spectacular eagles is to book passage aboard a winter eagle watch cruise. The cruises, which are operated by **RiverQuest/Connecticut River Expeditions**, depart from Eagle Landing State Park in Haddam. The eagle-watching excursions run about two hours and passengers must be at least 10 years old. Reservations are a must and may be made by calling RiverQuest at 860-662-0577.

Eagle enthusiasts can also enjoy land-

based guided tours of several sites along the Connecticut River that allow for excellent eagle viewing.

Annual Eagle Watches on the Connecticut River - Haddam, CT: Tours begin at the former Camelot Cruise boat launch in Haddam. Call ahead for reservations: 203-245-9056 or toll free, 888-505-9056.



Shepaug Dam Bald Eagle Observation Area - Southbury, CT: Connecticut Audubon Society staff naturalists and volunteers will be on-hand to provide information and answer questions through mid-March. Reservations are required and may be made by calling toll free, 800-368-8954.

All Aboard the Eagle Flyer - Essex, CT: Bring your binoculars, and spy eagles with the help of on-board naturalists as you enjoy a leisurely train ride through the Connecticut River Valley. Tickets can be purchased by calling 860-767-0103.

To improve your chance of getting a good view of the eagles and other birds, bring along a strong pair of binoculars and a camera with a good telephoto lens. You won't regret bringing along an extra scarf and a pair of earmuffs as well!

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: Weighing less than 100 pounds, who was the smallest U.S. president?

January 2013 Answer:

Q: What year did Bobby McFerrin tell everyone "Don't Worry, Be Happy"?

A. The year was 1988.



top 10 list



Top 10 U.S. Names 100 Years Ago

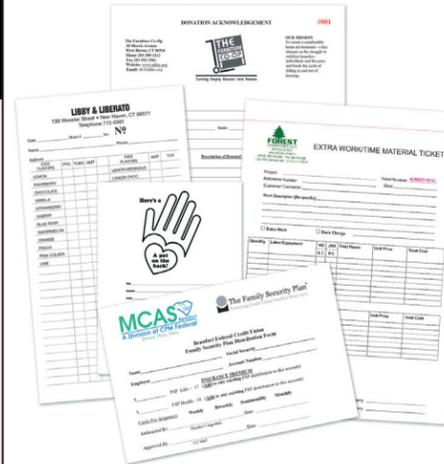
- | | |
|--------------|---------|
| 1. Mary | John |
| 2. Helen | William |
| 3. Dorothy | James |
| 4. Margaret | Robert |
| 5. Ruth | Joseph |
| 6. Mildred | George |
| 7. Anna | Charles |
| 8. Elizabeth | Edward |
| 9. Frances | Frank |
| 10. Marie | Thomas |

Source: USA Today 2012

Ben's friends



- Smile. It increases your face value.
- I speak my mind. I never mind what I speak.
- Worry is nothing but a waste of emotional reserve.
- Things turn out best for the people who make the best of the way things turn out.



All In Good Form

Carbonless forms are a staple of nearly every business environment. Here are a few tips to get the most bang from your buck on your next order of forms:

- While most carbonless forms are printed with black ink, consider two-color printing as an easy way to increase readability and efficiency.
- If creating invoices or other sequential documents, utilize convenient numbering to easily organize and distinguish forms.
- Consider a paper color sequence that is specific for your business. For example, if your accounting department wants all invoices in yellow, you can customize the color sequence to meet your needs.
- Leave at least half an inch of white space along the glued edge of your carbonless form design to avoid a possible wrinkled appearance when the forms are assembled.
- Consider three-hole drilling your carbonless forms as a convenience for customers or office staff who want to archive them in three-ring binders.
- Shrink-wrap your finished forms. They'll look nicer and last longer.

Did you know that poor-quality reproduction is often caused by old paper containing dried-out micro ink capsules? While some of our competitors may purchase "old" paper to lower their costs, we promise to purchase only "fresh" carbonless paper!

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Green Your Bedroom

Here are a some ideas to make your bedroom more energy efficient:

- Use compact fluorescent bulbs, which use one-third the electricity and last up to 10 times longer than normal incandescent bulbs.
- Consider a ceiling fan to circulate heated and cooled air in your room more effectively, saving energy.
- Use weather stripping or caulk to ensure your windows don't leak air.
- Use heavy-backed curtains to prevent heat loss in the winter and heat gain in the summertime.
- Use more blankets rather than turning up the heat.
- Search for and unplug energy "vampires" that continue to consume electricity even when they are turned off but still plugged in.



wellness

Perk Up Your Pout

Unlike the skin on the rest of our bodies, our lips lack natural oils that help retain moisture. Lips are also exposed to many irritants, including the tip of the tongue, food, drinks, cold weather, and more. Here are a few tips to improve your lip health:

- Get hydrated. Water is very important to your overall skin health, especially your lips.
- Don't lick your lips. Saliva evaporates quickly, leaving your lips even dryer.
- Breathe through your nose instead of your mouth to prevent constant moisture-sapping airflow over your lips.
- If you smoke, stop. Cigarettes and chewing tobacco can stain the skin around your lips and cause oral cancer.
- Choose lip balm products with beeswax, petroleum jelly, or paraffin, which seal in moisture and won't evaporate as quickly as thinner balms.
- Exfoliate your lips once a week by rubbing gently with a wet washcloth or soft-bristled toothbrush.
- If you wear lipstick, choose one that contains natural moisturizing ingredients and vitamins, such as lanolin or vitamin E.