

recipe

Fruit & Yogurt Parfait

- 1/2 cup mixed berry yogurt
- 3/4 cup fat-free Cool Whip
- 1 cup sliced bananas
- 1 cup sliced strawberries
- 1 cup cubed pineapple
- 1 cup blueberries
- 4 whole strawberries

In a small bowl, combine yogurt and Cool Whip. Set aside 4 tsp. of this mixture to use for topping. Spoon half of the remaining yogurt mixture into four parfait glasses. Layer with fruit, and repeat the layers. Top each parfait with reserved yogurt mixture and a whole strawberry. Chill until serving.



American socialite, reality-TV star, model, and actress Kim Kardashian was born October 21, 1980 in Beverly Hills, California. While her original fame stemmed from her father, Robert Kardashian (who was O.J. Simpson's attorney), she has become a self-sufficient entrepreneur in many areas. Not only has she starred in numerous E! reality shows about her family, but she's also helped create clothing and jewelry lines, fragrances, workout DVDs, and even a sunless tanner.

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Lightning Safety Tips: When Thunder Roars, Go Indoors!

According to storm data from the National Weather Service, the U.S. has averaged 54 reported lightning fatalities annually over the last 30 years. While only about 10 percent of people who are struck by lightning are killed, 90 percent are left with varying degrees of devastating disabilities. Here are a few tips to help you protect yourself from being in the wrong place at the wrong time during a storm:

- Stay indoors. Houses and enclosed buildings are the safest shelters because they have an abundance of grounding paths that electrical currents can follow to reach the ground. Such paths may include a steel framework, plumbing, cable, or telephone lines.
- Avoid using wired appliances during a storm. Stay away from showers, tubs, toilets, sinks, and electrical boxes, since lightning can jump through the air to reach a better grounding path.
- Avoid damp basement floors or other areas with excessive moisture, which are ground current danger zones.

- Hardtop vehicles offer better protection than being out in the open. Roll up the windows, do not use electronics that are plugged in, and do not touch the metal frame, including the steering wheel.
 - Stay away from metal fences, railroad tracks, and shorelines which can carry current for long distances.
 - Crackling or popping sounds on an AM radio mean lightning is nearby.
 - If you can't reach shelter, never lie flat on the ground. Rather, crouch low and keep your feet close together.
 - If you witness a lightning strike incident, remember lightning victims are safe to touch—they don't retain any electrical charge from a strike.
 - To calculate your distance from approaching lightning, count the seconds between a flash of lightning and the accompanying crack of thunder, then divide by five. For example, 10 seconds is two miles.
- For more on lightning safety, visit www.lightningsafety.noaa.gov.

wise words

"I'm not afraid of storms, for I'm learning how to sail my ship."
— Louisa May Alcott



Pocket Folders

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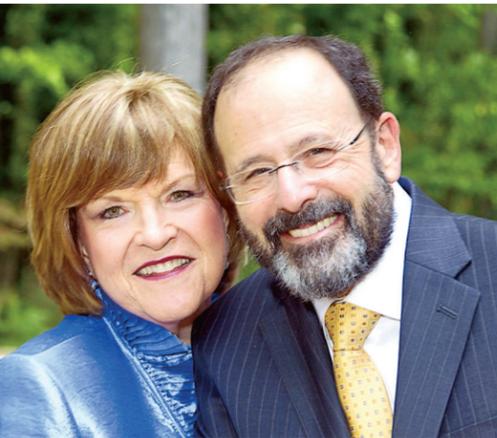
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Edie & Lou Goldberg

Put Your Best Foot Forward

As a business owner, I know how important promotional materials are to making a good impression, especially with new prospects. If you're looking for a way to put your best foot forward, try custom-printed presentation folders. They not only offer convenience and organization but also make a lasting impression.

A carefully customized sales packet shows that you are proud of your organization's reputation and respect your recipient's time by providing them with neatly assembled, relevant information they can read on their own time. Ask us about creating presentation folders for your company.

Slater Memorial Museum

Founded in 1886, Slater Memorial Museum in Norwich remains a treasured educational and community resource. Commissioned by philanthropist William Albert Slater, the Slater's Romanesque Revival architecture graces the campus of Norwich Free Academy. For it's time, the prospect of constructing a major museum on an academic campus in a small town was truly revolutionary.

Private collections and changing exhibits represent the diversity of art and artifacts from five continents over thirty five centuries. Start with "Around the World on the Yacht Eleanor: The Slaters' Grand Tour", celebrating the year long round-the-globe adventures of the founding

family. Delve into local art and industry with "Crocker's Norwich: The Long 19th Century", the journey from an agrarian community to the industrial revolution. View the painting and sculpture of "Contemporary Connecticut Artists", the carvings, baskets and masks of African artisans and textiles, prints, and artifacts of Asia.

In conjunction with the museum, the Norwich Art School at NFA offers programs for children, adults, and the local community. Learn about media and techniques, printmaking, watercolor, pottery, metal art and jewelry.

Don't leave without a spin through the new gift shop where you'll find crafts by local artisans, fair-trade items, and much more! The Slater is closed Mondays and major holidays, admission fees are minimal, and visitors under 12 are free. Visit www.nfaschool.org for current exhibitions and events.



wellness

Honey Is Sweet for Many Reasons

Honey is popular not only for its sweet taste but also its many health benefits. Here are a few fun facts and tips about one of nature's oldest sweeteners:

- Purchase honey in its purest raw form (unfiltered, unstrained, and not heated above 115°F) to take advantage of its full vitamins, minerals, and enzymes.
 - Honey is loaded with many essential vitamins and minerals. These include B1, B2, B3, B5, B6, vitamin C, magnesium, potassium, calcium, sodium chloride, calcium, copper, iron, manganese, sulphur, zinc, and phosphate.
 - Use honey to relieve throat irritation, suppress nighttime coughs, and improve sleep.
 - Use honey as a topical antibiotic on burns, scrapes, or surgical incisions.
 - Apply honey to mosquito bites to reduce the itch and irritation. This soothing effect is due to honey's anti-inflammatory properties.
 - Honey can be an inexpensive alternative to commercial sports gels.
 - Consume honey to relieve morning sickness.
 - Honey can help relieve bladder infections, arthritis, upset stomach, and bad breath.
- ☞ For more sweet tips, check out www.honey.com.



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 visible color has the shortest wavelength?

March 2013 Answer:

Q: What is the only snake known to build a nest for its eggs?

A. The king cobra



top 10 list



Top 10 Cat Names in the USA

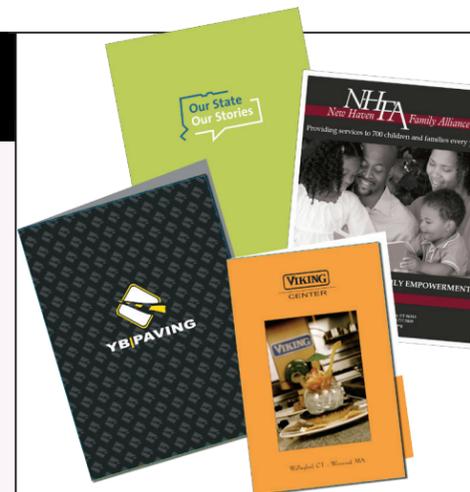
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|-----------|-----------|
| 1. Max | 6. Smokey |
| 2. Chloe | 7. Tigger |
| 3. Bella | 8. Lucy |
| 4. Oliver | 9. Shadow |
| 5. Tiger | 10. Angel |

Source: Veterinary Pet Insurance Co. 2010

Ben's friends



- Everything has beauty, but not everyone sees it.
- He who seeks revenge should remember to dig two graves.
- If things are not as you wish, wish them as they are.
- You always pass failure on the way to success.



Flexibility In a Pocket

Pocket folders are a professional way to distribute marketing materials. They also provide the flexibility needed to customize information packets and quickly update inserts that change frequently. Here are a few other ways to maximize their potential:

- Include a thank-you card or postcard with your folder. Add a personal note or money-saving offer to pique interest.
 - If your business has multiple locations, use umbrella contact information, such as your website and toll-free phone number rather than street addresses. You can localize your inserts.
 - Don't forget to utilize the back of the folder for marketing messages.
 - Always include a cover letter in your folder of information with a personalized message to the recipient.
 - As you plan your pocket folder, treat each insert as a stand-alone marketing piece that will also work well in the context of the overall package.
 - Add slits in the pockets to display a business card, coupon, or small promotional piece that might otherwise get lost in the folder.
 - Include a tearaway reply card panel that prospects can use to request information.
 - Increase your folder's professional appeal with an embossed or foil-plated logo.
 - Try mini-pocket folders or another custom size for smaller brochures and other types of marketing materials.
- If you need help creating customized pocket folders, call us today!

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

Gutenberg's Army[©]



Tragedy to Triumph

Pete Gray didn't let a childhood tragedy of losing his right arm stop him from achieving his dream of playing professional baseball.

Gray learned how to catch a baseball and quickly drop his glove while transferring the ball to his hand in one motion. He pursued baseball and became a standout minor league ballplayer, winning the Southern League's Most Valuable Player award in 1944.

In 1945, Gray signed with the St. Louis Browns and became the only one-armed major leaguer in history. He played 77 games with the Browns and batted .218. His glove now rests in the Baseball Hall of Fame.