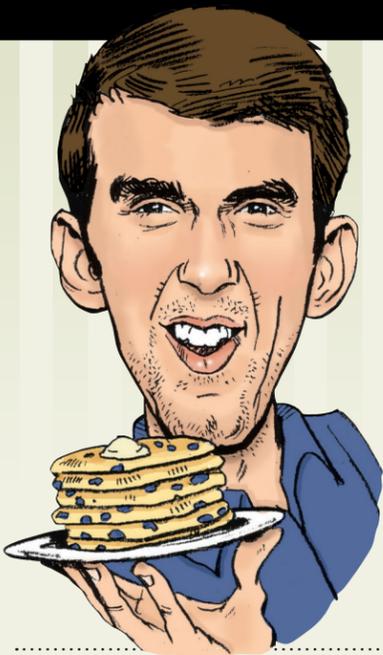


# recipe

## Homemade Blueberry Pancakes

- 1 1/4 cups all-purpose flour
- 1/2 teaspoon salt
- 1 tablespoon baking powder
- 1 1/4 teaspoons white sugar
- 1 egg
- 1 cup milk
- 1/2 tablespoon butter, melted
- 1/2 cup frozen blueberries, thawed

In a large bowl, sift together flour, salt, baking powder, and sugar. In a small bowl, beat together egg and milk. Stir milk and egg into flour mixture. Mix in the butter and fold in the blueberries. Set aside for one hour. Heat a lightly oiled griddle or frying pan over medium-high heat. Pour the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.



American swimmer **Michael Phelps** was born June 30, 1985 in Baltimore, Maryland. He competed in his first Olympics at the age of 15 and went on to compete in the Summer Olympics in Athens, Beijing, and London. He set the record for the most medal wins of any Olympic athlete (18 gold, two silver, and two bronze). In addition to his successful swimming career, Phelps has written two books and cofounded the nonprofit organization Swim with the Stars, which holds camps for swimmers of all ages. Phelps announced his retirement in 2012.

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Published by  
Goodcopy Printing & Digital Graphics  
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## wise words

“The fragrance always stays in the hand that gives the rose.”

– George William Curtis



## Get a Whiff of This...

The ability to smell is often the most powerful yet overlooked of our senses. Smell is hardwired to our brains and can easily evoke emotions, give a boost of energy, or awaken memories and transport us back in time. Here are a few examples of scents and the common effects they have on us:

- The aroma of freshly cut grass can instantly stimulate and lift your spirits.
- Peppermint fragrance is revitalizing and can enhance physical performance. Try a dab of peppermint body spray or lotion before hitting the gym for a quick boost. Peppermint scent can also relieve pain, indigestion, nausea, and headaches.
- Cinnamon spice improves mood and concentration. It can even make people act more kindly, according to a study sponsored by Cinnabon.
- The smell of flowers sprayed around the bedroom before sleep will result in more positive dreams than unpleasant smells or no fragrance at all.
- The aroma of coffee can pump you up and counteract the stress caused by sleep deprivation.

- The smell of pine is not only energizing, but can release tension from your muscles and limbs by opening your mental state and reconnecting you to nature.
- The fresh fragrance of flowers often makes people feel cheerier and more energetic, perhaps from a combined effect of seeing and smelling their beauty.
- Natural citrus scents increase oxygen flow to the brain, boost energy, and increase immune function.
- Lemon scent can not only lift your mood, but also heighten mental clarity, energize you, and increase stamina.
- The refreshing smell of grapefruit can increase memory and improve hand-eye coordination.
- The scents of jasmine, vanilla, lavender, or chamomile-scented lotion, oils, or candles can help to calm and relax your body and improve your sleep.
- The smell of oatmeal is soothing and sedating, as well.
- Eucalyptus promotes alertness and can often invigorate the senses.

Your Printing Isn't Done Until It's

## Finished!

No matter how beautifully printed your piece may be, it's the finishing touches that really set it apart. Let us help you finish strong! Talk to us about the finishing options we offer.



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Edie & Lou Goldberg

## Finishing Touches

A wise man once said, "You get credit for what you finish, not what you start." The same is true in the world of printing. Finishing touches can turn an everyday document into a great document, and can often mean the difference between reaching your audience and reaching the trash.

While it may sound fancy, finishing touches don't have to break the bank. A few small finishing touches can have a big impact, not only adding presentation value or functionality to your printing, but also increasing the "wow" factor of your documents.

## The Robin Hood Springtime Festival

The Robin Hood Springtime Festival is a chance to leave thy cares behind and revel in the magic of an old-world spring Faire. It is a playful diversion that will get your family enjoying the recreation of the outdoors, away from television and video games. The laughter begins when you let yourself go and enjoy the fancifully fun festivities of the day. The fair runs for three weekends – May 18, 19, 25, 26 & June 1, 2, 2013.

Costumed performers wander the streets interacting with guests, craft shops line the streets selling unique wares and eight stages run continuous entertainment throughout the day. The Faire is a great place to share the day with your family and friends. All shows are included with your admission. Some shows may "pass the hat", but tipping is always done at your discretion.

Throughout the country there are over 170 Renaissance Fairs and Festivals. The Robin Hood Springtime Festival is the third largest Renaissance Faire in New England and is one of three performances we host throughout the year. The Robin Hood Springtime Festival runs in Guilford, CT; The Enfield Renaissance Festival runs in Enfield, CT at the Enfield Green and King Arthur's Fall Harvest Festival "The Connecticut Renaissance Faire" runs in Hebron, CT.

Walk the streets of our humble marketplace and discover unique gift treasures. Chat with a knight, peasant or even the king. A host of interactive characters are eager to entertain you. The King's royal kitchens are ready with giant turkey legs, beer, wine, and other old-world foods to tickle thy taste buds.

Costumes are encouraged, but not required. Your costume can be from any time period or genre, but must cover more than what is required on a public beach. In addition, shoes and a shirt are always required. More info available at: <http://robinhoodsfair.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 year was it – EBay debuts as an online auction and shopping website, Ask Jeeves debuts as an online search engine, and Internet users exceed 10 million?**

April 2013 Answer:

**Q: What visible color has the shortest wavelength?**

A. Violet



## top 10 list



### Top 10 Countries with the Longest Road Networks

- |           |              |
|-----------|--------------|
| 1. USA    | 6. Canada    |
| 2. China  | 7. France    |
| 3. India  | 8. Russia    |
| 4. Brazil | 9. Australia |
| 5. Japan  | 10. Spain    |

Source: CIA, The World Factbook 2010

## Ben's friends



- An eye for an eye only ends up making the whole world blind.
- A goal without a plan for achieving it is just a wish.
- Grandchildren are a parent's best revenge.
- Everything is funny as long as it is happening to somebody else.



## Trade Show Season — Are You Prepared?

It's that time of year again when tulips and trade shows are popping up everywhere. Our professionals at Goodcopy have all the know-how to help you put together a fabulous trade show presence. From preparing your agendas and schedules, to printing and assembling pre-show mailers and name badges, to creating eye-catching banners and awesome take-away items for your attendees – we've got you covered!

Right now is the best time to plan for your event, and we've got a wealth of ideas to help make your show a knockout!

- **Signage and marketing:** pre-show mailings, posters, rollout signs and vinyl banners, table toppers and table cloths, name badges, floor and wall graphics
- **Collaterals:** product flyers, pocket folders, brochures, business cards, attendee contact cards
- **Take-aways:** jump drives, coffee mugs, tote bags, pens, mousepads, sticky pads

Call us now and let our experienced team help you put together a package that's sure to grab the attention of your audience and make your event a success.



Visit us at [www.goodcopy.com](http://www.goodcopy.com) to see the many ways we can help you.

## Gutenberg's Army ©



# easy being green.



## Green Your Grass

A healthy lawn not only looks attractive but is also good for the environment and resists damage from weeds, disease, and unwanted insects. Here are a few green tips for a healthy lawn:

- Sharpen your mower blades. Dull blades require more fuel and can tear grass, making it more vulnerable to disease.
- Remove small plugs of earth in your lawn to allow air and water to aerate the grass roots.
- Raise your mower's blades. Longer grass retains water better, competes better with weeds, and prevents soil from washing away.
- Leave grass clippings on your lawn to return nutrients and moisture to the soil.

## wellness

### Tips for Managing Migraine Pain

- Migraines can not only be physically debilitating, but also severely affect one's quality of life. Here are a few tips to help you manage migraines more effectively:
- Keep a migraine diary. Enter as much information as you can whenever a migraine strikes. Look for common triggers, so you can stop headaches before they start. Be on guard for patterns regarding foods, weather changes, stressful events, ovulation, menstruation, and more.
  - Maintain a regular sleep and eating schedule.
  - Beware of weather changes and how they affect you. Wear sunglasses on bright days, drink plenty of water to minimize dehydration, and avoid midday sun.
  - Consider what you're wearing on your head. A snug-fitting hat, tight ponytail, or tight-fitting glasses or sunglasses can lead to scalp pressure or pain.
  - Sit up straight. Poor posture puts undue pressure on your head and neck muscles, causing tension headaches.
  - Increase your magnesium intake.
  - Try high-quality fish oil and other omega-3 fatty acids to relieve symptoms.

