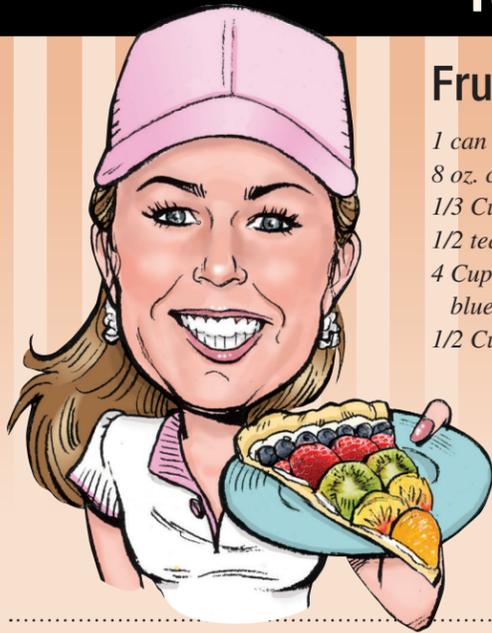


recipe

Fruit Pizza

- 1 can refrigerated sugar-cookie dough
- 8 oz. cream cheese, softened
- 1/3 Cup sugar
- 1/2 teaspoon vanilla
- 4 Cups assorted fruit, cut up (kiwifruit, strawberries, blueberries, raspberries, mandarin oranges, etc.)
- 1/2 Cup apple jelly

Heat oven to 350°F. Spray 12-inch pizza pan with cooking spray. Press cookie dough evenly in bottom of pan to form crust. Bake 14 to 18 minutes or until golden brown. Cool completely (approx. 30 minutes). In a small bowl, beat cream cheese, sugar, and vanilla until fluffy. Spread mixture over cooled crust. Arrange fruit over cream cheese. Stir jelly until smooth and spoon or brush over fruit. Refrigerate until chilled, at least 1 hour.



Pro golfer **Paula Creamer** was born August 5, 1986. She started playing golf at the age of 10. She joined the LPGA Tour at the age of 18 and has since won 11 tournaments, including nine LPGA Tour events. Creamer has been ranked as high as number two in the Women's World Golf Rankings and was the 2010 U.S. Women's Open champion. She is nicknamed the "Pink Panther" because she always wears pink and often uses a pink golf ball.

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Published by
Goodcopy Printing & Digital Graphics
110 Hamilton Street
New Haven, CT 06511

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Things That Can Make You Happier

The happiest people don't have the best of everything; they just make the best of everything they have. Here are a few little things you can do to feel happier on a daily basis:

- Increase your feel-good keystone habits, such as making your bed every morning, cooking a special family recipe, or picking up your house so it is neat and decluttered.
- Surround yourself with photos and sentimental items, such as pictures of your family taking part in activities you enjoy doing together, or special mementos that make you smile.
- Do little things for other people without expecting anything in return, like donating food or clothing to a shelter for the homeless. By helping others, you also help yourself.
- Plan and schedule your day in advance to make your goals more manageable and easier to reach.
- Do something you truly enjoy, such as taking a bubble bath, reading a good book, or watching your favorite TV show. Even something as simple

as wearing brand-new socks may help to brighten your mood.

- Look for the positive. Sure, you may have a dirty house and a sink full of dishes, but that also means you have a home and food to eat.
- Live in the moment. Look for opportunities to savor the small pleasures of everyday life.
- Surround yourself with people who have positive attitudes and make you feel good.
- Give yourself a daily bedtime and stick to it. Just one extra hour of sleep every day can make you more cheerful and optimistic.
- Plan something you can look forward to, such as a family pizza-and-movie night at home, an outing with friends, or a larger gathering, event, or vacation.
- If you can't get out of it, get into it. Rather than moping or dragging your feet when something needs to get done, change your attitude and make it as enjoyable as possible. Life really is what you make of it!

Welcome



Meet Rich Johnson, our new Bindery Supervisor.

A seasoned industry professional, Rich brings his vast knowledge of bindery operations, quality control, and a great work ethic.

Rich has recently received his OSHA certification for forklift operations. We are pleased to have Rich on our team!



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Edie & Lou Goldberg

Save-the-date Mailers

Corporate events and celebrations are a great way to build lasting relationships and interact with your customers and prospects. An easy way to generate excitement and anticipation about an upcoming event is by sending save-the-date mailers. People are busy, and schedules are tight. Save-the-date notifications sent well in advance of your event will give attendees ample time to plan ahead. As a result, these save-the-date cards can actually help increase attendance and the overall success of your event.



Mark Twain House & Museum, Hartford, CT

Located in Hartford, Connecticut, the historic Mark Twain House was the home of one of America's most beloved authors, Samuel Clemens (better known by his pen name, Mark Twain). He and his family lived in this 25-room, three-level mansion from 1874 to 1891. The home features a dramatic grand hall, a lush glass conservatory, a grand library, and the beautiful billiard room where Twain wrote many of his famous books, including *The Adventures of Huckleberry Finn*, *The Adventures of Tom Sawyer*, *The Prince and the Pauper*, and *A Connecticut Yankee in King Arthur's Court*.



Built in 1874, the home featured the latest in modern innovations. It was lit by gaslight, and had seven bathrooms with running water and flush toilets, heated ductwork, an early telephone, and even a burglar alarm system and an "enunciator" bell for calling the servants. After the family sold their remarkable mansion in 1903, it changed owners

several times. In 1963, it was designated a National Historic Landmark. The house has undergone much restoration and preservation throughout the years to help bring it back to its original grandeur. Today, the house contains 50,000 artifacts, including manuscripts, historic photographs, family furnishings, and Tiffany glass, as well as Twain's ornate Venetian bed, an intricately carved mantel from a Scottish castle, and a billiard table.

Visitors can tour the house, view rotating exhibits, and learn more about Twain's reputation as an author at the

adjacent, 35,000-square-foot Mark Twain Museum, which was built in 2003. The museum features additional artifacts not found in the house itself, along with a lecture hall and classroom facilities used for special events throughout the year that highlight Twain's literary legacy for fans of all ages.

For more information about this area, visit: www.marktwainhouse.org.

wellness

Easy Ways for Gaining a Brighter Smile

- Here are a few natural ways to achieve a brighter, whiter smile:
- Snack on crunchy fruits and vegetables, such as apples, celery, pears, and carrots. The crispier the better, as the natural abrasiveness helps to clean tooth surfaces without harming the enamel.
 - Drink water, and swish it in your mouth immediately after eating to help prevent the food you just ate from staining your teeth.
 - Use a straw to drink beverages such as soda pop, coffee, or wine. Limiting contact with chemicals and acids that strip your teeth's enamel can prevent or limit staining.
 - Eat strawberries. They contain malic acid that removes surface discoloration. The berries' texture can help buff the enamel, creating a smoother, brighter appearance.
 - Floss daily to remove staining between teeth, which will make teeth appear brighter.
 - Consider adding cream or milk to black coffee or tea. It changes the chemistry of the beverage and makes it more difficult for stains to adhere to the surface of teeth.
 - Eat cheese, milk, and yogurt. These foods contain calcium and phosphorus, which promote the remineralization of tooth enamel.

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 kind of stone is marble?

August 2013 Answer:

Q: In what sport do rikishi compete?

A. Sumo wrestling



top 10 list



Top 10 Online Languages

- | | |
|-----------------------|------------|
| 1. English | 6. German |
| 2. Chinese (Mandarin) | 7. Arabic |
| 3. Spanish | 8. French |
| 4. Japanese | 9. Russian |
| 5. Portuguese | 10. Korean |

Source: USA Today Top 10 of Everything

Ben's friends



- By failing to prepare, you are preparing to fail.
- Judge a man by his questions rather than his answers.
- The greatest revenge is to accomplish what others say you can't.
- Enjoy your life without comparing it to others.



Save the Date!

In today's fast-paced world, it's easy for your customers to forget or overlook your important events and sales. Here are a few save-the-date tips to help:

- Use reminders for any type of event or celebration, including open houses, holiday parties, seminars, training events, corporate gatherings, and more.
- Educate attendees about upcoming events by offering brief background information or a link to additional information on your website about each event or celebration.
- The creative design options for save-the-dates are endless, including postcards, self-mailers, flyers, mini-invitations, bookmarks, magnets, and table tents.
- Consider featuring reminder stickers that can be removed from the save-the-date mailer and placed on a calendar to help recipients remember the date.
- Include ample information, such as who, what, when, where, and why, along with contact information such as an email address and phone number for those who may have questions.
- Print a save-the-date teaser on your envelopes or affix a save-the-date seal or label on them to create interest in the envelope's contents.
- Consider creating save-the-date Post-it Notes, pens, notepads, or other useful items that recipients will use frequently and help ingrain the date in their minds.
- Distribute corporate calendars with your events already in place. Then send a reminder during the month before the event. This will help keep your event in the front of people's minds.

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

Gutenberg's Army ©



The Many Uses of Salt

- Alleviate a sore throat by gargling with a mixture of ¼ tsp. salt and ½ cup warm water.
- Remove rust by rubbing with a paste of lemon juice and salt.
- Eggs peel easier when boiled in salted water.
- Sprinkle greasy pans with salt to make them wipe clean more easily.
- Rub drinking cups with salt to easily remove stubborn tea or coffee stains.
- Smother grease fires with salt.
- Use lemon and salt to remove food odors from your hands.
- Add a dash of salt when whipping cream or beating eggs for quicker, better results.
- Relieve bee stings by wetting the area and covering it with salt.