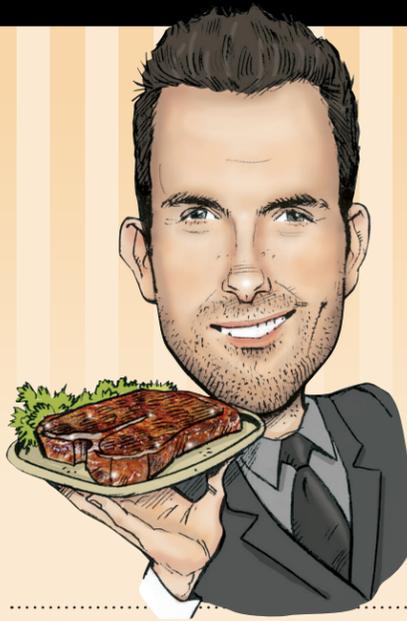


recipe

Pan-Seared Rib-Eye Steak

*boneless rib-eye steak, 1½ inches thick
canola oil
kosher salt
ground black pepper*

Place a cast-iron or ovenproof skillet in the oven and heat to 500°F. Bring the steak to room temperature. When the oven reaches 500°F, remove the skillet and place it on the stove top on high heat for five minutes. Coat the steak with oil and sprinkle both sides with salt and black pepper. Place the steak in the middle of the hot, dry skillet. Cook 30 seconds without moving. Turn and cook another 30 seconds, then put the skillet into the oven for two minutes. Flip the steak and cook for another 2 minutes (for medium-rare steak). If you prefer medium, add a minute to both of the oven turns. Remove the steak, cover loosely with foil, and let sit for two minutes before serving.



Grammy Award-winning pop star **Adam Levine** was born March 18, 1979 in Los Angeles, California. He formed his first band in high school, releasing their first album as seniors. After high school he left home, and the band, to attend college in New York but then dropped out to reunite with his high-school band. The band then changed their name to Maroon 5. Levine has also been a judge on *The Voice*, has made numerous TV appearances, created his own fragrance line and a Kmart menswear collection, and was named "Sexiest Man Alive" by *People* magazine.

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Introducing Our NEW HP Latex 360 Wide Format Printer

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With today's equipment, the applications for wide-format printing are ever-expanding. Here are some samples of the kind of materials available and how they are used:

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c. Vinyl Banners. Popular for outdoor use because these prints are produced using UV inks that are fade resistant. Ideal for printing trade show banners, sport banners, and exhibit displays.

d. Canvas. Art reproductions, personal photos, and other type of print masterpieces look good on quality canvas.

e. Wall Graphics. If you want to pimp your walls with amazing designs, wall graphics or also known as wall stickers provides an adhesive back to stick on walls. They are repositionable and also fade resistant.

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wise words

"People rarely succeed unless they have fun in what they are doing."
— Dale Carnegie

Latex Inks

Our wide format 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. HP Latex Inks have qualified for certifications that demonstrate they meet some of the world's most rigorous and comprehensive standards for low chemical emissions into indoor air.



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Edie & Lou Goldberg

Custom-Printed Calendars

Abraham Lincoln once said, "The best thing about the future is that it comes one day at a time." If your business is struggling to find creative ways to build awareness and keep an active marketing presence in front of your customers throughout the year, I'd like to suggest one of my all-time marketing favorites: custom-printed calendars.

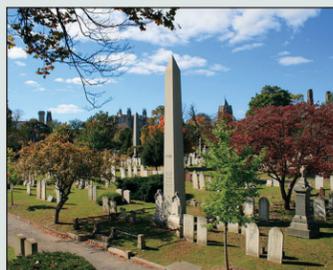
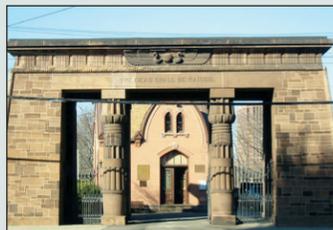
Not only are they useful for customers, they also provide your business with invaluable marketing opportunities month after month. Let us help you design great calendars for your customers.

Grove Street Cemetery Historical Tours

The Grove Street Cemetery, the first chartered burial ground in the United States, succeeded the previous common burial site, the New Haven Green. The cemetery was established in 1797 and was the first in the country designed with family plots.

Beside serving as the resting place for many historically important figures and displaying tombstones ranging back to the 1700s and a collection of specimen trees, the cemetery also has an architecturally prominent, Egyptian Revival gateway entrance facing High Street.

As the cemetery enters its third century the Friends of the Grove Street Cemetery, an educational and charitable group, has organized to develop and disseminate knowledge about its history and cultural significance. Another goal is to protect and restore the cemetery as an historic land area and a park-like place of reflection and repose for the community



at large. The Friends seek to preserve, in Olmsted's words of more than a century and a half ago, "a monument of the moral sentiments, the good taste and the liberality of the present generation."

Learn about the history of this more than 200 year-old cemetery, as well as a chance to see the gravestones of some of the eminent and prominent people buried there in this one hour walking tour.

The Grove Street Cemetery is one of only 60 National Historic Landmarks in Connecticut and is the ninth such landmark in New Haven. There are guided tours of the Cemetery every Saturday morning at 11:00 a.m. from early May through late November and at noon on the first and third Sundays of each month from May to November.

Tours depart from the 'chapel' (Cemetery Office) just inside the Grove Street Cemetery gate at 11:00 a.m. on Saturdays and at noon on Sundays. Each guided walking tour will last about one hour and is FREE. If you have any questions about the tours, please call Patricia Illingworth at 203.389.5403 or email her at: p.b.i.newhaven@att.net.

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: Which have more bones, cats or humans?

September 2014 Answer:

Q: What year did the world population reach 5 billion people?

A: The year was 1987



top 10 list



Top 10 Ancestries of U.S. Population

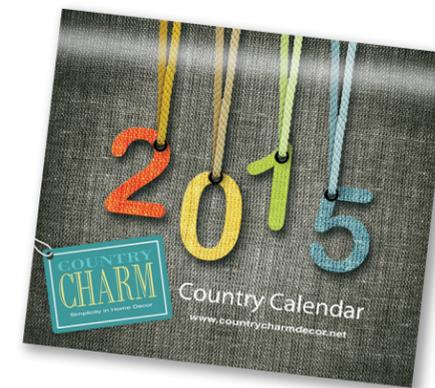
- 1. German
- 2. Irish
- 3. African-American
- 4. English
- 5. American
- 6. Mexican
- 7. Italian
- 8. Polish
- 9. French
- 10. American Indian

Source: U.S. Census Bureau

Ben's friends



- Don't ruin a good day today by thinking about a bad day yesterday.
- Worrying won't stop bad things from happening. It will just stop you from enjoying the good.
- Don't go through life ... grow through life.



Year-Round Marketing Customers Love

Calendar marketing is a great way to build brand recognition and put your business or organization front and center 365 days a year. Not only can you promote your products and services on a daily basis, it's also a convenient way to provide a reminder of upcoming dates of importance, such as using icons and images to highlight special events, celebrations, sales, etc.

When used creatively, calendars can help remind your customers about a product or service they need year-round and remind them that you can provide it. If your business schedules appointments, you can create an appointment card with a removable sticker that can be applied directly to the calendar as a helpful appointment reminder. You can even give your audience a heads-up the month before with a small yet prominent "upcoming events" box.

To boost the usefulness of your calendar, include a few value-adds. These could include: tear-off coupons featuring different products or services; helpful industry tips, tricks, and advice; or interactive giveaways that encourage customers to check your website to see if they've won.

Give us a call today if you need help creating a beautiful and useful calendar that will increase sales and brand recognition.

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

Gutenberg's Army



Baseball's Own Jim Abbott

Despite being born with only one hand, Jim Abbott was passionate about baseball and used his courage and determination to become a pitching sensation. He wore a right-handed fielder's glove at the end of his right arm, then switched the glove to his left hand to catch balls hit back to him.

He played for 10 seasons on four different major-league teams, was a pitcher for his gold-medal Olympic team, and threw a 4-0 no-hitter for the New York Yankees. Today, Jim Abbott is a popular motivational speaker and inspiration to athletes everywhere.

wellness

Relieve Aching Feet

- Here are a few easy ways to rejuvenate tired, aching feet:
- Soak them. Fill two basins with water (one cold and the other as hot as you can tolerate). Sit in a chair and place your feet in the cold water for five minutes, then switch to hot water for 10 minutes. The temperature changes dilate and constrict blood vessels, boosting circulation. Consider adding Epsom salts or peppermint oil to the hot water for added relief.
 - Apply oil or lotion, and massage your feet by applying gentle thumb pressure to the sore areas.
 - Stretch your feet after a warm soak when muscles are relaxed. Sit in a comfortable position and stretch the ankle and toe joints using your hands or a strap. To also target the calf muscles, try a runner's stretch while leaning toward a wall.
 - Massage your feet using a foot-massage roller, or simply roll bare feet over a tennis ball, golf ball, or rolling pin for several minutes.
 - Consider purchasing shoe inserts for additional cushioning or arch support.

