

recipe

Cheesy Vegetable Risotto

- | | |
|--------------------------------|--|
| 1 Tbsp. butter | 12 oz. bag frozen broccoli, carrots, cauliflower with cheese sauce |
| 2 Tbsp. vegetable oil | ½ Cup shredded Parmesan cheese |
| 1 large onion, chopped | 2 Tbsp. parsley |
| 1 clove garlic, finely chopped | ¼ tsp. pepper |
| 1 Cup uncooked Arborio rice | |
| 4 Cups vegetable broth | |



Multiplatinum artist **Michael Bublé** was born September 9, 1975 in Canada. He was introduced to the music of jazz legends at a young age by his grandfather, who offered free professional plumbing services to musicians who allowed Bublé to sing a few songs with them on stage. After years of ups and downs in his singing career, Bublé released a self-titled album in 2003, which helped him achieve worldwide success and win several awards, including multiple Grammy and Juno awards.

Cook onion and garlic in a pan with butter and oil until onion is tender. Stir in rice until edges of rice are translucent. Add ½ cup broth and stir constantly until broth is absorbed. Add 1½ cups broth, stirring frequently until broth is absorbed. Stir in remaining broth and stir frequently until broth mixture is creamy and rice is tender. Cook frozen vegetables as directed on bag. Stir vegetables, Parmesan cheese, parsley, and pepper into rice mixture and serve hot.

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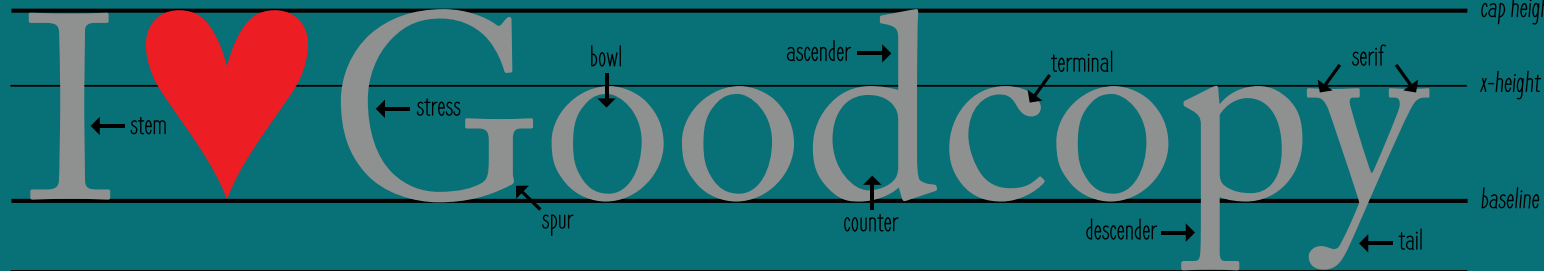
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Take Time to Unplug

For many people, the use of technology (email, social media, news, gaming, etc.) is a big part of every waking hour. However, powering down after work or simply limiting technology can help you lead a happier, fuller life. Here are a few tips on how to unplug or restrict the use of gadgets:

- Choose a period of time every day to unplug and spend time with your family or simply in solitude, allowing your mind to recharge. For example, consider making a household rule that cell phones aren't allowed at the table during meals.
- Consider turning on the "do not disturb" option on your phone so you aren't tempted to check every email, alert, or text message. If you are worried about important calls or missing your cell phone alarm, you can set "exceptions" to enable your morning alarm or calls/messages from your favorites list.
- Set boundaries on your work communications outside working hours, and make your colleagues aware of your after-hours availability.

By separating work and home, it will help you come back the next day relaxed and recharged.

- Avoid social media, email, and television at least one hour before bedtime to relax your mind. Consider reading a book, taking a warm bath, or simply catching up on house tasks.
 - Take a walk outside for at least 30 minutes per day without your phone. Take the opportunity to look around and enjoy your surroundings.
 - Consider using an Internet tool or phone app to help you limit time wasters and better manage your time online. For example, consider blocking certain websites (such as Facebook or Twitter) during certain times of the day. By limiting your social-media time, you'll have fewer feelings of inadequacy or the feeling that you're being left out, and have more time to do the things you enjoy.
- Remember that life is happening right in front of you. If you're too busy staring down at a phone or computer screen, you're going to miss it.

wise words

"There is no Wi-Fi in the forest, but we promise you will find a better connection."

— Anonymous

Type Facts

Type classification is a system for grouping fonts by shared visual characteristics (stroke variation, serifs and bracketing, x-height and stress).

Typography for print uses these main classifications:

Roman: ABCabc123

Blackletter: **A B C a b r 1 2 3**

Calligraphic: *ABCabc123*

The Roman classification – which predominates today – is further divided into *serif*, *sans serif*, *script* and *ornamental*.

Look inside for more typographical terms.



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Edie & Lou Goldberg

Typography is about the details

Typography – both the design of letters and characters and the process of arranging type – is a central component of any graphic design project and is integral to communication. Whether in print or on the web, the goal of good typography is the same: to convey the meaning of the text and thereby to enhance the reader’s comprehension and response. In typography, small changes can make a big difference.

Let our designers make sure the materials you print are using typography that is expressing your message in the best way possible.

Ships, Clocks & Stars: The Quest for Longitude

Mystic Seaport is proud to present a captivating exhibition, which is on tour from England for a limited time only. “Ships, Clocks & Stars: The Quest for Longitude” tells the extraordinary story of the race to determine longitude at sea. Spurred on by the promise of rich rewards, astronomers, philosophers, and artisans—including John Harrison and his innovative timekeepers—finally solved one of the greatest technical challenges of the 18th century.

The award-winning exhibit traces mankind’s epic pursuit of the ability to measure longitude at sea, a story made popular by Dava Sobel’s best-selling book *Longitude*. A highlight of the show is a set of working replicas of the 18th century chronometers built by English clockmaker John Harrison in his campaign to win the coveted Longitude Prize offered by Parliament.

Some of the artifacts in the exhibit have never been displayed outside the United Kingdom, including the actual

case of Harrison’s H4 chronometer, the one that eventually met the challenge.

The award-winning exhibition draws on the latest research to shed new light on the history of longitude – one of the great achievements of the Georgian age – and how it changed our understanding of the world.

“Ships, Clocks & Stars” is now open in the renovated R.J. Schaefer Building through March 28, 2016. The visually stunning exhibition from the National Maritime Museum in London is traveling beyond the U.K. for the

first time, and Mystic Seaport is one of only four sites worldwide selected for the honor of presenting the exhibit.

Visitors of all ages welcome, with shows and demonstrations in the Treworgy Planetarium and the village’s Nautical Instruments Shop as well.

Mystic Seaport Museum
75 Greenmanville Ave., Mystic, CT 06355
For more information check out: www.mysticseaport.org/ships-clocks-stars/



wellness

Treating and Preventing Nosebleeds

For many people, dry winter months can mean frequent nosebleeds. Here are a few ways to reduce the risk of nosebleeds:

- Use a humidifier to add moisture to the air in your home (especially in the bedroom).
- Keep the temperature low (around 65 degrees) in sleeping areas, since warm, dry air will dry out nasal passages more.
- Keep the inner lining of your nose moist by applying a thin layer of petroleum jelly (such as Vaseline) or a nasal lubricant spray.

To stop a nosebleed:

- Elevate your head while sleeping.
- To stop a nosebleed:
- Sit and tilt your head slightly forward.
- Gently pinch the soft part of your nose shut (just below the hard bone) for 10 minutes. Breathe through your mouth.
- Cool your body temperature and constrict blood vessels by applying an ice pack to your nose. You can also consider sucking on ice or a Popsicle to lower your body temperature. See a doctor if bleeding is severe and lasts longer than 30 minutes.



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 font name is derived from the Latin name for Switzerland?

January 2016 Answer:

Q: Where was the first ink factory established?

A: The answer is C: Colonial America



top 10 list



Top 10 Popular Theme Parks

- | | |
|-------------------------------|--------|
| 1. Magic Kingdom | USA |
| 2. Disneyland | USA |
| 3. Tokyo Disneyland | Japan |
| 4. Tokyo Disneysea | Japan |
| 5. Disneyland Park | France |
| 6. Epcot | USA |
| 7. Disney’s Animal Kingdom | USA |
| 8. Disney’s Hollywood Studios | USA |
| 9. Universal Studios Japan | Japan |
| 10. Islands of Adventure | USA |

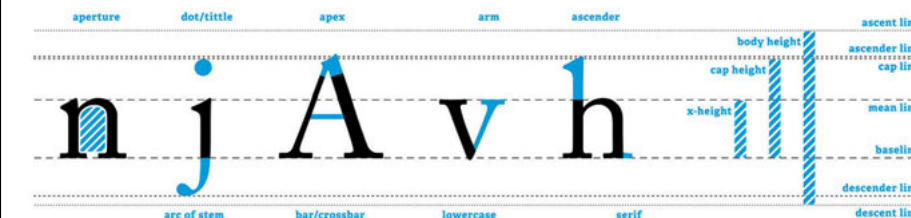
Ben’s friends



- We all get the same 24 hours.
- You get what you settle for.
- Footprints on the sands of time are not made sitting down.
- When you feel like quitting, think about why you started.
- You are confined only by the walls you build yourself.

TYPOGRAPHY DECONSTRUCTED

A comprehensive guide to the anatomy of type.



From: <http://www.typographydeconstructed.com>

Type Vocabulary

How do you tell one typeface from another? If you’re trying to distinguish Helvetica from Times Roman, the difference is obvious. In other cases, however – especially between text designs having similar characteristics – the differences can be subtle and difficult for the less-experienced eye to see. One important step in training your eye to notice the details that set one design apart from another is to examine the anatomy of the characters that make up our alphabet.

As in any profession, type designers have a specialized vocabulary to talk about the different parts of letters. It isn’t necessary to commit the entire list to memory, but familiarizing yourself with this terminology will make it easier to communicate about typefaces and their characteristics.

Ascender – The part of a lowercase character (b, d, f, h, k, l, t) that extends above the x-height.

Bar – The horizontal stroke in characters such as A, H, R, e, and f.

Bowl – A curved stroke which creates an enclosed space within a character (the space is then called a counter).

Cap Height – The height of capital letters from the baseline to the top of caps, most accurately measured on a character with a flat bottom (E, H, I, etc.).

Counter – The partially or fully enclosed space within a character.

Descender – The part of a character (g, j, p, q, y, and sometimes J) that descends below the baseline.

Ear – The small stroke that projects from the top of the lowercase g.

Link – The stroke that connects the top and bottom part (bowl and loop) of a two-story lowercase g.

Loop – The lower portion of the lowercase g.

Serif – The projections extending off the main strokes of the characters of serif typefaces.

From: <http://www.fonts.com/content/learning/fontology/level-1/type-anatomy/anatomy>

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