

recipe

MEAT ROLL UP

- 1 lb ground beef
- 1 lb ground chicken
- 1 egg per lb.
- ¼ Cup Bread crumbs
- Salt, pepper, garlic and onion powder to taste

Add ketchup and mix with above ingredients.

Use a cookie sheet, place foil on it and spread out the mixture to cover sheet about ½ inch thick. You can add mashed potatoes in the middle with some spices. Leave a ½ inch edge all the way around the pan if you add the potatoes. Roll up the mixture in the foil – seam side down and add a little water at the bottom of the pan. Bake for an hour at 350 degrees. Uncover and add enough duck sauce, ketchup and soy sauce to make a glaze.

Bake for another ½ hour uncovered.



Arianna Huffington was born July 15, 1950, in Athens, Greece. She graduated from Cambridge University with a master's in economics. In addition to creating The Huffington Post (a news and blog site that quickly became one of the most popular media brands on the Internet), she has also written 13 books. In 2007 and 2011, she was named to *Time* magazine's list of the world's 100 most influential people. AOL recently purchased The Huffington Post for \$315 million, which made her editor-in-chief of a handful of websites, as well as the most influential woman in media.

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A Vacation for the Mind, Body, & Soul: Just What the Doctor Ordered!

Whether your ideal vacation is an exotic cruise, a family adventure, or simply a relaxing break from the daily routine by doing something you enjoy, a vacation is good for the mind, body, and soul. Here are a few reasons why you should take a break from the norm:

- The planning process causes excitement and anticipation that can improve your mood and make you as happy as the vacation itself.
- Vacations often mean exposure to sunshine and vitamin D, which boost your mood.
- Experiencing new things is a great way to refresh your attitude and gain a new outlook on life.
- A getaway can help prevent burnout and get your mind off everyday stress. Of course, this requires separating yourself mentally as well as physically from your laptop, cell phone, or other work-related items.
- Vacations help revitalize relationships, which often become neglected in our work-obsessed culture.

• Vacations help you feel like a kid again. You're encouraged to have fun, can sleep when you're tired, and aren't responsible for much.

- Individuals who take time to do activities they enjoy experience greater life satisfaction, positive emotions, and less depression.
- Vacations are a great way to take a true mental break and separate yourself from your working environment. Many people who don't take vacations hit a wall and check out mentally, which doesn't benefit you or your company.

• As you approach your vacation, take things day by day. Don't plan out every moment of your time away.

Most Americans get only 12 days of vacation per year and 30 percent of Americans do not use all their vacation time. Be sure you use yours.

For creative ideas on planning a great trip, check out www.1000tips4trips.com.

CONGRATULATIONS

Goodcopy recognizes three of our clients on their 2012 Connecticut Green Business Awards:

Overall Corporate Achievement
Quinnipiac University

Community Outreach
CitySeed and CTGrown

Commercial Green Builder
FUSCO

We're proud to partner with these fine "Green Makers"!



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Edie & Lou Goldberg

Printing and Recycling

While there are many misconceptions about them, here are just a few reasons why we proudly stand behind the paper and printing industries:

- The majority of trees that are harvested come from managed timberlands similar to agricultural crops (not your neighborhood park or forest). Not using paper in order to save trees is comparable to not eating salad in order to “save” vegetables.
- Nearly 100 percent of harvested trees are used to make products.
- 53.7 percent of all paper in the U.S. is recycled.

Go Wild! Connecticut’s Beardsley Zoo

Where can you find a Yellow Anaconda, Poison Dart Frog, Brazilian Ocelot and a Zebra-knee Tarantula all in one place?

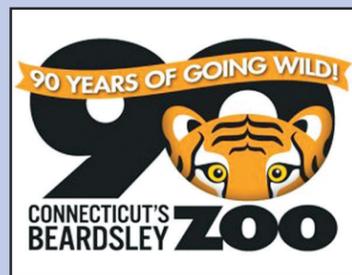
Luckily, you don’t have to go very far to get to Connecticut’s Beardsley Zoo, located in Bridgeport! You’ll find them all and much more. Whether you have a whole day or just an afternoon, you’ll be amazed at all the “wild things” in store at the Beardsley Zoo.

Countless species of birds, mammals, amphibians, reptile, insects and fish are on display to delight children of all ages. Visit the South American Rainforest Building, Alligator Alley, and the New England Farmyard. Enjoy the free-roaming peacocks, grab a bite at the Peacock Café, check out the Wolf Observation Learning Facility and Pop-up Prairie Dog Exhibit.

The Zoo is staffed by over 90 volunteers who donate 5,000 hrs each year. Among their duties: doling out almost 8,400 lbs of steak to the hungry tigers and over 390,000 insects to other species.

Check out May’s Dinosaur Day on the 12th and treat Mom to free admission on Mother’s Day. Summer fun includes “Free Shakespeare” in July and Rainforest Reptile shows in August. The Zoo is open 362 days a year. Kids under 3 are always free.

🔗 Peruse the possibilities and plan your day at: www.beardsleyzoo.org.



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 is the flattest U.S. state?

April 2012 Answer:

Q: What bird can run the fastest?

A: The Ostrich

top 10 list



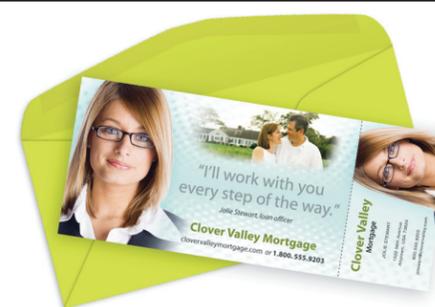
The World’s 10 Longest Bridges

1. Lake Pontchartrain Causeway, LA
2. Donghai Bridge, China
3. King Fahd Causeway, Saudi Arabia
4. Chesapeake Bay Bridge, MD
5. Vasco da Gama Bridge, Portugal
6. Penang Bridge, Malaysia
7. Rio-Niteroi Bridge, Brazil
8. Confederation Bridge, Canada
9. San Mateo-Hayward Bridge, CA
10. Seven Mile Bridge, FL

Ben’s friends



- A failure is only a failure when you fail to learn.
- Everyone is gifted, but some people never open their package.
- Keep your face toward the sunshine, and shadows will fall behind you.
- The best way to predict the future is to create it.



Do Your Print Materials Portray a Professional Image?

While the capabilities of financial institutions have developed greatly throughout the years with the advancement of the Internet and global banking, one thing remains the same: the need for professional print materials.

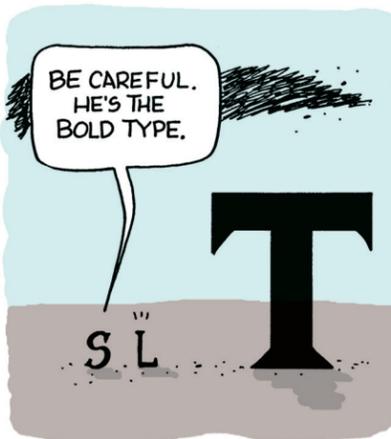
Just as customers have higher expectations of bankers’ professional appearance and business etiquette, they also expect the best when it comes to marketing and print materials for financial services. Here are five products to help you portray a professional image:

- Pocket folders with customized sales literature help to build awareness and increase sales based on the customer’s interests and needs.
- Business cards are a standard in the business world. Increase memorability by including your professional photo, offering a folded or tear-away card, or even using a die-cut shape.
- Banking envelopes are a popular way to remit cash and coin. Consequently, they’re also a great way to reinforce your logo and marketing message.
- Statement stuffers are printed promotions that can be easily slipped into monthly statements without adding additional postage fees or the hassle of a separate mailing.
- Thank-you cards are a classy touch for any industry and are one of the easiest yet most overlooked ways to show sincerity and appreciation.

Our team is here to help with all of your professional printing needs. Be sure to ask!

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

Gutenberg’s Army®



sneak peek



Promotional Products — Put the Word Out

Market research shows time and again that promotional products work. Why? Because they offer advantages to your business that are not available through other media!

Use promotional products and you can expect:

- **High recall** – customers remember your company long after they receive your promotional item
- **Repeat exposure** – lasting impressions are made while the item is in your customer’s hands
- **Favorable impact** – customers who receive promotional items come away with a more positive feeling about your products or services

We offer a wide selection of items available to help you put the word out.

Give promotional products a try and call Goodcopy at 203-624-0194 or visit our website at www.goodcopy.com.

wellness

What Your Nails Say about Your Health

Fingernails offer a lot of information about your body. Here are a few changes to previously healthy nails that can provide early clues to medical problems:

- Yellowing nails can be a sign of respiratory disease such as chronic bronchitis.
- White nails can be a sign of liver diseases such as hepatitis.
- Very soft nails can be a sign of malnutrition (such as deficiency of calcium or protein).
- Pale, whitish nail beds may indicate a low red-blood-cell count consistent with anemia.
- Pitted nails (with depressions) are connected to eczema or psoriasis.
- A dark streak from the base to tip could be a sign of potentially dangerous melanoma.
- Spoon-shaped nails are often a sign of iron deficiency or thyroid disease.
- White spots are often caused by a vitamin or mineral deficiency.
- Horizontal ridges are often a sign of infection or poor nutrition.

While symptoms indicate change in your body, they don’t always mean the worst. It is important to maintain healthy nails so that you’ll be alert to any potential problems.

🔗 For more information, visit www.naildoctors.com.