

TIDBITS ■ FACTS ■ INFO

Volume 1

Issue 2

March/April 2016

President's Message

Welcome to our second issue of Tidbits, Facts, and Info. Thank you to everyone who sent us positive feedback on the January/February issue. The launch of Roberts Signs & Graphics has been off to a great start. We are in the process of a few big projects and are looking forward to many more.

This month we are featuring one of our customers who we do a variety of projects for as part of an alternating Customer Spotlight feature in the newsletter. As the weather gets warmer, take time to enjoy the outside and get away from your desk! As always if you have any printing, marketing or sign project we can help with feel free to contact us.

Jeff

Customer Spotlight



Steaming Tender Restaurant is owned and operated by Robin and Blake Lamothe. The restaurant opened in 2004 inside a former railroad station in downtown Palmer. The restaurant features a railroad themed experience of the open-air train station, regular passing trains and a large assortment of railroad memorabilia. They pride themselves on inventive weekly specials, fresh seafood and generous portions of New England comfort food. They also feature a fully stocked bar with a variety of wines, local craft beers and specialty drinks.

We have worked with **Steaming Tender** on a variety of projects including menus, business cards and stationery, posters and banners, window graphics and even designing and hosting their website. Visit their website at steamingtender.com or stop in for a great meal.

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www.steamingtender.com

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Riddle of the Month

What is in the words seasons, seconds, centuries, and minutes... but not in decades, years, or days?

(Answer on Back)

Famous Quote

If you're trying to achieve, there will be roadblocks. I've had them, everybody has had them. But don't let obstacles stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.

- Michael Jordan

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Social Media Tips

Using social media sites to connect to customers is great, but there are a few things to avoid in the process.

1. Don't have too many social media sites. Posting content on all of them can get confusing for you and customers.
2. Don't leave customers hanging. Always answer their posts or messages. Think of it as customer service.
3. Don't get discouraged. Building a strong social media personality takes time.
4. Don't always talk about your business. Mention other companies, customers, and current events.

Health Facts



- We are about 1 cm taller in the morning than in the evening.
- The strongest muscle in the human body is the tongue.
- You use 200 muscles to take one step.

Source: <http://www.unbelievable-facts.com/2012/07/10-interesting-facts-about-human.html>

Riddle of the Month Answer: **The Letter "N"**

Basic Healthy Muffins

A combination of wheat bran and whole-wheat flour makes these muffins hearty and filling as well as healthy. Applesauce keeps them moist without adding a lot of fat.

TOTAL TIME: 0:35 PREP: 0:10 LEVEL: Easy YIELD: 10 muffins

Ingredients

- 1 c. wheat bran
- 1 c. whole-wheat flour
- ½ c. granulated sugar
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. ground cinnamon
- 1 pinch kosher salt
- ½ c. unsweetened applesauce
- ½ c. lowfat buttermilk
- ¼ c. olive oil
- 1 large egg



Directions

Heat oven to 350 degrees F and line a 12-hole muffin pan with 10 paper liners (leave 2 holes empty).

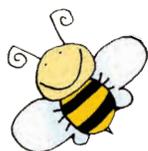
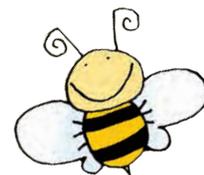
In a medium bowl, combine the dry ingredients: wheat bran, flour, sugar, baking powder, soda, cinnamon, and salt.

In a large bowl, combine the wet ingredients: applesauce, buttermilk, oil, and egg.

Add the dry ingredients to the wet ingredients and mix just until combined.

Divide the batter among the lined muffin cups and bake until a wooden pick inserted in the center comes out clean, 20 to 22 minutes. Let cool in the pan for 5 minutes, then transfer to a wire rack to cool completely.

Source: www.goodhousekeeping.com/food-recipes/healthy/a15685/basic-healthy-muffins-recipe-wdy0214/



N A E A S T E R L S R E W
 B I M R R L G A S A U S Y
 L L A B E S A B P I I N D
 O B R R W U H M R A W E N
 O B C O O A P R I L I E A
 M R H S L I B U N N Y R C
 R U G A F A S G G E A G E

Spring
 Sun
 Rain
 Warm
 Easter
 Flowers
 Eggs
 Bunny
 March
 April
 Bloom
 Animals
 Baseball
 Candy
 Green

