

## President's Message

Welcome to our third issue of Tidbits, Facts and Info. This month we are highlighting one of the services within our sign division, indoor and outdoor signs. Today more than ever, advertising dollars must be able to show a return on investment. One of the best ways to do that is with a well designed sign. It can be an outdoor sign constructed out of various materials either free standing or mounted to a building. It can also be indoors-on the wall of your business/organization, at the counter, hanging from the ceiling or any other place you can think of. Signs focus your customer's eyes on the product you are trying to sell by being easy to read and getting noticed. We can design, print and install. Talk to us today about your signage needs to see how we can help!

*Jeff*

## INDOOR & OUTDOOR SIGNS

- Signs are any kind of visual graphics created to display and convey messages of information to a particular audience.
- Different Types of Sign: Light Box, Metal, Wood, Plastic, A-Frame, Lawn Sign, LED, Banner and more...
- Can be used for many different purposes; business and sale promotions, elections, in classrooms, specials, directions, on buildings, and much more!
- Call us for More Information!!



## Riddle of the Month

Q. What's bigger than you, but doesn't weigh anything?

A. Your shadow.

## Customer Spotlight



**VANTAGE**  
Sports & Rehab LLC

This month we are Spotlighting Vantage Sports & Rehab. They are a Physical Therapy practice with offices located in Ludlow, Palmer and Westfield. Vantage provide skilled Physical Therapy and Sports medicine services with a concentration in holistic body assessment and treatment. They get to know you as a person and work with you to have a successful outcome.

We have worked with Dmitry and his staff on a wide variety of projects. Some of these projects include a complete redesign of their website: [vantagesportsrehab.com](http://vantagesportsrehab.com), business cards, rack cards and brochures, mailers in addition to all the signage-both inside and out in their Westfield and Ludlow offices. The signage included light box street signs, window graphics, way finding signs, office name plates and even an indoor LED sign in their Ludlow office to welcome their patients.

For more information about Vantage Sports & Rehab, visit their website at [vantagesportsrehab.com](http://vantagesportsrehab.com).



## Quote To Get You Through Your Work Day

*"Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do."*

-- Steve Jobs

**ROBERTS & SONS** Printing, Inc.  
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## Health Facts



- Eat three meals a day (breakfast, lunch, and dinner); it is important to remember that dinner does not have to be the largest meal.
- Avoid sodas and sugar-enhanced drinks because of the excessive calories in the sodas and sugar drinks; diet drinks may not be a good choice as they make some people hungrier and increase food consumption.
- Snacks are OK in moderation and should consist of items like fruit, whole grains, or nuts to satisfy hunger and not cause excessive weight gain.
- Control portion sizes; eat the smallest portion that can satisfy hunger and then stop eating.

Source: [http://www.medicinenet.com/healthy\\_living/article.htm](http://www.medicinenet.com/healthy_living/article.htm)

## Stay Connected With Us



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[www.facebook.com/robertsignsandgraphics](http://www.facebook.com/robertsignsandgraphics)



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## Doritos Taco Salad

Prep Time: 20 min  
 Serves 5

### INGREDIENTS

- 1 pound lean ground beef
- 1 packet (1.25 oz) taco seasoning
- 2 Romaine lettuce hearts, rinsed then chopped
- 1 cup black beans, rinsed
- 1 large tomato, seeded then chopped
- 1/2 cup shredded cheddar cheese
- 1 cup nacho cheese Doritos, broke into bite size pieces
- 1 cup Catalina dressing

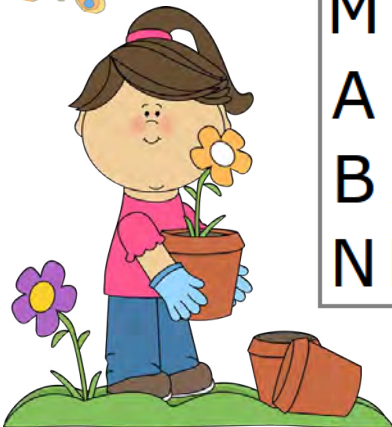


### INSTRUCTIONS

1. Brown and crumble ground beef in a large skillet over medium-high heat. Drain grease. Add taco seasoning and water called for on packet. Stir until mixture comes to a boil. Reduce heat to low and simmer 10 minutes. Remove from heat and let meat cool slightly.
2. In a large salad bowl add chopped lettuce, black beans, tomato and cheese. Add slightly cooled ground beef and gently toss to combine everything. Serve now, or chill in refrigerator until ready to eat.
3. When ready to serve, add Doritos chips and dressing to salad. Toss to coat. Serve.

Source: <http://life-in-the-loftthouse.com/>

# Word Search



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



Spring	Roses
Showers	June
May	Mothers Day
Ladybug	Summer
Sun	Sandals
Ocean	Shorts
Beach	Ice Cream
Butterfly	Baseball
Tulips	Sand

