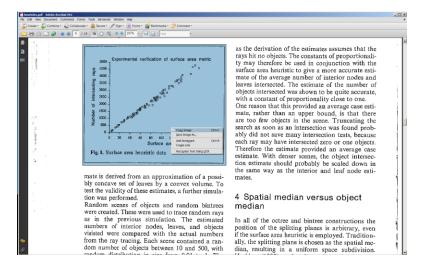
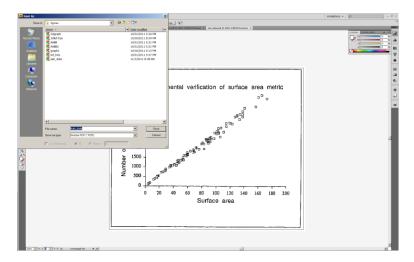
When pulling images from a pdf source you can open it up in Adobe and copy the section of the pdf you want to paste it in your favorite image maining software:



From there the best results are found when exporting your newly mangled picture to a pdf and \includegraphics'ed into latex:



This seems to provide better results than a print screen and does not seem to damage the quality of the original image too bad.

Note if you magnify this page you can see what print screen does to images.