

## recipe

### Elegant Berry Trifle

3 (3.4 oz.) packages instant vanilla pudding mix, prepared according to package directions

1 1/2 teaspoons almond extract, divided

1/2 cup white grape juice

1 (12 ounce) loaf pound cake, cut into 1/2-inch slices

1/2 cup SMUCKER'S® Red Raspberry Preserves

1/2 cup SMUCKER'S® Blackberry Preserves

1 cup whipping cream

1 tablespoon powdered sugar

1 teaspoon vanilla

8 crisp almond macaroon cookies, crushed

Prepare pudding mixes according to package directions; cool. Blend in 1 teaspoon of the almond extract. Set aside. Combine remaining 1/2 teaspoon extract with grape juice. Set aside. Spread 1/4 of pound cake slices with raspberry preserves and 1/4 with blackberry preserves; top each spread slice with unspread slice to form "sandwiches." Cut sandwiches into 3/4-inch wide pieces. Reserve a few to garnish top of trifle; sprinkle remaining pieces with grape juice mixture.

To assemble trifle, spoon 1/3 of pudding into 6-cup dessert dish or trifle bowl. Alternate raspberry and blackberry cake pieces in pattern on pudding, using half of pieces. Repeat procedure. Top with remaining pudding. Chill several hours.

Shortly before serving, whip cream with powdered sugar and vanilla until soft peaks form. Sprinkle crushed macaroons around edge of dish. Spoon dollops of whipped cream on top of trifle; garnish with reserved cake pieces.

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Actress, singer, and fashion designer **Selena Gomez** was born July 22, 1992 in Grand Prairie, Texas. Her acting career began in 2001 on the children's show *Barney & Friends*. She is better known for her later roles as Alex Russo on *Wizards of Waverly Place* and Mary in *Another Cinderella Story*. She received a high-school diploma through homeschooling in May 2010. In addition to acting, Gomez has a growing music career and her own fashion line at Kmart called "Dream Out Loud."

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## Too Much to Do, Too Little Time

Burnout is an exhausting condition caused by an unbalanced life or environment with high demands and little control. While burnout is most common at work, it can affect anyone in a demanding environment, including stay-at-home parents, students, and caregivers. Regardless of where you experience burnout, its negative effects can spill across all areas of your life. Here are a few tips to help prevent or relieve burnout:

- Take a break. Whether a 20-minute break, a long weekend, or a two-week vacation, try to get away and concentrate on something else.
- Take a proactive approach in addressing problems. You'll feel more in control, rather than passively dealing with issues as they arise.
- Take a walk to help clear your head and burn off some negative energy.
- Drink water as an instant pick-me-up to avoid headaches or cranky feelings.
- Consider changing jobs, careers, or job duties. If you've been doing the same thing for a long time, ask to work with a different team, sales

territory, or machine.

- Ask for help, partner with others, or delegate some work.
- Counterbalance your common daily activities during downtime. If you have an office job that uses technology every day, disconnect in the evenings by turning off your computer and cell phone.
- Set boundaries. Learn to say "no" and let people know you're too busy.
- Distance yourself from people who are emotionally draining.
- Focus on getting adequate sleep. Give yourself a regular, daily bedtime, and stick to it.
- Seek support from others. While it's often easier to retreat and isolate yourself when you're feeling burned out, this is a good time to turn to others for support. Sometimes simply talking to a friend can relieve some of the burden.
- Take time to think about your hopes, goals, and dreams. Rediscover what really makes you happy, and think about ways to regain your missing happiness.

## wise words

"Much of the stress that people feel doesn't come from having too much to do. It comes from not finishing what they started."

— David Allen



## Toot Your Own Horn!

Corporate anniversary seals and stickers add some extra credibility to printed documents. They also provide a simple yet elegant way to promote a company's success in reaching an important milestone.



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Edie & Lou Goldberg

## Celebrate Your Milestones

When it comes to significant company milestones such as a corporate anniversary, there is nothing wrong with spreading the word about your celebration. Not every business is able to survive and thrive through the tests of time. If you are one of the few who reach a significant milestone, take time to reflect on the years gone by and how your business has changed or grown throughout the years. And most importantly, don't forget to thank your customers for helping your business get where you are today.

## Sheffield Island Lighthouse

Sheffield Island Light is an historic Connecticut lighthouse located at the southern end of the Norwalk Islands on the west entrance of the Norwalk River on northern Long Island Sound.

The island, was purchased by Captain Robert Sheffield in 1804 for \$6000. In 1826 Gershom Smith, Sheffield's son in law, sold 4 of the island's 53 acres at the southwest point to the United States government for the purpose of building a lighthouse. Smith would serve as the first keeper for the light which was completed in 1828. At the time the island was known as Smith Island.

The Norwalk Seaport Association has owned, restored and maintained Sheffield Island Lighthouse since 1986 and is the official U.S. Fish & Wildlife

Service Friends group for the Norwalk Islands. Sheffield Island with its historic 145-year-old lighthouse, beaches and wildlife refuge offers abundant summer fun for visitors. From May through

September, visitors can board the Seaport Association's 45-foot C.J. Toth catamaran for a cruise to the island then tour the lighthouse, observe wildlife in their natural habitat in the Stewart B. McKinney National Wildlife Refuge, hunt for shells along the beach, dine on a picnic lunch, play on the lawns around the lighthouse and just have a good time. The lighthouse tower provides magnificent views of Long Island Sound and, on a clear

day, of the New York City skyline. Join us for one of the most exciting tours that the Norwalk Harbor Islands area has to offer!

Go to <http://www.seaport.org/> for more information.



## 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: In what sport do rikishi compete?

July 2013 Answer:

Q: What was the world's first entirely computer-generated full-length feature film?

A. Toy Story



## Something to Celebrate!

A corporate anniversary celebration can boost employee morale by emphasizing past accomplishments and looking toward a bright future. It's also a great opportunity to promote your company image and strengthen customer relationships. Here are a few creative ways to commemorate a milestone:

- Apply anniversary seals or anniversary labels to all marketing materials, direct mail, packaging, proposals, letterhead, and even electronically on your website and email signature.
- Take time to send thank-you cards to show customers your appreciation for helping you get where you are today.
- Create statement stuffers as a celebratory savings promo, such as "Save 25% on our 25th anniversary."
- If you're having an anniversary open-house event, send out invitations or postcards to promote your event. Also consider distributing brochures or anniversary programs that provide unique background history on your business. These might include a "Did you know?" fact sheet or time line that highlights significant milestones your company has experienced throughout the years.
- Gather long-standing customer success stories or customer testimonials and include them in a promotional piece. Word of mouth can be a strong influence for new and old customers alike.

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## top 10 list



### Top 10 Countries with the Lowest Elevations

- |                     |                 |
|---------------------|-----------------|
| 1. Maldives         | 6. Bahamas      |
| 2. Tuvalu           | 7. Vatican City |
| 3. Marshall Islands | 8. Kiribati     |
| 4. Gambia           | 9. Qatar        |
| 5. Nauru            | 10. Singapore   |

## Ben's friends



- Always forgive your enemies, but never forget their names.
- Time is the coin of life. Only you can determine how it will be spent.
- Stay committed to your decisions, but stay flexible in your approach.
- You can disagree without being disagreeable.

## Gutenberg's Army ©



## easy being green.



## Green Your Garage

- Dispose of hazardous materials at proper waste facilities.
- Create a recycling center with stackable bins.
- Ditch the old garage fridge, or at least opt for a smaller, energy efficient version.
- Insulate your garage door to prevent leaks, and seal the house door that leads into your garage.
- Use concrete sealant to repair floor cracks.
- Use compact fluorescent or LED bulbs to save electricity.
- Replace the bottom seal on your garage door if it's worn out.
- Consider installing a solar screen on windows with lots of sunlight.
- Promote recycling by posting unused items on websites such as Craigslist or Freecycle.

## wellness

### How Loud Is Too Loud?

While hearing loss is typical with aging, it can occur at any stage in life and is commonly caused by frequent exposure to loud noises. Noise-induced hearing loss is usually painless, progressive, and permanent. But it can also be completely preventable.

Nearly 30% of all hearing loss is caused by noise exposure. As a rule of thumb, if you have to yell to be heard, the noise around you is loud enough to damage your hearing.

If you can't avoid a loud environment, wear hearing protection such as earplugs, earmuffs, or both. Custom-made hearing protection is available for musicians, hunters, motorcyclists, and others. Here are a few additional tips to protect your hearing:

- Always wear a helmet while bicycling and playing contact sports. Head injuries can cause hearing damage by dislocating bones in the inner ear, rupturing the eardrum, or damaging delicate nerves.
- Don't descend or ascend through water too quickly when swimming or diving.
- Don't attempt to clean your ears by poking cotton swabs into your ear canals.
- Never swim in dirty water, which can sometimes cause a painful infection known as swimmer's ear.

