

Dominican-born professional baseball player **Albert Pujols** was born January 16, 1980. His family immigrated to the U.S. when he was 16, and it didn't take long before big-league scouts noticed his talent. He was selected by ESPN.com as the greatest player of the decade from 2000-2009. In addition to his passion for baseball, Pujols is a family man who's married with three children. In 2005, he formed the Pujols Family Foundation which helps those affected by Down syndrome, a condition that also affects his daughter.

recipe

Coconut Lime Fillets

- 4 fish fillets (your choice)
- 1 egg, beaten
- 1/3 cup coconut milk
- 3/4 cup fine bread crumbs
- 1/2 cup unsweetened coconut, flaked
- 1 tsp lime zest
- Key Lime Mustard Sauce:**
- 1 cup mayonnaise
- 5 Tbsp Dijon mustard
- 1/3 cup key lime juice
- Salt and pepper to taste

Combine coconut milk and egg in a dish. Stir bread crumbs, flaked coconut, and lime zest together in another dish. Dip fillets in egg mix and coat in bread-crumbs mixture. Bake on a greased baking sheet at 450°F for 15 minutes or until fish flakes easily. Serve with mustard sauce.

www.goodcopy.com

Published by
Goodcopy Printing & Digital Graphics
110 Hamilton Street
New Haven, CT 06511

How to reach us:

Phone

Local: 203.624.0194
Toll Free: 1.888.GOODCOPY

Fax

203.624.3609

Email

Letters to the editor:
edie@goodcopy.com

Customer Service:
arleen@goodcopy.com

Trivia question answers:
edie@goodcopy.com
or call 203.624.0194

Web

Visit our web site:
www.goodcopy.com

Follow us on:



Free to Our Customers • Timely Information and a Good Mix of Fun • July 2012



Get What You Want by Asking For It

Sometimes in order to get what you want or need in life (both personally and professionally), you have to be willing to ask for it.

It sounds like a simple concept, but few people ask for what they really want. Instead, they hope or expect others (spouse, friends, boss, colleagues, etc.) to already know what's on their mind. Not only can these unrealistic expectations lead to disappointment and frustration, but they can also result in anger and unsatisfying relationships.

Here are a few tips to help you get what you want by learning how to ask:

- Create a clear-cut goal of what you want. Avoid vague concepts. For example, perhaps you want more help from your spouse—ask them to be in charge of cooking meals two nights a week. After all, if you aren't sure of exactly what will make you happy, how will anyone else know?

- Don't be afraid of how others will react when you ask. Many people hold back from asking because they anticipate a negative response. If

something's important to you and the request is reasonable, just ask. It's unfair to assume you'll receive a negative response.

- Get an outside perspective by asking someone you trust who's unaffected by the issue for advice on how to approach your request. An outside view can help you articulate why the request is important to you.
- Think through your approach and ensure it's portrayed in an inoffensive manner that explains the feelings behind your request. Use "I" statements instead of "you."
- Avoid indirect comments and the belief that you shouldn't have to ask. Passive tactics will actually decrease your chances of getting what you really want. Instead, you could wind up feeling upset and bitter, wondering why the other person can't read your mind.

While it can be difficult to ask for certain things, life becomes a lot easier once you accept that the people in your life are often willing to help but aren't mind readers.

wise words

"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude."

— Thomas Jefferson



Forget Me Not!

Printed promotional materials such as postcards, brochures, and flyers are a great way to announce upcoming sales, inform and educate your audience about products and services, and increase sales by ensuring your business is thought of first when your audience is ready to buy.



GOODCOPY
Printing & Digital Graphics

110 Hamilton Street
New Haven CT 06511

203.624.0194

203.624.3609

goodcopy@goodcopy.com

www.goodcopy.com



ADDRESS SERVICE REQUESTED

06530-0088

New Haven, CT

P.O. Box 8088

110 Hamilton Street

GOODCOPY
Printing & Digital Graphics



Presorted
First Class Mail
U.S. Postage
PAID
Permit #447
New Haven, CT



Edie & Lou Goldberg

Printed Products

Everyone's asking how we're handling the shift from paper to electronic media. My answer is, "Just fine." Do you want to know why? Because many people think about paper as the printed product, but it's not.

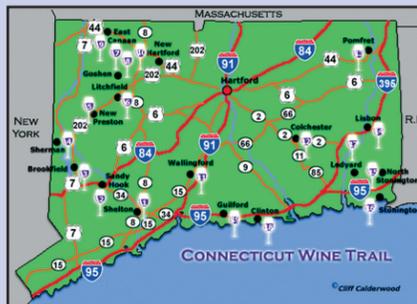
While paper is obviously an important commodity for our industry, printed products encompass ideas, personalities, planning, and passion. Businesses do not invest dollars in a box of paper. They invest in printed materials that increase awareness, sales, and revenue. We're here to help if your business could use help reaching any of those goals!

Connecticut Wine Festival

Taste the best of Connecticut's wineries. Sample locally produced specialty foods. Enjoy live music. Browse for handicrafts. And more. It's all happening at the Connecticut Wine Festival on the last weekend of July at the Goshen Fairgrounds, Goshen, CT. Sample locally produced specialty foods. Enjoy live music. Browse for handicrafts. Purchase bottles/cases of wines directly from the CT wineries at the festival. And much more. Presented by the Connecticut Wine Trail.

While wine making has become serious business in Connecticut, nonetheless a number of these wineries are on agricultural farms that have been in families for generations and offer seasonal vegetables and fruits for picking and selecting as well.

Follow the trail of the vine as it winds through some of the most picturesque towns in Connecticut. The Connecticut Wine Trail is a unique collection of Twenty Four Vineyards, each ready to welcome you with hospitality and exceptional award winning wines. The trail is divided into two sections, East and West. To fully enjoy the Wine Trail, plan a few weekends to experience all that each winery has to offer. We invite you to explore this site and see where the trail



leads you. You'll find more than just great wine! <http://www.ctwine.com/>

The Goshen Fairgrounds are located approximately 1/2 mile south of Goshen center on Route 63. For directions visit: <http://www.goshenfair.org/directions.htm> Parking is free.

wellness

Move It or Lose It: Increase Your Balance

Many people think lack of balance affects only the elderly. However, you may be surprised to know your balance begins to decline after the age of 25. Balance issues are often caused by sedentary behavior, which can occur at any age.

One of the easiest ways to increase your balance is to stay active, strengthen your core, and stretch your muscles. Try classes such as tai chi, yoga, and pilates, which require slow movements and one-legged stances. Also have your vision and hearing checked regularly. Even slight untreated vision or hearing changes can affect your balance.

Is your balancing ability up to par? Test yourself by standing barefoot on a hard surface next to a chair (in case you need support). Close your eyes and lift one foot six inches off the ground, balancing on the other foot. Hold this position as long as you can, counting out loud how many seconds you're able to balance. Try this test three times and compare your average time to these balance-based ages: 4 seconds/70 yrs, 5 seconds/65 yrs, 7 seconds/60 yrs, 8 seconds/55 yrs, 9 seconds/50 yrs, 12 seconds/45 yrs, 16 seconds/40 yrs, 22 seconds/30-35 yrs, 28 seconds/25-20 yrs.

More real age health tests at www.realage.com.



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: How many pairs of eyelids does an owl have?

June 2012 Answer:

Q: How many times does each newly produced U.S. dollar bill have to go through the printing press?

A: Three times



top 10 list



Top 10 Fourth of July Fireworks Shows

1. Macy's Firework Spectacular, New York, NY
2. Atlantic City Firework Spectacular, Atlantic City, NJ
3. Kaboom Town, Addison, TX
4. Boston Pops Firework Spectacular, Boston, MA
5. A Capitol Fourth, Washington, DC
6. Lights on the Lake, Lake Tahoe, CA
7. Sunoco Welcome America Celebration, Philadelphia, PA
8. Fisherman's Wharf Fireworks Extravaganza, San Francisco, CA
9. Seattle's Family 4th Celebration, Seattle, WA
10. Fair St. Louis, St. Louis, MO

Source: AOL Travel

Ben's friends



— A smile's an inexpensive way to change your looks.

— Those who say it can't be done are usually interrupted by others doing it.

— One thing you can't recycle is wasted time.

— It's better to be optimistic and a fool than pessimistic and right.



The Power of Print

While many people spend a vast majority of their time staring at a computer screen, the printing world still plays a major part in the media mix we encounter in our daily lives. This is especially true when it comes to advertising and promoting your products.

Here are a few ways that promotional materials such as brochures, flyers, and catalogs are standing the test of time:

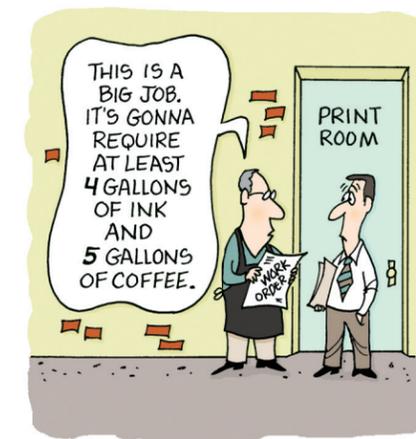
- **Convenience.** Many people prefer print materials they can read at their leisure.
- **Credibility.** Printed promotional materials are perceived as being more credible than electronic marketing.
- **Targeted.** Separate print promotions can be easily targeted to a specific demographic group, market segment, or geographic region.
- **Customized information.** Printed materials can be easily customized to offer the perfect amount of product information or different messaging across various audiences.

- **Quality control.** Print media allows you to control the color, quality, and crispness of product photos and other design elements in your promotional materials.
- **Staying power.** Print marketing offers an enduring message that can be seen again and again.

There's something special about holding a printed document in your hands that no amount of electronic wizardry can ever replace. Our team's here to help you out when you're ready to unleash your printing magic!

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

Gutenberg's Army ©



Jason McElwain, an autistic teenager, became a hometown hero in 2006 when he scored 20 points during a high-school basketball game.

Having spent a year keeping stats, running the clock, and handing out bottles of water and encouragement to his teammates, Jason McElwain entered his first varsity game as a player with only four minutes remaining on the clock during the team's last home game of the season.

He missed his first two shots but then made six three-point shots and one two-pointer.

After the final buzzer rang, fans stormed the court cheering, and his teammates carried him away on their shoulders.