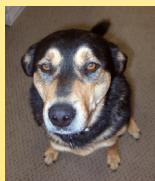


Tom's Message Board

Pet Therapy

It's Saturday afternoon March 6th and I'm sitting on the back deck in 50 degree sunshine writing this month's message. I can see Eli, our 15 year "young" cat, slithering her way through the woods along the backyard on the prowl for some unsuspecting critter to pounce on. One look at her bulbous belly and it's pretty clear she's not hunting for survival but rather for the sport of it. Eli "fatbelly" we call her. In cat years she's about 76 years old and I can only hope that I'm able to move as well as she does when I'm that age!

Then there's Lucy, our 8 year "young" German Shepherd/Husky/Rottweiler mix rescue dog, featured on our website as the receptionist at Paw Print & Mail, and also made famous in the June 2009 issue of *Business People* magazine. As I sit composing this message, she's laying across my feet as we both soak in the welcoming warm rays of this late winter afternoon. Ahhhhh we collectively sigh. Lucy is 10 days into her recovery from ACL surgery which Dr. Kurt Kenney and his wonderful staff at Brown Animal Hospital performed with apparent ease and success. Lucy is supposed to "do as little as possible" for the first 2 weeks following surgery, but within 2 days she was pretty much back to her normal self... i.e. ready to rock-n-roll! This has been a long 10 days for her as I can fully appreciate her desire to resume our usual runs together, but the doctor says rest. In 4 days her prescribed therapy is to begin short walks, which she'll be very happy about.



Lucy, forever in the moment.

You gotta admire and appreciate the life of a pet, or any animal for that matter. Every minute of their being exists in the moment and as such they're not subject to the drama and stresses we humans put ourselves through. I'm sure Lucy has heard Sue and me discussing her impending surgery, but not once did she express worry about it. In fact, on the morning of her surgery, she couldn't wait to enter Brown, check out the smells, and meet the other patients in the waiting room. When I picked her up the next day she was pretty sore, but she didn't complain and couldn't wait to get into my car for the ride home. She didn't feel like eating much for the next day and a half but when she started feeling better, she picked up right where she left off before the operation. And even though she has been restricted to rest for two weeks, she always cracks a big smile when Sue and I return home from work.

So what have I learned from my pets? Enjoy where you are, who you're with, what you're doing at the time, and don't take life too seriously. This is often easier said than done, but whenever I've been able to accomplish these things, I like the results! During these challenging times in business, as my Production Manager Rusty reminds all of us from time to time – slow and steady wins the race. The best service I can provide my clients is to be in the moment for them and perform our best work with a smile. My team accomplishes this by being a dependable source for printing and mailing services, and more and more – an informed and creative source for Marketing Production Services. We're here for you.

Woof!

Tom Brassard
President

