



2689 Monument Bl. #F
Concord, CA 94520
925-356-0683



Dave, Mary and Jack

GET READY FOR WINTER —
BRING YOUR VEHICLE IN FOR A COURTESY 52 POINT INSPECTION

These Awards are for the Dogs Page 7

How to Find Your Perfect Day Page 3

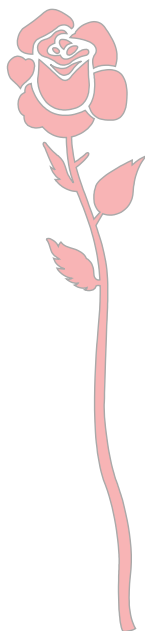
Purple, Green & Gold Celebrate Which Holiday? Page 6

February 2010 Holidays and Events

American Heart Month
Library Lovers' Month
National Boost Self-Esteem Month
National Cherry Pie Month
National Time Management Month
Plant the Seeds of Greatness Month

2 Goundhog Day
7 Super Bowl XLIV
8 Boy Scouts 100th Anniversary
8 Laugh and Get Rich Day
9 Beatles Appear on Ed Sullivan (1964)
13 Get a Different Name Day
14 Chinese New Year
14 Daytona 500 Sprint Cup Race
14 NBA All-Star Day
14 Saint Valentine's Day
15 Presidents' Day
16 International Pancake Day
17 Ash Wednesday
22 US Hockey Team Defeats USSR: 30th Anniversary 1980
25 National Chili Day
26 National Personal Chef Day
26-28 Texas Cowboy Poetry Gathering
28 "M*A*S*H" Final Episode 1983
28 National Tooth Fairy Day

"Never go to bed mad -- stay up and fight."
—Phyllis Diller



All You Need Is Love...

It's a mystery, this thing called love. Unpredictable. Confusing. Fickle. It has the power to make us happy, stupid, and often, miserable. Love is the great equalizer. It doesn't matter if we are rich or poor, how high or low our IQ. When it strikes, we are all vulnerable, and in the early stages, downright dim-witted. Jules Renard said, "Love is like an hour-glass, with the heart filling up as the brain empties."

Enter Valentine's Day--the official day to express our love. A single red rose or a dozen. Heart-shaped boxes of chocolates (read more about this delectable treat on page 2.) Cards with sentimental declarations. A candlelit dinner for two. With a little imagination, the possibilities are endless. But don't think you have to spend a lot of money--or any for that matter. Maybe it's enough to just remember the little things: "your song," the first time you met, your first date, a special day, a silly day, a fun day. Remember those feelings? Talk about them, or if verbalizing your feelings isn't "you", then consider writing them down in a card or a note: Three Things I Love About You. Or five, or ten. All that matters is that it comes from the heart.

But Valentine's Day is not just about romantic love. It's about love. Your children, grandchildren, parents or special friends (a woman thing.) Let them know how much you care. Also, consider a Valentine's donation to a local shelter, children's hospital or senior center. A stuffed animal, box of candy, balloon, toy, etc. Everyone appreciates recognition that they matter, even if it's from the kindness of a stranger.

"Where there is love, there is life."

Mahatma Ghandi.

Who can argue with that?

*Here's a Sweetheart of
a deal for February*



Simply Easy Stroganoff

This recipe is even easier if you measure out ingredients before you start.

1 lb. chicken breast cut into ¼ strips. (or 1 lb. beef sirloin)
1 Tbsp. flour (to coat meat) plus 3 Tbsp flour for sauce (set aside)
½ tsp. salt
4 Tbsp. butter (or margarine) divide in half
1 can, 3 oz, sliced mushrooms (drained) or 6 oz fresh-sliced mushrooms
½ chopped onion
1 clove garlic, minced
1 Tbsp tomato paste (or ketchup)
One 10 ½ can chicken stock (or beef if you use sirloin)
One cup sour cream
Wide egg noodles, 1 package, 16 oz

Combine 1 Tsp flour with salt in pie pan or bowl, then coat meat with flour mixture. Heat skillet, add 2 Tbsp. butter and melt, then add chicken or beef strips and brown quickly. Add mushrooms, onions and garlic; cook 3 or 4 minutes (onions should be crisp-tender) Remove meat and mushrooms from pan (have bowl or pan ready), add reserved 2 Tsp. butter to drippings, then blend in the additional 3 Tsp. flour (work quickly, you'll have a thick paste). Add tomato paste (or ketchup), stir in chicken or beef broth, then cook and stir over medium high heat until sauce is thick and bubbly.

Return mushrooms and meat to skillet, stir in sour cream and cook slowly until heated, but not boiling. Serve sauce over hot noodles. Serves 6-8

"To laugh often and love much... to appreciate beauty, to find the best in others, to give one's self... this is to have succeeded."

—Ralph Waldo Emerson

"I love being married. It's so great to find one special person you want to annoy for the rest of your life."

—Rita Rudner

The Dark Facts of Chocolate

Chocolate lovers everywhere indulge, guilt-free! Studies suggest a small amount of dark chocolate is good for your brain and your heart—not to mention it tastes great.

But what you might not know about chocolate is:

- When eating chocolate, pain-reducing endorphins are released by the brain.
- Alfred Hitchcock used chocolate syrup as blood in the shower scene in 'Psycho'
- Chocolate can be lethal to dogs.
- Real vanilla is only used in fine chocolate—most common brands use artificial vanilla.
- Stains caused by chocolate are the hardest to remove. The best solution is detergent and water.

"Nine out of ten people like chocolate.
The tenth person lies."

Devil-May-Care Chocolate Cake

The ingredients may seem odd, but this cake is extra moist and really good!

1 box devil's food cake mix
1 pkg. instant chocolate pudding (4 serving size)
1 cup plain fat-free yogurt
1 2 ½ oz. jar baby food prunes
½ cup water
2 eggs
2 egg whites
¼ cup mayonnaise (light)
1 tsp. vanilla
powdered sugar to sift on top of cake
non-stick cooking spray

Spray Bundt pan with cooking spray, coat lightly with flour

Combine cake mix, pudding mix, yogurt, prunes, water, eggs and egg whites, mayonnaise and vanilla. Beat on low speed with electric mixer until combined, then beat on medium speed until smooth. Spoon batter evenly into pan, bake in 350 degree oven for 45 minutes or until toothpick comes out clean. Cool in pan on wire rack for 10 minutes, remove from pan and cool completely on rack. Sprinkle with powdered sugar and serve. (16 servings)

If you like, you can also serve with a dollop of whipped cream on the side.

The Perfect Day: What's Your Vision?

When was the last time you had a “you” day? One entire day. Guilt free. No work, no errands to run or house to clean; no paperwork; no house repairs. A one day vacation--doing what you enjoy and nothing else.

Can you remember?

There's no question life moves at warp. Cell phones, e-mail, fax machines, the Internet--every day we face a tidal wave of new information and we're swimming as fast as we can. And then, of course, we have jobs, family, friends and a long list of other commitments. Taking even one day off, just for you, is a luxury you simply haven't time for.



“In order to achieve success, two things are needed; a plan, and not quite enough time.” —Leonard Bernstein

You've already mastered one of those two things: not quite enough time. So why not take the next step—just for fun—and at least make a plan? Allow yourself a mere five minutes to imagine your perfect day. What would you do? Spend it alone? With loved ones or a friend? Hunker down with a book, go to the beach, a spa, play in your garden, take a long drive? More than likely you have several scenarios. For now, just choose the one that would bring you the most pleasure. Leave the rest for another day.

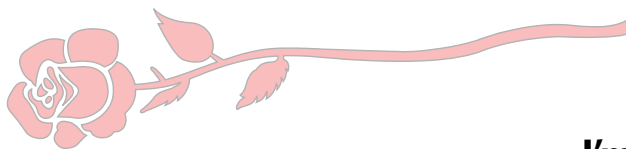
“Sounds great,” you say. “As much as I would enjoy it, I have to be realistic. I have too much to do, and everyone is counting on me. A whole day off, to do what I want, would be selfish.”

My answer to that--pay close attention—It is **not** selfish.

If you want to take care of those you love, you must first take care of yourself.

A few weeks ago, I was taking a flight to visit my brother in Dallas. I settled into my seat and just before departure, the airline attendant began her safety instructions. I admit, I wasn't really listening, I was busy watching all the activity outside the plane. Still, somehow, the words, “Put your mask on first, then your child's,” penetrated my brain. I'd heard this same exact speech dozens of times before, but this day, for whatever reason, these words took on a

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I just had a dream about it

A young woman was taking an afternoon nap. After she woke up, she told her husband, “I just dreamed that you gave me a pearl necklace for Valentine's day. What do you think it means?”

“You'll know tonight.” he said.

That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it--only to find a book entitled “The meaning of dreams”.

I'm sending out some cards

A guy walks into a post office one day to see a middle-aged, balding man standing at the counter methodically placing “Love” stamps on bright pink envelopes with hearts all over them. He then takes out a perfume bottle and starts spraying scent all over them.

His curiosity getting the better of him, he goes up to the balding man and asks him what he is doing. The man says, “I'm sending out one thousand Valentine cards signed, ‘Guess who?’”

“But why?” asks the man.

“I'm a divorce lawyer,” the man replies.



You can make your appointment online at www.DandHautorepair.com

just a quick side note...

We're very proud of the work Sara from Skyhigh Software has done with our website. We were just voted one of the top ten websites by our national trade association, ASA.

Thanks Stephanie for the Kind Words

Dear Dave, Brian, Mario, Matt and the rest of the team;

Yipee! Made it 3338 miles in six days - Needles, CA, Albuquerque, NM, Oklahoma City, OK, Effingham, IL, to Bedford, PA to Brewster, MA.

A day ahead of the "big snow"
Thank You!

Stephanie Helm

Got Chips, or Spiders?

You just knew following that truck on the freeway wasn't a good idea, because you now see a small crack in the windshield. You're probably thinking it will cost hundreds of dollars to replace the windshield. However, most chips and small cracks are repairable. A specially-designed resin is injected into the damaged area, and in many cases the repair is almost invisible.

Don't wait to repair windshield damage. A small crack will "spider" and grow beyond a repairable size, and then the windshield will have to be replaced. Give us a call before an annoyance becomes a major expense.

Used Cars

If you're thinking about buying or selling a used car, call us first.

For all practical purposes, the best used cars are the ones we service and occasionally one of our clients is selling their car. However, if you locate something on your own, call us to do a pre-purchase inspection before you buy it.

If you decide to sell your car, call us. We can put you in touch with a prospective buyer, or place a notice for your car here in the newsletter. In that way you won't have strangers coming to your house.

Either way, we can help.

The Client Spotlight:



The ladies of Trio Skin Care. L - R: Rise, Chris and Victoria

Rise owns my favorite place to spend time and money; Trio Skin Care in Concord. Dave and I have been loyal Trio clients since they opened their doors many years ago. Trio's offers some of the most advanced services and technologies available in the Bay Area, in addition they use only paraben free products. For those of you who are unaware, parabens, a chemical used in cosmetics have been raising red flags with many health researchers! Thank you Rise for being our customer and for giving us an amazing place to relax and rejuvenate.

*I'd like to thank **Judy Mclendon** for referring **Heather Mclendon** to us, and to **Val Toland** for referring **Lee Toland**. A referral is the ultimate compliment and all of us really appreciate your vote of confidence.*

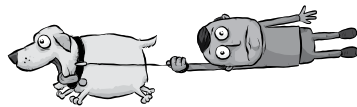
We are a drug-free workplace.

We think that's an important consideration when someone trusts us with their family's cars.





Here's Dave at Whole Foods in Petaluma last month confirming the answer to the Readers Quiz. that, in fact, fresh broccoli does not smell. There was heated debate as to whether or not fresh broccoli had an odor.



Lizzie, Dave and DJ



Win A \$20 Starbucks Gift Certificate

Be one of the first 20 callers with the correct answer to the Readers Quiz and you'll be entered into our monthly free prize drawing. Someone has to win. Why not you? Here's this month's question:

Who coined the term "Moon-Struck?"

- a) Neil Armstrong (1969) b) Cher or...
- c) The ancient Romans (before they knew they were ancient)

Call us at **925-356-0683** with your answer. You just might be our next lucky winner! **Bill Schaff** was last month's winner. He knew fresh broccoli doesn't smell.



This is the place we stayed at on Bodega Bay



The Beach at Salmon Creek, Bodega Bay

Dave and Mary's Corner...

Wow, back to reality. Dave and I just got home from a two night stay in Bodega Bay at Anchor and Stern, a small cottage on Salmon Creek . We love our getaways and our anticipation for this one made the past week fly by. We were able to enjoy this lovely cottage through a raffle prize we won at our favorite Spa, Trio Skin Care, check them out at "Client Spotlight". By the way, we did stop at Whole Food in Petaluma to "smell the broccoli" and NO it does not smell!

January is rushing by with the speed of light. My middle grandchild, Elijah or "Blue" as I have nicknamed him has wanted to spend a weekend with us since Christmas. I set a weekend and then realize that I have something scheduled. At this point I have set him up for the last weekend in January which should be very advantageous for him as his birthday is February 3rd and we can spoil him to pieces and have an excuse for doing it!



We managed to catch the last 6 minutes of the Minnesota Viking game on Sunday! Dave and I were born and raised in Minnesota and we have been "closet" Viking fans through the years.....looking at their history I am sure you can understand why! We are extremely excited that pending the outcome of their next game....waaah-hooooo.... they may be going to the Super Bowl. My brother-in-law in Minnesota sent us Brett Favre T-shirts for Christmas. I threw them in a drawer thinking that they would go out with the next closet cleaning.....needless to say, those shirts are now hanging in the closet for next week's game!

Have a great month!

Dave and Mary

Hey There— Can You Throw Me Some Beads?

Mardi Gras, from the French term that literally means Fat Tuesday, is held on the day before Ash Wednesday, though elaborate celebrations and parades precede this day of revelry. The colors of Mardi Gras are purple (for justice,) green (for faith) and gold (for power.) In the United States, New Orleans is the most well-known city that attracts thousands of “wild and crazy” crowds from all over the country.

Google Me This

In 1998, two graduate students, Sergey Brin and Larry Page, developed an Internet search engine and named it Google. A google is the name for the number one followed by 100 zeros! This company is now one of—if not *the*—most powerful technological companies in the world, with its founders worth an estimated 15 billion dollars each (that’s 15 followed by 9 zeros.)

Google:

- Handles more than two billion searches a day.
- Retains information of every search you’ve ever taken. Think about it—they have knowledge stored of everything you’ve ever searched for. Does that send a chill up your spine?
- Owns YouTube.
- In their Mountain View Headquarters, provides its employees with: a sports gym; games; laundry facilities; transportation; massages; food prepared by seven top chefs.

Anything else you’d like to know about this mind-boggling company?

Just Google Google.

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meaning that resonated in me as they never had before. So I will repeat myself....

If you want to take care of those you love, you must first take care of yourself.

Are you taking care of yourself? Are you feeling stress, and if so, how do you deal with it? Do you ignore it? Deny it? Maybe you just “suck it up.” You’re no sissy. You are too tough, too strong to let a little thing like stress bother you. That nagging headache or knot in your stomach is no big deal. You have a right to be short-tempered sometimes, and just because you forgot that actor’s name, or where you put your car keys, or your dentist appointment, that doesn’t mean anything. Those things happen. How can taking one day off make any difference?

If you let it, it can.

Losing yourself in something you enjoy lightens your spirit. It renews the essence of who you are and who you want to be. It “fills the well.”

I have a friend who “fills her well,” with a trip to the library. Surrounded by ten foot book shelves, no ringing phones, no one asking for “just a minute” of her time. For one day, her time is her own. Her Perfect Day.

“They say that time changes things, but you actually have to change them yourself.”

—Andy Warhol

Are you up for the challenge to make this one small change, or are you still going to wait for “later?” When the kids finish school or move out? When the bills are all paid? When life isn’t so busy?

Consider this: If you never *take* time, how can you *have* time?

Make a “date” with yourself. Pick a day and mark it on your calendar. Your perfect day.

You alone hold the power to make it happen.

Oh, what’s my perfect day? Laughing with friends is one. There isn’t enough room—or time-- to list them all.

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This article was submitted by Barbara McCauley, an award-winning author whose novels have appeared on USA Today and Borders Best Seller Lists.

Is a Kiss Just a Kiss?

It's been well-documented that babies who receive close contact with their mother have better physical development than babies who don't, and studies also show that human touch is healthy at any age.

Touch, whether a kiss, a hug or holding hands, releases two feel-good brain chemicals, serotonin and dopamine and increases the "bonding" hormone, oxytocin. Touch boosts the immune system, increases antibodies, slows aging, lowers blood pressure and decreases stress, all of which lower the risk of heart disease. (And what mother hasn't kissed away the pain of a boo-boo?)

If you don't already, make it a habit to jump start your morning and give someone you love a kiss and hug. The benefits can carry over and protect both of you throughout the day.

And besides all that, it just plain feels good.



Patience (pa*shens) **n.** The most important ingredient for dating, marriage and children. See also "tranquilizers"

Park (park) **v./n.** Before children, a verb meaning, "to go somewhere and neck." After children, a noun meaning a place with a swing set and slide

Eternity (e*ter*ni*tee) **n.** The last two minutes of a football game

Diet Soda (dy*it so*da) **n.** A drink you buy at a convenience store to go with a half pound bag of peanut M&Ms.

Why Do We Say It?

Moon-Struck: Ancient Romans believed that the "moon" made men act crazy (some people still believe that) and a person in love is likely to act just as crazy.

Apple of My Eye: The pupil of the eye was once looked upon as a round ball like an apple, and the image of the adored person filled the pupil, and they could see nothing else.

Ga-Ga: When a person is struck by love their mouth drops open and the only sounds that come out are "ga-ga."

The Canine Academy of Awards

In 1877, before the invention of the light bulb, the automobile, basketball or the first World Series, a group of hunting men who met regularly at the Westminster Hotel in



Manhattan created The Westminster Kennel Club. Though the show was originally intended for gun dogs, primarily setters and pointers, over time, the shows began to focus on the appearance of the dog alone. The breeds now fall into seven groups: Hound, Toy, Non-Sporting, Herding, Sporting, Working and Terrier. The winners from each group are then featured in the final event, where one "lucky" dog claims the highest honor of "Best in Show."

This year, on February 15-16, a total entry of 2,500 dogs and 120 Junior Showmanship entries will be at Madison Square Garden as Westminster continues its reign as America's second longest and continuously held sporting event, only behind the Kentucky Derby.

Westminster, televised since 1948, is, and always has been, America's most widely-watched live telecast of a dog show.

Note: If you haven't seen the movie "Best in Show" go rent it. This hilarious satire puts a completely different light on competitive dog shows.