

# Under the Hood

August 2015

Compliments of your friends at

**DAN'S**  
Auto Service

## Wanna Live a Longer, Healthier Life, «FNAME»?

### Then You Gotta Have Friends!

...at least according to one Australian study. Conducted by the Centre for Ageing Studies at Flinders University, the study followed nearly 1,500 older people for 10 years. It found that those who had a large network of friends outlived those with fewest friends by 22%.

In honor of Friendship Day on August 2 (and because we *really* like you and want you to live it up for a long, long time!), here are a few suggestions to help 'lengthen your life' by connecting with friends.

#### 1. FACE. TO. FACE!

In the world of email, texting, Facebook & Snapchat, who *couldn't* use a little real live face time? Pick up the phone and make that date - play a round of golf, swap stories, share a cup of coffee, a hug, or a handshake.

#### 2. DROP A NOTE.

And before you click the 'Compose' button in your Gmail, dig through your desk for an actual note card (heck, even a sheet of your kid's looseleaf will work!). Make a friend's day with a handwritten note to let them know that you're thinking about them.

#### 3. RECONNECT.

Just admit it: you've been stalking your old pal from high school for a year on Facebook. Take the plunge and reconnect with them! Reminiscing about the 'good old days' and rekindling an old friendship can just plain give us the warm fuzzies.

#### 4. TAKE A RISK.

Making new friends can be scary, even for 'grown ups.' Celebrate 'Friendship Day' by stepping out of your comfort zone... maybe starting up a conversation in the coffee line instead of your smartphone. It'll do your heart (and life!) good!



## Chicken Cutlets with Strawberry Avocado Salad

- 1 1/2 c. chopped strawberries
- 1/2 c. diced peeled ripe avocado
- 2 tsp minced seeded jalapeno pepper
- 2 tsp chopped fresh cilantro
- 2 tsp fresh lime juice
- 3/4 tsp kosher salt, divided
- 1 tbsp olive oil
- 4 (4-oz) chicken breast cutlets
- 1/4 tsp freshly ground black pepper
- 4 lime wedges

1. Combine strawberries, avocado, jalapeno, cilantro, lime juice, and 1/4 tsp salt in a small bowl; toss to combine.
2. Heat a large skillet over medium heat. Add oil to pan; swirl to coat. Sprinkle chicken with remaining 1/2 tsp salt & pepper. Add chicken to pan; cook 3 minutes on each side or until done.
3. Divide chicken among 4 serving plates, & spoon salsa evenly over each serving. Garnish each serving with a lime wedge.



## TRIVIA TIME!

According to a Flinders University study, older adults with a large group of friends outlive their counterparts with fewer friends by what percentage?

- A. 12%
- B. 46%
- C. 2%
- D. 22%

CALL US NOW at 337-7090 with your answer... the first 15 people to call with the correct answer will be entered into our monthly GRAND PRIZE DRAWING for a **FREE \$25.00 GAS CARD!!**  
Congrats to last month's winner, Barry Cummings!



CONGRATULATIONS...

...to Blanch Sweatman, our Mom's Day Spa winner!

...to Larry Kranbuhl who won our Dad's Day grill giveaway!

Compliments of [www.myrecipes.com](http://www.myrecipes.com)!



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MANAGER'S MESSAGE

This month will be a very special month for me. I've mentioned in previous newsletters the not-so-uplifting cancer issue I am dealing with... but life for me has take a 180 degree turn and I am doing absolutely wonderful!!

Some of you may know this already... I met Michelle - an awesome person! - a while ago, and we are getting married on August 29th. We are both ecstatic and can't wait!!!

Having a vehicle is also like a 'marriage' in many respects: we really need to pay attention to its needs and not ignore them, and we always have to keep the lines of communication open. Don't think cars can 'talk'? They most certainly can - with newer vehicles it is both figuratively and literally. In this respect Dan's Auto Service can be considered your 'marriage counselor'. We can keep your relationship with your vehicle a happy one and keep you from having to go through 'divorcing' your car. Hey, statistically car 'marriages' are lasting longer and the 'divorce' rate is declining!

So before you decide it is 'Splitsville' for you and your vehicle, let us at Dan's give your vehicle a little 'car counseling' and maybe, just maybe you can keep the relationship going for many more anniversaries to come.

THANK YOU! -FRED



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