

The GoodLife Newsletter

Helpful Advice and Fun Tips For CarBuyers & CarOwners

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This Month In History

7 - 1964 - The Beatles came to the U.S. for the first time.

10 - 1763 - France ceded Canada to England, ending the French and Indian War.

16 - 1937 - Nylon was patented. But wouldn't become popular for a few more decades.

18 - 1885 - Mark Twain's *The Adventures of Huckleberry Finn* was published.

19 - 1913 - A prize was inserted into a Crackerjacks box for the first time.



Romantic and Cute Date Ideas for Valentine's Day

Author Unknown

Make this Valentine's Day Amazing!

Here are some cute and romantic Valentine's Day date ideas that you and your date can share on this special day. The ideas are diverse so you'll be sure to find a cute and romantic Valentine's Day date idea that you and your date can enjoy! Happy Valentine's Day.

Valentine's Day Date Ideas

- 1) The classic picnic in a park
- 2) Movies (always a cute thing)
- 3) Her favorite Italian restaurant
- 4) Or French restaurant
- 5) Serenade your Valentine (if you like to sing)
- 6) Cook a romantic meal
- 7) Arcade day
- 8) Can't go wrong with flowers and chocolate, this might just be the most classic romantic idea.
- 9) Horseback riding
- 10) Treat your sweetheart to a spa day, where either A. You do the work. or B. Get them a gift card to a spa.
- 11) Hiking (bring a camera!)
- 12) If you live near the shore and it's warm, go for a walk. If it's not warm?

BONUS! Give her your jacket to wear for the date.

13) If you live in the city, go to the local park and find a water fountain.

Take a bunch of pennies and make wishes one at a time out loud while throwing them in.

14) Get up and watch the sunrise. Stay for the sunset too. It'll feel closely intimate when you realize you spent

the whole day with each other.

15) Find a good dessert recipe online. Go shopping for ingredients together or have them ready if you want it to be a planned date. Bake together!

16) Buy a few roses. Place them in places you know your Valentine visits throughout the day.

17) Try homemade ice cream! Come up with your own fun toppings, you'll learn a lot from this about each other.

18) If it's too cold, make a picnic inside with hot chocolate.

19) Buy them a huge teddy bear. This might not be a very practical gift, but it sure is cute and very sweet! Spray it with your cologne and write a cute "I Love You" card, that the bear can hold for you!



"I Specialize In Helping Individuals & Families Find, Qualify For And Own The Vehicle Of Their Dreams With Little Or No Money Down Even With Less Than Perfect Credit."

Three Things That Determine the Healthiness of a Recipe

by Stephen G. John

The trend towards healthy eating is constantly on the rise, and what more and more health-conscious individuals are prioritizing these days are a diet that's both nutritious and satisfying. The question, however, is "What makes a meal healthy?" There are basically three important factors that determine whether a meal or recipe is healthy or not. Here they are:

The Ingredients

The ingredients a meal is made up of is obviously the most important factor that will determine whether it's nutritious or not. Fresh fruits, vegetables, whole grains, lean meats, healthy fats - these are what you will usually find in a healthy recipe. On the other hand, you should avoid recipes or meals whose main ingredients are trans-fats, sodium, white flour, processed food, and sugar. Always read the label to avoid unwanted ingredients and take advantage of healthy ones. If you're eyeing a particular recipe and it contains ingredients that can be considered unhealthy, you can still use that recipe, but see to it that you find alternatives to replace unhealthy ingredients.

The Calorie Count

Next to ingredients, the calorie count in the recipe is another factor that can indicate whether it's healthy or not. Understanding the amount of calories your body needs is crucial, especially when you are trying to lose weight. Determining the calorie count of a recipe is easy since there are now websites that provide recipe

analyzers or recipe nutrition calculator. If you want to make sure you're not going to exceed with the amount of calories for a particular recipe, take advantage of these features.

The Cooking Method

Finally, you have the method used for preparing the meal. You probably realize that how you cook your meal will determine whether it's going to be healthy for your body or not. Generally speaking, the simpler the cooking method, the healthier it is. This is the reason that steaming is the healthiest method for cooking. Baking and roasting are excellent ways to cook food as well as they don't cause the addition of fat to the dish you are preparing. The same is true with sautéing, stir-frying, grilling, and broiling. On the other hand, you would want to stay away from cooking methods that add extra fat to your dish such as deep frying or regular frying.

Aside from keeping these three things in mind, it's also important to be careful when looking for recipes online. Not all recipes that claim to be healthy and nutritious actually are. For this reason, only look for recipes in websites you know you can trust, and as much as possible, do your best to learn more about healthy eating and healthy cooking. This way, you can be a hundred percent sure that what you are serving yourself and your loved ones are only what are best for their health.

Interesting Facts You Never Knew



Did you know . . . Mars appears red because it's covered in rust.

Did you know . . . Niagara Falls could fill 4,000 bathtubs every second.

Did you know . . . Tennis was originally played with bare hands.

Did you know . . . Tug-of-war was an Olympic sport from 1900-1920.

FAMOUS WORDS

“The best listeners listen between the lines.”

Nina Malkin

IF YOU READ NOTHING ELSE . . . READ THIS!

Do you know of someone who is looking for a quality pre-owned vehicle or wants to upgrade their current vehicle?

Even if they have little money to put down or they've had trouble qualifying in the past... I can help them! Send them my way. They'll be glad you did and so will you! Here's why...

If you refer someone to me this month, when we finish the paperwork for their nicer, newer car - I will give them a \$50 gift certificate for dinner at Filippi's Pizza Grotto and give you one too!



PATRICK SMORRA: Is an author and consumer advocate. He has spent his life fighting the negative stigma that plagues car dealers around the

world. He does this by fighting for the consumer as a car dealer that advises people and helps them get the quality vehicle they want and deserve in an positive and safe environment.

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THANK YOU!

Michael Jordan Napa CA

I was uncertain before visiting Napa Chrysler Jeep Dodge Ram but was thoroughly satisfied and felt well advised after I found my truck. I was worried over financing but the excellent service, advice and overall professionalism overcame my worry.

Prize Winner

Search This Newsletter For The Answer To The *Fitbit* Question and Submit Your Answer Online.

SUDOKU Puzzle

Quick SUDOKU rules . . .

To solve a SUDOKU puzzle, every number from 1 to 9 must appear in:

- Each of the nine vertical columns
- Each of the nine horizontal rows
- Each of the nine 3 x 3 boxes

Remember no number can occur more than once in any row, column or box.

7						9		3
	3	1	7		8		5	
		2		3	6	7		
	1		3		2			6
			6	5	1			
4			9		7		3	
		7	2	6		1		
	5		8		3	6	4	
2		4						7

"You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you."

Walt Disney

The GoodLife

NEWSLETTER

Helpful Advice and Fun Tips For CarBuyers & CarOwners



Because I'm an automotive transportation and financing expert I can do things that most other car dealers can't. I've been helping individuals like you and families like yours for years and you know I'll do it for you.

So here's my promise... If I can't help you get the car of your dreams, I will buy you a big pizza dinner from Filippi's Pizza Grotto!

**Get Expert Automotive Financing Answers & Solutions For Free.
Call Me Now At 707-224-3166**

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WIN A FREE Fitbit

Why am I giving away a *Fitbit*? Because everyone likes to win stuff. It's fun. And I want this newsletter to be fun for you. I also want you to read it. Ahhh... now you'll see my selfish motivation.

In order to win the *Fitbit* you have to answer the question below. In order to answer the question, you have to read this newsletter. I've hidden the answer somewhere in the contents of these four pages.

If you read the whole newsletter, I think you'll like it and you'll look forward to getting it every month.

Then when you are looking to buy a vehicle or know someone who is, you'll remember this newsletter and hopefully you'll give me the chance to earn their business. That's my master plan. So answer the question and you could be the winner. There's a new winner every month.

Here's The Question:

What was once an Olympic sport from 1900 to 1920?

Submit Your Answer And Win

Go to www.FreePrizeQuestion.com/

CONTEST CODE (DEALERSHIP NAME)

Submit Your Answer By: February 28, 2014

CONSUMER ALERT!

Don't Get Ripped Off The Next Time You Buy A Car.
FREE REPORT Reveals The 10 Most Notorious and Common Car Scams Dealers Use To Rob You Of Your Cash & Sanity and How You Can Avoid Being A Victim!

There are dastardly scams being pulled on innocent car buyers every day. It's really tough to tell where these shyster lots are and whether or not you're on one. Remember these people are very well trained and **may be taking advantage of you without you ever knowing it.**

You know this to be true because of the stereotypes we all hear about how shady and unscrupulous car dealers and used car salesman are. It's true. There are some bad apples out there that spoil it for the bunch.

So what can you do about it? **Arm yourself with the insider information you need to recognize a common car scam when you see it.** This information can save you big money, lots of time and an enormous amount of pain, heartache and frustration.

I've prepared a **FREE REPORT** especially for people who are thinking about making a vehicle purchase in the next few months. **This report explains the ten most notorious and common car scams** that go on at dealer-

ships all over the country. Some right here in our own town.

This report will show you how to spot these scams and how to avoid being a victim. **This is insider information** you won't get from any other car dealer. In fact, I'm sure I'll get some heat from the industry just for writing this. But I don't care. I'm here for you.

If you are in the market for a car you are entitled to this information. It is available to you absolutely **FREE** with no cost or obligation.

To **request your free copy** of this special industry expose' visit my report request web site at:

www.NapaAutoDealer.com