

April
2011

Tuned In



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www.SansonesService.com

702 456-5549

Hello Friends,
Hope this newsletter finds everyone doing great. Last month we had several phone calls regarding the March newsletter or lack thereof. The reason you didn't receive it is because we were fortunate enough that in March our parts vendor sent us on fantastic Carnival cruise for free! It was really appreciated to be able to take some time off from the everyday stuff and to recharge our batteries and to come back more relaxed and ready to tackle the world again. So with all the hurries and preparations of the trip, we simply ran out of time and never got our March Newsletter out so our apologies to everyone :(

UNLV Baseball has started! I have really been enjoying going to the UNLV Rebel baseball games. They have an amazing team this year and it's a great way to spend some quality time with your friends and family and also a great way to support our local college team.....GO REBELS!

Mike and Mac

Don't Walk

The first *Don't Walk* signs were installed in New York City on 5 February 1952. Red remained the preferred color for warning signs because red elevates the blood pressure, heightening nervous tension, therefore the most likely color to attract attention. Yellow is used in signs aimed at vehicle traffic because it is the most visible color in the spectrum and can be seen from the farthest distance.



Eat Down The Fridge

It's an expression borrowed from the Great Depression era that means eating foods you already have instead of buying more.

The idea is a healthy one, since the largest percentage of food thrown away is made up of vegetables and fruit. Kim O'Donnel, author of *The Meat lover's Meatless Cookbook*, challenges you to be resourceful for a week or longer in order to reduce food waste. According to Jonathan Bloom in his book, *American Wasteland*, Americans annually throw away about 197 pounds of food per person.



Exercise Strengthens Bones

Exercise strengthens bones, holds off osteoporosis.

Several studies show a strong association between exercise and improvements in bone mineral density. Because bone is living tissue, certain types of exercise can make it stronger.

The pull of muscle on bone stimulates the bone to grow, incorporate minerals and become stronger. Weight-bearing exercises, such as walking, jogging, racket sports and volleyball, make bone and muscle work together to build strength.

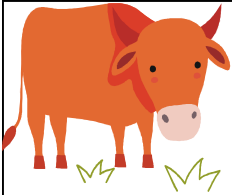
A combination of weight-bearing exercise and resistance-training exercise additionally builds up the muscles that support the skeleton, improving posture and improving balance to help avoid falls that lead to fractures.



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Grazing Cows

Although a cow has no front teeth, it grazes up to 8 hours a day, taking in about 45 kg (100 lb) of feed and the equivalent of a bath tub full of water. A healthy cow gives about 200,000 glasses of milk in her lifetime.

We often get asked who we use to repair and update our computers. Adam Dailey is our guy, he does such great work that we decide to give him a plug. Always prompt and reasonably priced. Make sure to tell him Sansone's sent you!

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CONGRATULATIONS TO OUR CLIENT OF THE MONTH

Alex Quintin

For your understanding and patience

Thank you for the Thank you!

“When they misquoted a price to me, they stood by the misquote. Very honorable!”

CAR CARE TIP OF THE MONTH...Price of Gas Keeps Creeping Up



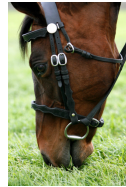
Have you noticed how it seems that the price of gas seems to be rising daily, with no relief in sight? Considering that most of us need vehicles in order to do such things like go to work, take the kids to school, or basically just live life, Well, here is one important thing that you can do to help keep your car running efficient and save on gas. **Maintain Your Vehicle.** Doing such things as changing the air filter, replacing spark plugs, properly inflating your tires, tuning your engine regularly and changing the oil in your car can all have a dramatic impact on the mileage that you get out of your car.

Thanks MERCI Gracias

The Greatest Compliment We Can Ever Receive Is A Referral From Our Clients To Their Family And Friends.

Fonda Fletcher, Barb Novter, John McBeath, Rick Maloney, Brett Allen, Mary Channakhone, Michael Parabuc, D. Moore, Alfredo, Guy Robb, Sharon Scholl, Chuck Collazzi, Joey Roy, Bob Raney, Jake Smith, Tim McBride, Any Barlow, Terri Owen

Thank you for your referrals! Our business is mainly based on referrals from people just like you!



Bruno's Corner



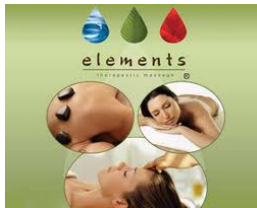
Basic Horse Facts

- A horse is considered adult at age four.
- A female horse over 4 years old is called a mare.
- A male horse over 4 years old is called a stallion.
- Horses are measured in hands.
- A hand is four inches.
- A horse is generally over 14.2 hh (hands high).
- Anything under 14.2 hh is a pony.
- There are over 200 breeds of horses in the world.
- A horse's gestation period (time between breeding and birth) is about 11 months, but can be anywhere from 10-12 months.
- Horses usually live to be 20-25 years old. The oldest horse lived to be 62.
- A father horse is called a sire.
- A mother horse is called a dam.

The scientific name for the horse is equus caballus.

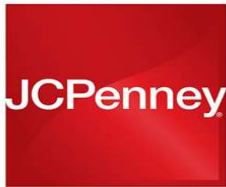
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Batman operates in this fictional
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Last Months Winner!

Rich Norris

Answer was: Larry

Just Cruisin'

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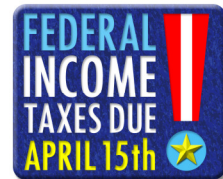
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IF YOU EVER HAVE A QUESTION
OR CONCERN
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WE ARE ALWAYS HERE FOR YOU!

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- AND MORE...



Passover in 2011 will start on Tuesday, the **19th of April** and will continue for 7 days until Monday, the **25th of April**.