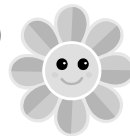


Your Monthly Newsletter from: **MAY 2010**



**FIRST CLASS**

**Select Towing, Auto and Truck Repair**

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## **Select Few News**

A Newsletter You Can Use • Come Along for a Ride



Come into our shop and Enter a Chance to Win a FREE day at Montclair's Bangz Salon and Wellness Spa ([www.bangz.net](http://www.bangz.net)) for you Mom while her car is going to get a FREE treatment on its' own.

(Entrance form on the back of this newsletter, no purchase necessary).

## ***Select***

Auto and Truck Repair

Select once, smart, and forever.

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# Happy Mother's Day!



## Healthy Living

Exercising as little as 15 minutes a day can tremendously benefit your overall health. It can lower blood pressure, help lose weigh, improve mood, and get rid of stress, among other things. One of the best ways to get going with daily physical activity is to follow Nike's trademarked motto, "Just Do It," NO EXCUSES.

## Trivia Contest

What Days are Official Holidays in Russia in May?

- A. May 5th and First Sunday
- B. May 1st and 9th
- C. May 8th and Last Sunday

Call our shop at (973) 325 1426 with the correct answer and we will put everyone that calls in a drawing for FREE Lunch at GAFFER'S RESTAURANT

Last Month's Answer — Flowers  
Last Month's Winner — Carmen Freda

# From Bobby's Rug

Hi, I am Bobby. You have probably seen me behind the counter, running around, making noises, begging for treats. This month, I get to have my own column in our newsletter, and that just makes my tail wag even more!



ME!

Although I live at Select more than I do at home, I am extremely terrified of big trucks. There have been several occasions when my owner, John, tried to get me into a truck to come a long for a ride to a tow dispatch, but I would always flake out.



I am chillin' on the back seat of the flat-bed

engine and all sorts of other noises tow trucks make when lifting and pulling heavy vehicles, but now I feel a tad more comfortable. I may just go on the next tow without any convincing.

I hope you enjoyed the recap of my tow truck adventure. Please come back for a visit soon, I will be so happy to see you in our shop again, I might just beg for some treats and petting from you.

Don't get me wrong, I LOVE coming along for rides, but I just don't like big trucks, they make too much noise. However, last week I got convinced by my buddy, Natasha, to get into our flat bed truck, and to my amazement I even got to settle down! Natasha snapped some pictures of me in the truck cabin, and I am sharing them with you.

Of course I was still terrified of the loud diesel



Waiting for my owner, John, to come back, so we can get moving.

PAWS out,

Bobby



**Select**

Auto and Truck Repair

Select once, smart, and forever.

# **SELECT FEW NEWS**

Arriving every month—because you are important to us!

## **Healthy Eating—Save Time and Calories**

### **Black Bean Burgers**

#### **Ingredients**

- 1 (15 ounce) can black beans, rinsed and drained
- 1 cup cooked brown rice
- 1 small onion, finely chopped
- 1 egg, lightly beaten
- 6 tablespoons salsa, divided
- 1/4 cup reduced-fat sour cream
- 4 lettuce leaves
- 4 slices reduced-fat Cheddar cheese
- 4 hamburger buns, split

#### **Directions**

1. In a large bowl, mash beans with a fork. Add the rice, onion, egg and 2 tablespoons salsa; mix well. Drop by 1/2 cupfuls into a large nonstick skillet coated with nonstick cooking spray. Flatten to 1/2-in. thickness. Cook over medium heat for 4-5 minutes on each side or until firm and browned.

In a small bowl, combine sour cream and remaining salsa. Place a lettuce leaf, burger, sour cream mixture and slice of cheese on bun.

## *A Day at the Spa Lottery Entrance Form*

**Name** \_\_\_\_\_

**E-mail** \_\_\_\_\_

**Date** \_\_\_\_\_

**Come and drop off this form to be eligible to win a FREE day at BANGZ spa in Montclair for your mom while we perform FREE maintenance on her car (no purchase necessary, \$325 value) Winner will be notified by email**