



TORPASTA TIMES

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May 2012

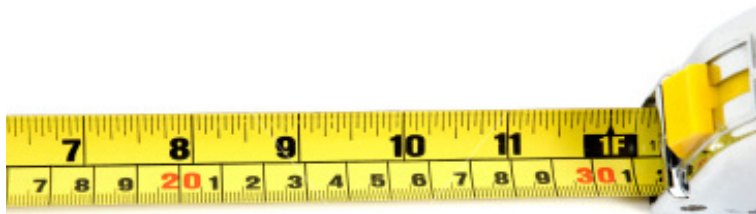
Graduation? First Communion?



Let us cater your next big event!

You've made it through all of the difficult parts of preparing your child for this big day - now it's time to sit back, relax and celebrate! Let us do all the work for you! We will prepare a delicious, hot meal for all of your guests *and* do all of the clean up...

All you have to do is pick up the phone! (619) 523-5441



It's Official... We're Expanding!

We are in the planning phase and construction will soon begin. The suite next door has become available and I plan to create dining for groups, add a walk-in cooler and dry storage space. I do not have a date of completion yet, but I will keep you posted. This would not be possible without all of your support. I thank you for continuing to dine at **Devine Pastabilities** and I hope to grow and improve your experience for years to come!



Do You Love Your Mom? Let Us Help You Show Her HOW MUCH!



Mother's Day is Sunday, May 13th and it's time to show your appreciation. So, for the entire month of May, when you bring your MOM in for lunch or dinner and purchase a full-priced Torpasta or entree for yourself, we'll treat her to a FREE Torpasta, on us!

So, come in to **Devine Pastabilities** and show your MOM just how much she means to you!

* May not be combined with any other offers. Must present certificate. One per table, per visit. Max value \$6.49.

Yes, it does have to be your mom! Expires 5/31/12

"You may think the grass is greener on the other side. But if you take the time to water your own grass, it would be just as green."





Interesting Facts About Dreams...

Dreaming is one of the most mysterious and interesting experiences in our lives. During the Roman Era some dreams were even submitted to the Roman Senate for analysis and dream interpretation. They were thought to be messages from the gods. Dream interpreters even accompanied military leaders into battles and campaigns!

In addition to this, it is also known that many artists have received their creative ideas from their dreams. But what do we actually know about dreams? Here are some interesting dream facts:

- **You forget 90% of your dreams.** • Blind people also dream. • **Everybody dreams.** • We only see faces that we already know. • **Not everybody dreams in color.**
- Dreams are symbolic. • **The most common emotion experienced in dreams is anxiety. Negative emotions are more common than positive ones.** • You can have four to seven dreams in one night. • **Animals dream, too.**
- Men and women dream differently: Men tend to dream more about other men. Around 70% of the characters in a man's dream are other men. On the other hand, a woman's dream contains almost an equal number of men and women. • **If you are snoring, then you cannot be dreaming.**

Did You Know? Funny, Strange & Just Plain Weird:

In Uganda half the population is under 15! It is impossible to lick your elbow. **Intelligent people have more zinc and copper in their hair.** Coca-Cola was originally green. **23% of all photocopier faults worldwide are caused by people sitting on them and photocopying their butts.** In every episode of *Seinfeld* there is a Superman somewhere. **If the government has no knowledge of aliens, then why does Title 14, Section 1211 of the Code of Federal Regulations, implemented on July 16, 1969, make it illegal for U.S. citizens to have any contact with extraterrestrials or their vehicles?** Wearing headphones for just an hour will increase the bacteria in your ear by 700%. **More than 50% of the people in the world have never made or received a telephone call.**

DAMIEN'S DISHINGS...

I just turned 38, and I'm starting to realize how important exercise is. Not only does it help keep us physically healthy, but the mental benefits of exercise are what most intrigues me. Somehow it washes away stress and negative feelings and thoughts. It's especially helpful when the workout is something I enjoy like skateboarding, tennis, swimming or surfing. I tend to get a sense of hope and an improved "can do" attitude after getting my blood flowing. I encourage you to choose a few activities and work them into your schedule at least once a week.

- Damien



Attention Beer Lovers:

One benefit to our expansion will be added beer choices. We are currently pouring some really good beers from a new brewery in town called **Rough Draft.** Their **Frontal Labottleme IPA** is awesome! I hope to get close to 16 taps going!

8 Ways To Stay Active All Day:

- * **Walk More:** When it comes to staying active without the gym, walking is one of the easiest, most convenient activities you can do. To burn calories, all you have to do is walk faster and devote more time to each walk. For the most benefit, use a pedometer to keep track of how much you're walking, and slowly work up to 10,000 steps a day.
- * **Stand Up at Work:** Work is a place where many of us are sedentary for hours, and the result is a lost opportunity to burn hundreds (if not thousands) of calories every day. A stand-up desk could help change that. If your workplace isn't a stand-up kind of environment, take a five-minute break at least once an hour to engage in some activity.
- * **Fidget While You Work:** These little changes add up. Even small amounts of movement such as drumming your legs increases your calorie burn above resting levels 20 to 40%.
- * **Get a Dog:** The arrival of a new pet, especially a dog, has been shown to increase the owner's activity levels. Getting a pet, like a dog, will give you another reason to get out and get active.
- * **Clean Your House:** Cleaning your home or apartment regularly is another way to ensure that you stay active during the week. A 150-pound person can burn 85 calories per half hour through light cleaning, while vigorous cleaning burns 102 calories in 30 minutes.
- * **Sneak in Exercise During TV Time:** Try some jumping jacks, pushups, or other fat-blasting moves during commercial breaks. If you want a bigger burn, keep up the light calisthenics for the whole 30-minute show, and blast 115 calories.

WHERE IN THE WORLD??

WIN \$3.00 OFF!

The first **THREE** people to **BRING IN THIS NEWSLETTER** and tell us the correct answer as to **WHAT** and **WHERE** this is will **WIN \$3.00 OFF THEIR NEXT MEAL PURCHASE!**

One entry per person. Must present this certificate. Expires 5/31/12.

Hue and Kai Update:



I was driving home the other day and I saw a red Mack truck parked on a side road, off the freeway. My son Hue loves Mack from the Disney movie "Cars". We are always looking out for Mack trucks, but they are rare in San Diego.

We always see Peterbuilt, KenWorth, Volvo, and International. I piled the whole family in the car and we drove to that side street and took some pictures with this beauty! One of these days we want to tour the inside of one of these trucks especially one with a big sleeper cab.



Kai likes trucks too, but he hasn't become as passionate as Hue is. Kai is more into throwing things. He has an amazing arm! If he keeps it up, he might become a great pitcher and we might have a few broken windows in the near future. Yikes!!!

Kai learned to say "Noooo". Even though that is a bad word to most parents, the way he says it sounds so cute. He has been saying a lot of words like apple, banana, hot and kitty cat.

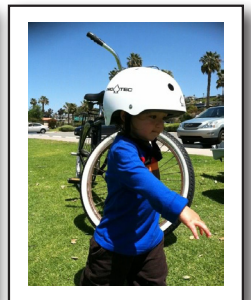
I recently bought helmets for Hue and Kai for our bike rides and whatever sports they might need a helmet for. I was so dissatisfied with typical kid helmets because they all slide around on their head, leaving half of their head vulnerable to injury. I got two Pro-Tec skateboard helmets for a more snug fit. Kai still has a bit of room to grow...



- Hue -



- Kai -



Room to grow!

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Royalty Rewards® App for Android Phones

"Life isn't about waiting for the storm to pass, it's about learning to dance in the rain."



Is your information updated?

Double check to make sure we have all your information updated.

You can do so by going to:
www.myownrewards.com



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(619) 523-5441
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Mon-Sat: 11am-9pm • Closed Sundays



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What's Inside...

Get Mom A FREE Torpasta For Mother's Day!

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It's Official! Devine Pastabilities Is Expanding...

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Get \$3 OFF Your Next Meal Purchase! Details Inside.

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Interesting Facts About Dreams...

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A Hue And Kai Update!

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