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# NEWS FROM US

## Love and Marriage Newsletter

A free service provided by Squawkbox Sound



### EASY NEWLYWED RECIPE:



#### Cheesy Chicken and Rice Casserole

- 1 can cream chicken soup
- 1 1/3 cups water
- 3/4 cup *uncooked* regular long-grain rice
- 1/2 tsp garlic powder
- 4 skinless, boneless chicken breast halves
- 1/2 cup shredded cheddar cheese

Stir the soup, water, rice, and garlic powder in a shallow baking dish. Top with chicken. Season chicken as desired. Cover. Bake at 375 degrees for 45 minutes or until done. Top with cheese. Enjoy!

Do you have an easy recipe with few ingredients? Send it to us at [newsletter@squawkboxsound.com](mailto:newsletter@squawkboxsound.com)



“Snowflakes are one of nature’s most fragile things, but just look at what they can do when they stick together.”

-Fay SeEVERS



With 2007 coming to an end, January starts our busy time of the year: getting ready for and booking summer weddings. If you know of somebody having a wedding this summer, have them call us as soon as possible! Our summer is filling up fast!

Did you notice a new feature in our newsletter? We are now going to be providing “Easy Newlywed Recipes.” The hardest part when we got married was “What are we going to eat?!” Please let us know if this new feature is helpful.

This fall we were a sponsor for the Hugs For Life Suicide Prevention Annual Car Show. It was really hard deciding on which car to give the “Squawkbox Sound Award” to...there were SO many fun cars! We finally chose a pink and white Corvette Stingray T-top, because our daughter said it looked like a Barbie car!

We would like to thank all of you who sent us referrals for holiday parties and upcoming weddings! Our business thrives with referrals from past clients!

Valentines’ Day will be here soon! Look inside this newsletter for a link to book a romantic dinner cruise!

We hope you all have a happy and safe holiday season, and also a fun and memorable Valentines’ Day!

Russ and Michelle Powell  
Co-Owners Squawkbox Sound



# IN EVERY ISSUE...



## WRITE TO US!

What are some of your fun  
Valentines' Day ideas?

Send us your ideas to:

[Newsletter@SquawkboxSound.com](mailto:Newsletter@SquawkboxSound.com)



## WEBSITE HIGHLIGHT:

Looking to create a memorable Valentines' Day? Take a romantic Great Salt Lake dinner cruise! For more info, visit:

<http://gslcruises.com/>



# Check These Out...

## BOOK HIGHLIGHT:

"The Twelve Gifts In Marriage"

by

Charlene Costanzo



This book opens up with a parable: an elderly couple cautions a young bride and groom that their life together won't always be blissful or easy, but that their love will grow deeper with time if they remember to practice twelve innate gifts – among them strength, faith, and compassion. For the couple just starting out in their life together, this fable will help them navigate the road ahead. For the couple in the midst of their travels, it encourages appreciation of destinations reached as well perspective on what is yet to come.

## TRIVIA QUESTION:

Speaking of Valentines' Day, how many gallons of blood does your heart pump each day?



(Email your answers to:  
[trivia@squawkboxsound.com](mailto:trivia@squawkboxsound.com))



## LAST ISSUE'S ANSWER:

Over 9,000 couples each year take out marriage licenses, and then fail to use them.

## Wedding Traditions and Their Origins:

And then there is the kiss at the end of the wedding ceremony. In ancient times, the kiss was legally binding and signified mutual acceptance of the contract of marriage. It is said that the bride and the groom "exchanged a bit of their souls" with the breath of a kiss!



## Check out these local businesses:

### SHERI'S HOME SALON

(801) 574-9432

- Flexible hours, specialist in naturally curly hair, Certified by Phillip Wilson, Global Hair Designer of the Year

Call and book your appointment today!

### SUCCESSFUL MOTHERING CONVENTION

Saturday March 1<sup>st</sup> 2008

South Town Expo Center

Classes and workshops on topics such as pregnancy, organization, marriage, discipline, and many more.

For more info, visit

[www.successfulmothering.org](http://www.successfulmothering.org)

TO SUBSCRIBE, UNSUBSCRIBE, GIVE IDEAS, OR ANYTHING ELSE RELATING TO THIS NEWSLETTER:

Send an email to [Newsletter@SquawkboxSound.com](mailto:Newsletter@SquawkboxSound.com)