

Online Appointments



Save time and make your appointments online for your car maintenance when YOU think of it 24/7.

www.autotronicsrepair.com

Coffee Can Improve Your Life?

Many people enjoy their daily cup (or more) of coffee. It can have benefits beyond helping people wake up in the morning, though. The Tech Times website lists these positive attributes of moderate caffeine consumption:

✓Exercise:

A study cited by the International Journal of Sport Nutrition and Exercise Metabolism found that people who drank a caffeinated beverage before exercise burned 15 percent more calories during their workout than those who took a placebo.

✓Eyesight: The chlorogenic acid in coffee contains a strong antioxidant that’s been shown to prevent retinal degeneration in mice. Research suggests it might play a role in helping humans prevent deteriorating vision and blindness.

✓Diabetes: A Harvard School of Public Health study found that people who drank an extra cup of coffee a day over four years decreased their risk of a Type 2 diabetes diagnosis by 11 percent.

“A bad attitude is like a flat tire, you can’t go anywhere without changing it. –anonymous

Do You Have A Question About Car Maintenance That You Want Answered?

We love to hear from all of our good friends and clients who enjoy reading our monthly newsletter. If you have a question about anything related to your vehicle, feel free to give us a call at 530-676-2200/info@autotronicsrepair.com

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Fact Behind St. Patricks Day

For many people, St. Patrick represents an excuse to wear green on March 17, maybe go to a parade, and drink some Irish whiskey. But who was St. Patrick??

The most common belief is that he drove the snakes out of Ireland. Ireland probably never had snakes, though, and the myth may refer to Patrick’s efforts to stamp out the serpent imagery used by the Druids. He also may have used the three-leafed shamrock to illustrate the concept of the Holy Trinity to the people he was trying to convert to Christianity as a missionary in Ireland during the fifth century.

Historians agree that Patrick was born in Roman occupied Britain, the son of a Christian deacon. At age 16 he was captured and taken to Ireland, where he was a slave for six years.



During this time, his Christian faith strengthened. One day, according to a letter he wrote about his early life, he heard a voice promising he would soon return home. Shortly afterward he escaped his captors and went back to his family.

He later wrote that an angel appeared to him in a dream, telling him to return to Ireland as a missionary. Patrick went back to the land where he had been a slave to convert the Irish and to minister to those Christians living there.

Why do we celebrate him on March 17th? That’s believed to be the date of his death. Although never formally canonized, Patrick came to be considered a saint. March 17 was celebrated as a religious holiday until 1903, when it became a public holiday in Ireland by an act of the British Parliament.

March Events

March 8 th	Daylight Savings Time Begins
March 17 th	St. Patrick’s Day
March 20 th	Spring begins
March 29 th	Palm Sunday

The Warranty On Your New Vehicle Stays In Effect When Maintenance Is Performed Here!

We are legally authorized to fulfill maintenance obligations on all vehicles, even new ones. We use appropriate parts & procedures and the vehicle’s manufacturer is bound to honor its warranty obligations. Your vehicle’s care starts at 00001 miles.



Thank You! Thank You! Thank You!

Special thanks go out to all of our clients and friends who graciously referred our shop to their friends and neighbors last month! Our business is built based on the positive comments and referrals from people just like you. We just couldn't do it without you!

♥ Josh Adams ♥ Kevin Wilson ♥ Phil Albert
♥ Dustin Mari ♥ Suzanah Fitzgerald

"If you want to know where your heart is look to see where your mind goes when it wanders".
-Anonymous

Never too Late To Succeed

Are you starting to feel discouraged that you haven't yet made your mark in the world? Whatever your age, take heart. Many famous individuals achieved their greatest accomplishments during their senior years:

- ◆ "Colonel" Harlan Sanders was 65 when he began trying to license his "finger lickin' good" chicken recipe, launching what would become Kentucky Fried Chicken.
- ◆ Dr. William Worrall Mayo was 70 when he founded his world-famous medical clinic.
- ◆ Piano virtuoso Claudio Arrau gave 110 concerts at the age of 75.
- ◆ Architect Frank Lloyd Wright was 89 when he completed work on the Guggenheim Museum.
- ◆ Ichijirou Araya reached the summit of Japan's Mount Fuji at the age of 100.



Collecting Old Cell Phones

Thanks to all of you that have donated your old cell phones. We continue to collect your old phones to fight Breast Cancer.

Oil Change Winner!

Glenda Vaughan and her friend Judy Orchard

Kids Say The Smarted Things

These words of wisdom are said to have come from real kids who obviously have a lot more wisdom than one might expect:

- ❖ Never trust a dog to watch your food.
- ❖ When your dad is mad and asks you, "Do I look stupid?" don't answer him.
- ❖ Never tell your mom her diet's not working.
- ❖ Laugh and the whole world laughs with you, cry and ...you have to blow your nose.
- ❖ If you want a kitten, start out by asking for a horse.
- ❖ Don't pick on your sister when she's holding a baseball bat.
- ❖ When you get a bad grade in school, show it to your mom when she's on the phone.

Computers And Your Eyes

Millions of workers suffer from symptoms related to Computer Vision Syndrome (CVS). It's a temporary but unpleasant condition caused by sitting in front of a computer monitor for too long. Symptoms include dry, burning eyes, blurred vision, delayed focusing, altered color perception, and headaches. The cause? Studies suggest that CVS sufferers do not blink enough when sitting in front of the screen, which results in dry eyes.

To alleviate CVS, use eye drops to lubricate your eyes. Other recommendations include stepping away from the computer for brief periods, using anti-reflective screen filters, readjusting monitors to soften display colors, and wearing tinted glasses.

Dangerous Mixture?

- ◆ Never trust atoms, they make up everything.
- ◆ Did you hear about the guy who read a whole book about helium? He couldn't put it down.
- ◆ What do you do with a bunch of dead chemists? Barium.
- ◆ What's the first rule of chemistry? Don't lick the spoon.
- ◆ The optimist sees the glass half full. The pessimist sees the glass half empty. The chemist sees the glass completely full, half in the liquid state and half in the vapor state.
- ◆ A chemist's motto: If you're not part of the solution, you're part of the precipitate.

EASTER EGG HUNT

Savings from
\$10 to \$100



Cannot be combined with other offers Must present coupon

Hunt in our Easter Egg Basket for your savings. After your service or repair is complete, just reach into our Easter Egg Basket, pull out your egg to reveal your savings.



Expires 3/31/15

Congratulations To Our Clients Of The Month!

Every month, we choose very special clients of the month. It's our way of acknowledging our great clients and saying thanks to those that support our business repeat business. This month's clients are:

♥ Jim Pickett ♥ Cheryl Pensa ♥ Kristin ORourke
 ♥ Scott Hordesky ♥ Kevin Wilson ♥ Jim Pirie
 ♥ Robert Salonites ♥ Dave Phillips ♥ Carl Daniel

Moms At Home On The Upswing

The percentage of mothers who don't work outside the home has risen in recent years. The Pew Research Center reports that the number of stay-at-home moms reached 29 percent in 2012, up from a low of 23 percent in 1999. "Traditional" mothers—married and staying at home while their husbands work—make up the majority: approximately 2/3 of the 10.4 million total.

One possible reason for the increase (though not the only one): difficulty finding work. In 2000, just 1 percent stated they remained in the home because they couldn't find a job; in 2012, that number had grown to 6 percent.

Thanks for the Kind Words

"Always appreciate the work on my 03 Ford Explorer has 99,000 miles. Couldn't ask for better service. Thanks so much for all your help and repairs. -Jim Kerr

"I love that you are open on Saturdays." -Brandi Crain

"You greet us by name and know our cars!"

- Suzanne Parr

Do You Want To Win A Free Vehicle Oil Change?

Take the trivia challenge and you just might win!

Each month we'll give you a new trivia question. The first 10 people to call with the correct answer will be eligible to win. At the end of the month we'll draw one lucky name. That winner will receive a certificate good for a standard oil change. This month's trivia question:

When did St Patrick's Day become a public holiday in Ireland?

- A. 1921
- B. 1910
- C. 1915
- D. 1903

Call right now with your answer! 530-676-2200

Women Wheels & Waffles

Another wonderful event! Ladies now know what to do if their cars won't run.



Jennifer C. Winner of the \$100.00



Did You Know?



You don't have to go back to the Dealer for service or maintenance on your new or used vehicle! Federal Law (Magnuson-Moss Act 1975) prohibits new car dealers from implying or denying warranty service because routine scheduled maintenance was performed at an independent repair facility. We can handle your maintenance and repair needs. Just give us a call to schedule any of your preventative maintenance needs.