

Keep The spark Alive In Your Key Relationships

Your most important relationships with your spouse, your friends, and your children, could probably use an infusion of fun from time to time. Fortunately, you don't have to go to elaborate lengths to avoid falling into a rut.

With your spouse or partner:

- ♣ Plan a date night. No kids
- ♣ Hide some inexpensive gifts around the house.
- ♣ Call, text, or email in the middle of the day for no reason.

With friends:

- ♣ Send a fun, funny card
- ♣ Get together for no reason
- ♣ Call just to chat from time to time.

With children:

- ♣ Have fun with the shaving cream during bath time.
- ♣ Have a race with the kids to see who sets the table first.
- ♣ Dance and sing.



May is International Nurse Month

Come join Autotronics to help celebrate the wonderful work that the nurses do for us. I believe EVERYONE has had an encounter with a nurse in their life.

Florence Nightingale, OM, RRC 12 May 1820 – 13 August 1910) was a celebrated English social reformer and statistician, and the founder of modern nursing. She came to prominence while serving as a nurse during the Crimean War, where she tended to wounded soldiers. She was known as "The Lady with the Lamp" after her habit of making rounds at night.

In 1860, Florence Nightingale laid the foundation of professional nursing with the establishment of her nursing school at St Thomas' Hospital in London. It was the first secular nursing school in the world, now part of King's College London.

Her social reforms include improving healthcare for all sections of British society, improving healthcare and advocating for better hunger relief in India, helping to abolish laws regulating prostitution that were overly harsh to women, and expanding the acceptable forms of female participation in the workforce.

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** or autotronics@netzero.net

www.autotronicsrepair.com

Word Scramble

Ledene _____ sthos _____
 Daadnbi _____ toormremhte _____
 Busscr _____ esrsuedoroblp _____
 Jtiionnce _____ acrths _____

All smart nurses, un-scramble all the words and call for your prize: 530-676-2200

May Events

May 1 st	May Day
May 5 th	Cinco de Mayo
May 11 th	Mother's Day
May 17 th	Armed Forces Day
May 26 th	Memorial Day
May 18 th	International Museum Day



Flower: Lilly of the Nile & Hawthorne Birthstone: Emerald



Linda Mackessy and her friend **Jan Ennenga** has won a standard oil change from Autotronics!



Offer Expires 5/31/14

Mother's Day Special!

You Will Receive A FREE \$15.00 Gift Certificate When You Have Any Service Or Repair Performed With Us During The Month Of May.



May not be combined with other offers - Must Present Coupon - Excludes Oil Changes

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!

♥ Sue McCracken ♥ Jason Marinko

Boost Your Metabolism With These Fat-Burning Foods

Your body's metabolism is controlled at least in part by your genetic makeup, but you do have a measure of control over how it functions. Specifically, the food you eat can have a positive impact on your body's ability to burn fat. For a healthier weight, try including more of these items in your diet:

- ★ Egg whites. These are said to be rich in branched chain amino acids, which can boost your metabolism. They also contain plenty of protein and vitamin D.
- ★ Iron. Lean meat, chicken, and cereals fortified with iron can enhance your body's ability to burn fat.
- ★ Fruits and vegetables. High fiber foods take more energy to digest, giving your body the opportunity to burn away more fat as your metabolism works.
- ★ Fish. The omega-3 fatty acids in fish oil are believed to dramatically boost your metabolism to the tune of about 400 calories per day. In addition, fish oil boosts levels of enzymes that burn fat, and discourages the growth of enzymes that store fat in your body.
- ★ Chili peppers. Without burning your tongue, try to add some chili peppers to your diet: they contain a chemical compound called capsaicin, said to boost your metabolism into higher performance.

“Mother's arms are made of tenderness and children sleep soundly in them.” ~Victor Hugo

“All that I am, or hope to be, I owe to my angel mother.” ~ Abraham Lincoln”

“The real religion of the world comes from women much more than from men — from mothers most of all, who carry the key of our souls in their bosoms. ~Oliver Wendell Holmes



What's In A Name?

Check out how these colonial words have shifted their meanings.

Language is constantly in flux. Words change their meanings over time, which can be obvious to anyone reading Shakespeare or even Dickens. As a case in point, consider the colonial origins of these common words, as explained in *Words They Lived By: Colonial New England Speech, Then and Now*, by Joan P. Bines (Eye of the Beholder):

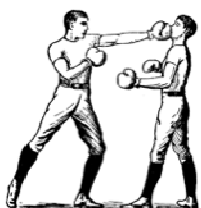
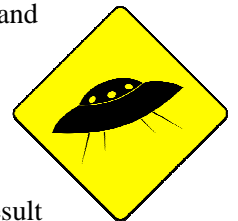
- Backlog. In colonial times, this was the largest log in the fire, placed in the back to provide the most warmth while cooks built smaller fires in front that they could regulate more efficiently. Thus, something held back in reserve.
- Humble pie. Long ago, this was a pie made from the entrails of deer, which were called the “humbles” and eaten by servants, not the upper crust.
- Smug. This used to mean well-dressed, instead of the current usage signifying obnoxious self-satisfaction.
- Wallet. This would have referred to a knapsack big enough to carry clothes and provisions for a trip of several days.

Mysterious Rings Are Not UFO Landing Sights.

The mystery is solved: For years, scientists and the public have been puzzled by the presence of rings observed underwater off an island near the coast of Denmark. Some speculated that they were craters blasted by bombs during World War II; UFOs and fairies were also popular theories.

In fact, reports the Sci-News.com website, the circles are a form of eelgrass, which grows at depths of approximately five to eight feet underwater. The circular shape is the result

of sulfide in the water, a substance that's toxic to eelgrass, but only when the eelgrass is very young or very old. Since eelgrass grows outward in a circular pattern, the older stalks in the center and the younger concentrations at the rim die first, leaving the adult eelgrass in a ring shape visible from the surface of the sea.



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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 with referrals and repeat business.

This month's Clients of the Month are:

- ♥ Stephen Baltikauskas ♥ Dian Boyer
- ♥ Dan Ferreira ♥ Karla Smart ♥ Guy Speake
- ♥ Gali Kinel ♥ Linda Harvey
- ♥ Cheryl La Jeunesse ♥ Sandee Shannahan

Collection Of Food Secrets

COFFEE ON MEAT

Braising chicken or beef, adding coffee into the cooking liquid. It lends a smoky, roasted flavor.

-- Michael Solomonov, *Zahav, Philadelphia, PA*

SWEETENED CONDENSED MILK FOR FRENCH TOAST

Mix sweetened condensed milk with beaten eggs, then soak bread in it for the most decadent french toast.

-- Michael Cressotti, *The Mermaid Inn, New York City*

GROUND WHITE RICE IN SOUPS

Grind long-grain rice in the spice grinder, then add it to soups. It cooks quickly, but tastes creamy and rich.

-- Andrea Reusing, *Lantern, Chapel Hill, NC*

COCOA POWDER IN PASTA SAUCE

Tomato-based broth for pasta doesn't take long to make, but the cocoa powder we sneak in gives it a complex, meaty taste, and tricks your tongue into thinking it's been slow-cooked for a long time.

-- Ana Sortun, *Oleana, Cambridge, MA*

Household Tips

- Clean out dirt and old leaves from gutter spouts with a plumbers snake.
- Tape a cardboard tube to the end of your vacuum for longer reach of cobwebs or under beds.
- Use a garden sprayer for a mini power washer for windowsills and other hard to reach areas.
- Use a plastic spatula to scoop out leaves from the gutter.
- Treat shower doors with rain-x. Helps to expel soap scum and water build up for 6 months.
- Rub a dry tennis ball on your vinyl floor to remove scuff marks.

Be Ready To Stay Safe During The Hot Summer Months

As we move toward the summer months, you may be working in hotter conditions whether your job takes you outdoors or not, on the road or at home. Be sure to take some basic precautions against heat-related injuries. Keep these tips in mind when the heat starts getting to you:

- Drink plenty of fluids. When temperatures rise, try to drink a pint of water every hour. Avoid drinks with lots of sugar or caffeine, or anything alcoholic; these can dehydrate you more rapidly.
- Eat frequent meals. Don't let your energy get too low because of hunger. Light, balanced meals are best.
- Wear your sunscreen. If you're working outside, be sure to apply and reapply a strong sun block to avoid sunburn.
- Avoid sudden extremes. Don't try to cool down with a freezing shower. The shock to your system can trigger more problems.
- Pay attention to your body. If you feel dizzy or light-headed move to somewhere cooler. Drink some water. Go to a doctor if you don't quickly feel better.
- Watch out for your friends and co-workers. Someone suffering the early symptoms of heat exhaustion may not be aware of his or her behavior. Step in if a colleague appears woozy or otherwise ill.



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: Florence Nightingale was a?

A: Myth
C: Fairy

B: Nurse
D: Actor

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

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Coupon & DD214
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