

Brakes for Breasts

Can you imagine a vaccine that would create a world free of breast cancer? WE CAN!

Autotronics is participating with the national "Brakes for Breasts" campaign. This probably affects a sister, mother, daughter or even a close friend. We are so committed to this program that any client of ours in the month of October will get FREE brake pads or shoes. You only pay for the labor and any other necessary parts. And give the organization 10% of your bill. 100% of the money we donate goes directly to Dr. Touhy's research. Help us put the brakes on breast cancer and at the same time give you free brake pads! So you win with free pads, the cancer campaign wins with a donation and the world wins with a cancer cure! Please go on the web site for more details about Dr. Tuohy at

www.BrakesForBreasts.org

Clinical trials will start on women next year!!!



Serena and Rod Posner meet Dr. Touhy

Get the
New
Brakes for
Breasts
APP for
Iphone or
Android

Brakes for Breasts

One FREE pair of brakes* (front or rears)

*Just pay for labor and any other parts necessary.
10% of your brake invoice will be donated.

Offer Good for October 530-676-2200

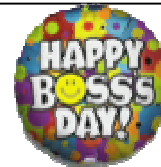
Keep Your Finances Organized

Keeping your financial papers in order is satisfying, but it can be difficult to achieve. If you devote a few hours to getting organized, though, you'll save endless hours in the future. Start the right way with these tips:

- **Find a home for your papers.** Set up a home financial center where you store your bills and receipts, whether it's in the corner of your kitchen or a filing cabinet nearby. Use a space you go to often.
- **Determine what to keep and what to discard.** Generally, you can get rid of grocery receipts, credit card slips for non-tax deductible items, and ATM receipts you've already reconciled. Toss all your junk mail. Hold on to anything that's tax deductible, such as medical expenses and records of charitable contributions. Also keep insurance policies, investment purchase records, mortgage and property bills, and warranties and instructions.
- **Sort your papers.** Use four categories: bills, insurance policies and records, bank and brokerage statements, and other important documents. Then sort those papers into separate folders for each account, type of receipt, like transportation expenses or medical bills, and each insurance policy, etc. Toss the nonessentials.
- **Build a routine.** Spend 5 to 10 minutes a day maintaining your files. Open your mail near the trash bin. Circle the due date for your bills, and file them in the proper order. And file whatever you decide to keep in its proper folder.

October Events

October 5 th	World Teachers' Day
October 12 th	Columbus Day
October 16 th	National Boss Day
October 31 st	Halloween
November 1 st	Daylight Savings (fall back)



Scary Fact:

8 Out Of 10 Transmissions Fail Due To Lack Of Preventative Maintenance. Transmissions Fail Due To Fluid Not Dissipating Heat From The Transmission.

Expires 10/31/15



Cannot Be Combined With Other Offers

Transmission Service Special Save \$30.00 With This Coupon!!

What's In A Job Title? A Lot Of Imagination

One way to add a little creativity to your workplace is to shake up job titles a little. Instead of "stock clerk" or "marketing assistant," follow the lead of these organizations that found interesting ways to identify employee roles (as reported on the Forbes website):

- ◆ **Houghton Mifflin Harcourt:** Director of First Impressions (receptionist)
- **InteQ Corp:** Crayon Evangelist (graphic designer)
- **Allen & Gerritsen:** Creator of Opportunities (business development)
- ★ **Grasshopper:** Ambassador of Buzz (communications associate)
- ◆ **Detroit Venture Partners:** Catalyst (executive assistant/office manager)
- ◆ **Apple Store:** Genius (service technician)
- ◆ **Honest Tea:** President and TeaEO (CEO)



Advice From Women At The Top Of Their Game

Women and men alike can benefit from the experience and advice of female celebrities who have achieved success. From The Cut website comes these words of wisdom from successful women in the entertainment industry:

- ◆ **Kelly Ripa:** "Somebody's negativity dumped on you is a bigger commentary on how they feel about themselves than you."
- ◆ **Susan Sarandon:** "You can always forgive yourself or apologize for things you do, but you can't ever work through things you wish you'd done and you didn't."
- ◆ **Chita Rivera:** "Take advantage of every opportunity that comes your way, with grace and humility. Be a sponge, and absorb and learn."
- ◆ **Dana Delany:** "Trust your instincts, but the caveat is you don't usually know what those are until you're much older."

Avoiding The Dentist? It May Cost You

Proper dental care is important to your overall health. Unfortunately, many of us tend to avoid visiting the dentist, often because of the cost.

A survey commissioned by Aspen Dental found that almost two out of five Americans have delayed needed dental work, or had it only partially performed, because of their financial situation. It's a figure that has jumped by almost 8 percent over the last two years, even though 80 percent say they're aware that staying away from the dentist will be more expensive in the long run.



"Success is finding satisfaction in giving a little more than you take."

- Christopher Reeve

Control Your Appetite After The Workout

Does a good workout leave you feeling hungry for a snack, or a meal? Don't sabotage your exercise efforts. Remember these tips for dealing with the munchies:

- ★ **Drink some water.** Thirst sometimes masquerades as hunger. Take a drink of water or some other non-caloric beverage to rehydrate and fill your stomach.
- ★ **Plan ahead.** Prepare a healthy snack before your workout. Some fat-free yogurt or a tuna sandwich on whole-grain bread will fill you up without undoing the benefits of exercise.
- ★ **Eat before.** Have a modest meal 30-60 minutes before exercising. This can stave off pangs of hunger afterward.
- ★ **Slow down.** Take a more moderate approach to working out. You can get good results at a lower intensity, and you won't feel like you're starving afterward.



What Great People Say About Us..

- "I like your speediness and car washes."*
-Landon Applegate
- "Love the Classes a & love the friendly people!!"*
- Deb Payne
- "Thoughtful, loyal. Been coming here for ever."*
-Dane Huestis



HAPPY HALLOWEEN SPECIAL
MILLION MILE MEMBERS... TAKE 15% OFF LABOR



Not Valid With Other Offers & Cannot Exceed 500.00

Expires 10/31/15 & Must Present Coupon

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:

- ☺ Marc Vermette ☺ Marissa Crane ☺ Shena Davis
- ☺ Michael Callahan ☺ Jared Danielson ☺ Gary Enea
- ☺ Timothy Spencer ☺ Douglas Patterson ☺ David Hull
- ☺ Joe Coradetti ☺ Rebecca zabalza ☺ Mike correll

Garlic Hummus (Healthy)

1 can (15oz) garbanzo beans, rinsed and drained
 1/3 cup mayonnaise 2 Tabl. Minced parsley
 4 1/2 teasp. lemon juice 1 garlic clove 1/4 teasp salt

In food processor or blender, combine all ingredients and blend until smooth. Serve with pita chips or fresh vegetables.

Crock Pot Spinach Artichoke Dip (not as Healthy, but....)

9 oz frozen spinach, thawed and drained
 1 (14 oz) can quartered artichoke hearts, drained
 8 oz cream cheese - low fat works great
 3/4 cup shredded mozzarella cheese
 1/2 cup grated parmesan cheese
 pinch of cayenne pepper
 1 Tablespoon of dried onion flakes
 1/4 cup milk
 pinch of pepper and salt

Directions: Place all ingredients in crock pot, cook on high for one hour. Stir then cook an additional hour. Serve with corn chips or pita chips.

October Is Adopt A Dog Month

Millions of animals are waiting for someone to give them a safe, loving home. Be a hero and consider adopting a rescue animal or a dog from your local shelter. You'll be saving a life and adding joy to yours.



Stash Some Cash

Looking for ways to save a little money? Here are a few quick ideas that don't require very much thought or effort:

- **Empty your pockets.** Stash all loose change in a jar or piggy bank. You'll probably bank more than a dollar a day.
- **Use your coupons.** Remember to use coupons only for the things you would normally buy. Take the money you saved and stash it away. This could add up to almost \$2 a day.
- **Stash a dollar a wash.** Whenever you do a load of laundry, put a dollar in a jar. Use the accumulated cash for laundry detergent and utility bills.



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.

♥ Sharon Keoppel

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: *What company refers to their receptionist as the "Director of First Impressions"??*

- | | |
|------------------------------|----------------|
| A. InteQ corp | B. Honest Tea |
| C. Houghton Mifflin Harcourt | D. Apple Store |



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

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 call at **530-676-2200/ AutotronicsAutomotive@yahoo.com**

SQUEALING BRAKES?

STANDARD BRAKE SERVICE



Expires 10/31/15
Must Present Coupon



Cannot Be Combined
With Other Offers



FREE PADS