

Shake That Bad Mood

The worst thing you can do when you're in a bad mood is wallow in it, according to *Psychology Today*. Instead, survey results of more than 300 people show that exercise and listening to music are the best ways to beat a case of the blues.

Bad moods usually come from tension and low energy, according to PT. A short, brisk walk can increase your energy, reduce your stress, and improve your mood. Listening to music may prompt you to remember a good mood or a good time and produce a conditioned response that makes you feel better.

Other ways to beat a bad mood? Take up a new interest. Sign up for a class in something you've always been interested in but don't know much about. Start a new hobby like knitting or carpentry, or get out and volunteer for a cause you care about. Getting active will help you move beyond your present mood and connect you to new people and interests.

***Brakes
 for Breasts***

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. And the labor and any other brake related parts we will give the organization 10% of your bill. 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. He has the cure for mice now we need to get that vaccine in humans. Call for your October appointment: 530-676-2200

"Live in such a way that if anyone would speak badly of you no one would believe it."

Giving Cash

Money is often the most practical and most desired gift for some occasions. But that doesn't mean it still can't be thoughtful or creative.

- \$ Some banks sell money baskets, shaping bills into floral designs.
- \$ Tape together and fold bills into an empty tissue box.
- \$ Blow up balloons with bills placed inside.
- \$ Fold up bills in a candy box to mimic candy morsels.
- \$ The U.S. Mint sells sheets of uncut bills.
- \$ Put a check or bill on a small silver platter or plate.
- \$ Buy stock or mutual funds in the honoree's name.
- \$ US Savings Bonds.



***(Questionable) Inspirational Value
 Guidelines not to live by...***

- ❖ I assume full responsibility for my actions, except the ones that are someone else's fault.
- ❖ My intuition almost always makes up for my lack of good judgment.
- ❖ I am grateful that I am not as judgmental as all the self-righteous jerks around me.
- ❖ I don't have to suffer in silence when I can still moan, whimper, and complain.
- ❖ Forgiveness is cheaper than a lawsuit, but not nearly as gratifying.
- ❖ I am at one with my multiple personalities.
- ❖ Why should I waste my time reliving the past when I can spend it worrying about the future?
- ❖ I am willing to make the mistakes if someone else is willing to learn from them.

September Events

- | | |
|----------------------------|------------------------|
| September 7 th | Labor Day |
| September 7 th | Grandparents' Day |
| September 11 th | Patriot Day |
| September 13 th | Rosh Hashanah Begins |
| September 15 th | Talk Like A Pirate Day |
| Flower: Aster | Birthstone: Sapphire |



Brings Savings!!!

**Any Flush Service...
 Take \$20.00 OFF**



Expires 9/30/15

Cannot be combined with other offers or coupons



**Your Choice:
 Transmission, Coolant
 Or Fuel Injection**

Must present coupon

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.

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“Two things define you. Your patience when you have nothing and your attitude when you have everything.”

Healthful Foods Full Impact

Certain foods have definite health benefits, but you have to eat them the right way to get their full impact. Here are some common foods you might be eating “wrong,” according to the CNN website:

→Flaxseed. Full of fiber and omega-3, these little seeds may improve your heart health, as long as you grind them up first. Sprinkling them whole over your cereal or yogurt will keep their nutrients locked inside.

→Broccoli. Eat this raw or steamed, not cooked, to receive the full dose of vitamin C, chlorophyll, and antioxidants this vegetable offers.

→Strawberries. Slicing this delicious fruit exposes its healthful nutrients to light and oxygen, which can dilute their effects. Eat them whole, or hold off cutting them until the last minute.

→Garlic. The enzyme allicin, found in garlic, may help ward off cancer, but its benefits are more pronounced when it’s exposed to air. Let garlic sit for about 10 minutes after chopping to release this enzyme fully.

→Tomatoes. Fresh tomatoes are tasty, but you’re better off cooking them. The antioxidants in them increase in potency when they’re heated to about 190 degrees.

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 www.autotronicsrepair.com

What Are You Doing For Labor Day Weekend?

Labor Day weekend is a chance to have fun with friends and family at the end of summer. Barbecues and parades are common, but if you’re bored with the usual activities, try something different. Here’s a quick list of suggestions:

- ♥ Hiking. Find a nature trail or forest preserve, grab a backpack, and take your family out to get some exercise and enjoy the great outdoors.
- ♥ Museums. Most cities and towns have at least a few museums open for the holiday weekend. Choose one that’s unusual or that you’ve never been to before.
- ♥ Volunteering. Spend some time helping others in your community. Local food banks, animal shelters, and other resources are always looking for people willing to help out.
- ♥ Games. Hold a game night (or afternoon). Invite friends and family to bring their favorite board games and outdoor games, and learn some new ones.
- ♥ Movies. Don’t go to the movies, make a movie yourself. Rent a video camera or use your cell phone to create a documentary of your family holiday to enjoy for years to come.
- ♥ Kites. Go out to the park and fly a kite.
- ♥ Picnics. This is a traditional activity, so add some variety by trying a new cuisine or inviting everyone to bring their favorite dish.

“Rich people stay rich by living like they are broke and broke people stay broke by living like they are rich.”

Crisp Refrigerator Cucumber Salad

4 thinly sliced cucumbers	1 large red onion
1 large sliced bell pepper	1 tablespoon salt
2 cups white vinegar	1.5 Cups sugar
1 teas. Celery flakes	1 teas. red pepper flakes

Mix cucumbers, onions, pepper and salt; set aside. Put vinegar, sugar, celery and pepper flakes in pot and bring to boil. Remove from heat and add two cups of ice; mix until melted. Place veggies in a wide mouth canning jars (2 quarts or one half gallon jar). Pour mixture over veggies, store in refrigerator. Will keep for 2 months.

Labor Day Special

Must Present Coupon
Cannot be combined with other offers
Valid Entire Month of September 2015



\$20.00 OFF

When You Spend

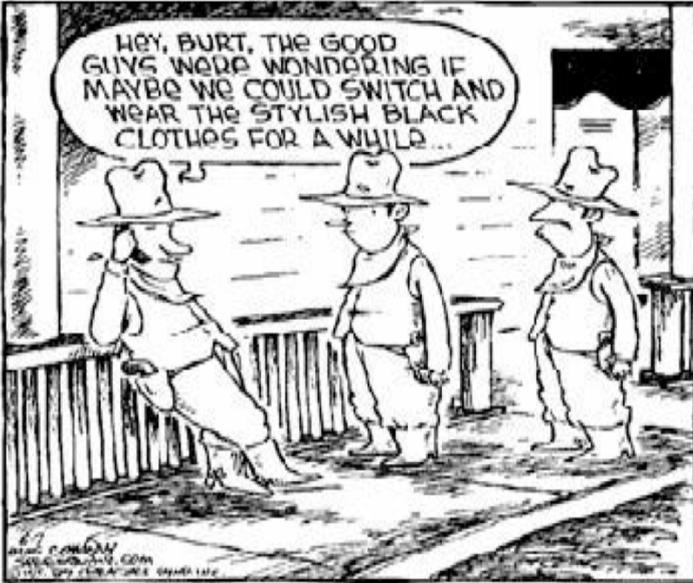
\$300.00 Or More...

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:

- ♥ Darool Hepworth ♥ Mike Savnik
- ♥ Matt Bula ♥ Ken Barber ♥ Robin White
- ♥ Carl Daniel ♥ Connie Campbell ♥ Mike Gundry
- ♥ Melinda Dow ♥ Brett Christiansen

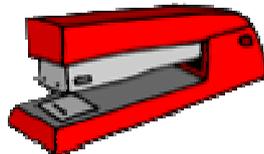


School Discipline

A school teacher injured his back and had to wear a plaster cast around the upper part of his body. It fit under his shirt and was not noticeable at all. On the first day of the term, still with the cast under his shirt, he found himself assigned to the toughest students in school.

Walking confidently into the rowdy classroom, he opened the window as wide as possible and then busied himself with desk work. When a strong breeze made his tie flap, he took the desk stapler and stapled the tie to his chest.

He had no trouble with discipline that term.



Set The Right Course With This Formula

If you're like most ambitious people, you're always trying to get more done. The secret is paying attention to what you want to achieve. Follow this GPS formula:

☆ **G**: Goals. Write down what you want to accomplish so it's clear and detailed in your mind. Make sure your goals are specific, include deadlines for completion, and metrics for success. Don't overload yourself; concentrate on just one or two objectives at a time.

☆ **P**: Plans. Work out a general plan for achieving each goal over the long term. For instance, if you want a high-level position in your organization, your plan might include earning one or two intermediate promotions, getting additional training, or volunteering for specific important committees. Each phase in your plan is a goal in itself. Approach each interim goal methodically, and follow a consistent process for completing each one.

☆ **S**: Steps. Break your plan down into separate segments that are small enough to tackle one after another, and large enough to stretch your skills at least a little. Think in terms of what you can accomplish in a single day, where you want to be at the end of the first month, and so forth. This gives you a sense of direction and also helps you monitor progress.

You Are In Good Hands!

Autotronics policy covers you over 35 miles out of town with service and towing. Call for details. 530-676-2200



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:
How to shake a bad mood?

- A. Eat
- B. Shower
- C. Faint
- D. Volunteer



We Appreciate YOU!!!

**All Customers Will Receive A FREE \$10.00 Coffee Card
When They Have A Service Or Repair Performed With Us.**



Must Present Coupon

Cannot Be Combined With Other Offers

Excludes Oil Changes

Expires 09/30/15