

A Free Monthly Newsletter From Your Friends At Beany's Auto Service Center

## 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.

## 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.

Consider these ways to give cash:

- Some banks sell money baskets, shaping bills (in any denominations) into floral designs.
- The U.S. Mint sells sheets of uncut bills.
- Put a check or bill on a small silver platter or plate.
- Buy stocks or mutual funds in the honoree's name.
- US Savings Bonds.



## September Events

September 7th	Labor Day
September 11th	Patriot Day
September 13th	Rosh Hashanah Begins
September 15th	Talk Like A Pirate Day
September 22nd	Yom Kippur Begins
September 23rd	Autumn Begins



## 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.



## 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

(614) 864-1600, Email us at

[kerri@beanysautoservicecenter.com](mailto:kerri@beanysautoservicecenter.com) Or visit us at [www.beanysautoservicecenter.com](http://www.beanysautoservicecenter.com)



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# Brings Savings!!!

## Any Flush Service...

## Take \$12.92 OFF



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. We just couldn't do it without you.

**The Poyer Family, Mike Shaheen,  
Hannibal Davis and Shannon Brown**

### The Correct Diagnosis

A man went to his doctor complaining that he was too tired to do his job. The doctor conducted a complete examination, but couldn't find anything wrong.

"I think the problem is that you're just lazy," he said.

The man sighed. "Now could you give me the medical term so I can tell my boss?"



### Get The Full Impact From These Healthful Foods

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 Fahrenheit.

## 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.

## Words Of (Questionable) Inspirational Value

Affirmations can guide us in our lives with motivation or inspiration. Some, though, may have the opposite effect:

- ★ 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.

## Labor Savings



Cannot be combined with other offers

0-\$50.00	Take 5%	Off Labor
\$51.00-\$100.00	Take 5%	Off Labor
\$101.00-\$150.00	Take 8%	Off Labor
\$151.00-\$200.00	Take 10%	Off Labor
\$201.00 & Up	Take 10%	Off Labor

Expires 09/30/15

Must Present Coupon

## Protect Your Hearing

Excessive noise in the workplace (or anywhere else, for that matter) can damage your hearing. The Medicine Net website warns that you risk hearing loss under these noisy conditions:

- ◆ You need to shout so that people an arm's distance away can hear you.
- ◆ Your ears begin to hurt from the volume.
- ◆ Your ears are ringing.
- ◆ You suffer temporary hearing loss after being subjected to constant loud noise.



## Sharing Love & Knowledge

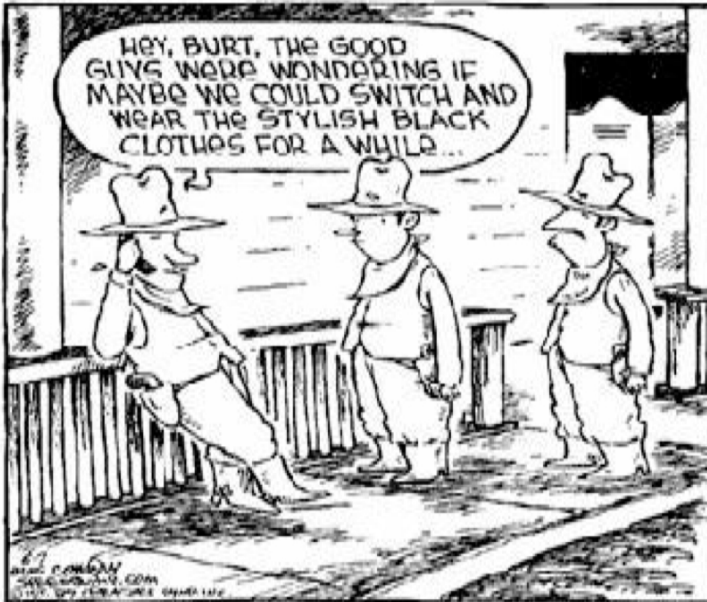
Honoring grandparents is one of the three purposes of Grandparents Day, Sept 7. The second purpose is to give grandparents an opportunity to show love for their children's children. The third purpose of Grandparents Day is to help children become aware of the strength and guidance grandparents can offer.



## New Website goes LIVE!



Check out our new and improved website. We've got the same great address ([www.beanysautoservicecenter.com](http://www.beanysautoservicecenter.com)) but now you can check out our blogs, photos, ask questions from the "contact us" page and sign up for this newsletter! You can even download a copy in case you misplace this awesome paper copy! We'll keep you up to date on charitable events, local/community goings on and fun stuff you can see or do at the shop. See you online!



## Thanks For The Kind Words

"If you are one of those people, like I was in the past, who feels that your vehicle should only be serviced by the dealership, please get your head out of the sand and make an appointment at Beany's."

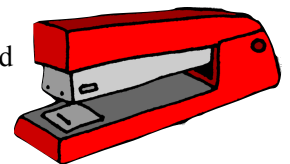
-Online user

## 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.



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Simply Join Our 'Beany's Automotive Service Center' Group and type **September** on our wall. Then bring this coupon into us and we'll take \$10.00 off your next service or repair with us.



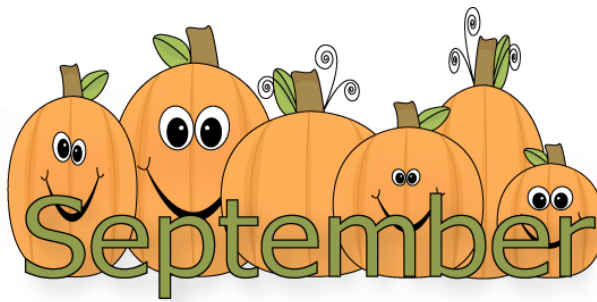
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Cannot be combined with other offers

Limit one per person



A Free Monthly Newsletter  
From Your Friends At  
Beany's Auto Service Center  
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Reynoldsburg, OH 43068



## **What's Inside?**

- Shake That Bad Mood -
- Tips For Giving Cash -
- Set The Right Course -
- The Correct Diagnosis -
- September Events -
- Money Saving Offers -
- & Much More!**

**TOP  
SECRET**

## ***What's The Answer?***

*Could You Be Eating Healthy Food, Wrong?*

*What's The Medical Term For Lazy?*

*What Formula Could Set You On The Right Course?*

*What's The Secret To Getting More Stuff Done?*

***The Answers To These And Many  
More Questions Are Inside***

