

March

FUEL for THOUGHT™

2016

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

Peep, Peep!

Learn More About This Easter Treat

To many people, Easter means colored eggs, chocolate, a visit from the Easter Bunny, and Peeps, those sugary marshmallow confections that look like cute tiny chicks. As you put together Easter baskets for children or friends, think about these little-known facts about this ubiquitous holiday treat:

- **Origins.** Peeps were created in 1953 by Sam Born, a Brooklyn based candy maker.
- **Production.** The first Peeps were squeezed by hand from a pastry tube, and each one took hours to make. Today they take about six minutes each.
- **Volume.** Some 5.5 million Peeps are created every day, which amounts to two billion Peeps a year. That's enough to circle the Earth, three times.
- **Freshness.** Some people enjoy Peeps when they're soft. Others prefer to leave them out for a few days until they firm up (or "mature," as the manufacturer characterizes it).
- **Alternatives.** Peeps are more than just a snack food. Apparently the Internet is full of recipes for them, including Peep fondue, Peep pizza, and Peep sushi. On the other hand, many professional and amateur artists use Peeps in their artwork, constructing elaborate scenes for *The Washington Post's* annual Peeps Diorama Contest.



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** or visit us at **www.beanysautoservicecenter.com**.

Time Behind The Wheel

Driving is embedded in our national psyche. If you feel as though you live in your car driving between home and work, consider these statistics from the AAA Foundation for Traffic Safety and the Urban Institute:

- ★ Americans drive an average of 29.2 miles a day, for a total of 10,658 miles a year.
- ★ Women tend to take more drives, but men spend more time on the road, driving 25 percent more miles than women.
- ★ Drivers 30-49 years old drive an average of 13,140 miles a year. Teens and senior citizens over 65 drive less than other age groups.
- ★ We drive more in the summer, 30.6 miles a day, as opposed to the winter months, when we're on the road for just 25.7 miles daily.
- ★ Education seems to be correlated to how much people drive: Those with no more than a high school education drive an average of 19.9 miles a day (32 minutes), while drivers with a college degree are in their cars for 37.2 miles (58 minutes).



Quotes

"You can cut all the flowers but you cannot keep spring from coming." - Pablo Neruda

"In the spring, at the end of the day, you should smell like dirt." - Margaret Atwood

March Events

March 2nd	Read Across America
March 7th	National Cereal Day
March 13th	Daylight Saving Time Begins
March 17th	St. Patrick's Day
March 20th	Spring Begins
March 27th	Easter



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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.

**Brian Casner, Yvette Shackelford,
Willa Brooks, Eddie Stephens and
The Germany Family**

Teed Off

Golf courses typically have two sets of tees, one for women and one farther back for men. One day at the first tee a man was stepping up to his ball when a voice came over the clubhouse loudspeaker: "Will the gentleman on hole No. 1 please not hit from the ladies' tee?"

The golfer looked up, surprised, then addressed his ball again. The voice on the loudspeaker repeated, "Will the gentleman on hole No. 1 please not hit from the ladies' tee?"

Irritated now, the golfer backed away, took a deep breath, and once again approached his ball. For a third time, the loudspeaker blared: "Will the gentleman on hole No. 1 please not hit from the ladies' tee?"

The man flung his golf club down. "Will the announcer please shut up and let me hit my second shot?"

Help Your Brain Stay Healthy

Feeding and stimulating your brain well can keep it healthy throughout your life. The American Academy of Family Physicians offers these tips for keeping your mind in tip-top shape:

- * **Eat a healthy diet.** Choose nutritious foods like antioxidant-rich vegetables, fruits, and whole grains, and omega-3 fatty acids, and cut out saturated fats. Avoid fad diets that offer only short-term results.
- * **Watch your weight.** Maintain a healthy weight and pay attention to your blood pressure, cholesterol, and blood sugar, which are all associated with an increased risk of dementia.
- * **Exercise your brain.** Keep learning new things all the time. Puzzles and games that stretch your mind can help you maintain good brain health. So can staying active socially, so keep up your friendships and strive to meet new people.

Disney's Philosophy Strive To Go Further

In the 1920s and 1930s, cartoons were short features shown in theaters before the main film. Walt Disney had already made his name in these short subjects by employing innovations like sound and color, and by creating the character of Mickey Mouse. But sound and color were becoming old hat, and the advent of the double feature meant that cartoons could only be about six minutes long.

Disney could have continued making distinctive short subjects within the expected parameters, but he had a different idea: He wanted to make an animated feature film. His wife was against the idea, thinking Disney was already doing fine with shorter cartoons. But he wouldn't let go. His vision was an 83-minute cartoon that took years and millions of dollars to make. People called his absurd idea "Disney's folly."

But Disney's vision and determination won the day. In 1937, *Snow White and the Seven Dwarfs* was declared Best Picture of the Year by the New York Film Critics Circle Awards and the Venice Film Festival, and Disney was awarded an honorary Academy Award.

Bring The Birds To Your Garden

If you want to attract birds to your yard, try these:

- ◆ **Trees.** Provide sanctuaries for birds to rest and build nests.
- ◆ **Berry-yielding shrubs.** They serve as living bird-feeders.
- ◆ **Compost pile.** They also provide bird treats like earthworms, beetles, and flies.
- ◆ **Birdbaths.** Give thirsty birds a safe spot to get a drink of water.

Keep The Speed Up When You Walk

A brisk walk is good for your health, especially as you grow older. A study reported on the LiveScience website found that older adults who maintain a speed of 3 miles per hour when they walk have a 50 percent lower risk of heart disease than people with a pace of two miles per hour or slower. And folks who walk an average of seven blocks a day have a 47 percent lower chance of developing heart disease than those whose walks add up to just five blocks a day or less. So put your shoes on and get walking.

**Did you
know?**



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Driving Is No Time To Multitask

It's no surprise that talking on the phone while driving is distracting. But now researchers at the University of Warwick have quantified it. A mobile phone conversation impairs a driver's visual attention so much that it can add more than 18 feet to the braking distance of a car traveling 60 MPH and cause 83 percent more errors in driving. What's more, these findings apply even to drivers who are merely listening on the phone and using hands-free devices.



Let The Easter Eggs Roll

Ever wonder how the tradition of the White House Easter Egg Roll came to be? It began with Dolley Madison, first lady to President James Madison from 1809 to 1817.

Mrs. Madison was fascinated to learn that Egyptian children rolled colored eggs on the site of the great Pyramids. She thought the children of the Washington area would enjoy the activity as well.

The first Easter Egg Rolls were held on the Capitol grounds. In 1877 members of Congress grew tired of slipping on the remains of boiled eggs, and gave orders to ban the event. So in 1878, President Rutherford B. Hayes and his wife, Lucy, officially opened the White House grounds to the tradition.



Business Is fun

Computer entrepreneur Michael Dell once spoke to a class of University of Texas business students. As recounted in *Success Magazine*, one student stood up to ask the young multibillionaire a blunt question: "You've got so much money, why don't you just sell out, buy a boat, and sail to the Caribbean?"

Dell stared at the young man and then replied, "Sailing's boring. Do you have any idea how much fun it is to run a billion-dollar company?"



The Mystery Of Snakes' Missing Legs

Snakes millions of years ago had legs, but over time their legs disappeared. What happened has been a puzzle to scientists for years, but analysis of a fossil 90 million years old may suggest an explanation.

As reported on the (e)Science News website, CT scans of the ancient reptile allowed paleontologists to compare the inner ears of modern snakes to their distant ancestors. They discovered structures similar to those in creatures that burrow in the ground, but are absent in modern-day snakes. This has led them to theorize that snakes gradually lost their legs as they evolved to live and hunt in burrows. The reptile, *Dinilysia patagonica*, is the largest burrowing snake ever known, and its fossilized remains offer clues to a possible ancestor from which all modern snakes are descended.



Thanks For The Kind Words

"Every time I have ever needed repair, they have been extremely professional, fast, and thorough. They operate with the utmost integrity and won't stick it to you like most other places. Give these guys a try and you will be a fan too".

- online review

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What's Inside?

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- & Much More!



What's The Answer?

Where Did Cartoons Get Their Start?



Is It Important To Keep Your Speed Up When You're Walking?

How Did The Tradition Of The White House Easter Egg Roll Start?

What Can You Do To Help Your Brain Stay Healthy?



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

