

June

FUEL for THOUGHT™

2017

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

Like Father, Like Child

Father's Day celebrates the special bond between fathers and their families. Every dad is a celebrity in his child's eyes, of course, but in some families fame and fatherhood go hand in hand. Take a look at some of these well-known fathers and their successful children from the world of entertainment and sports:

- ★ Kirk Douglas and Michael Douglas (acting)
- ★ Tony Curtis and Jamie Lee Curtis (acting)
- ★ Lloyd Bridges, Beau Bridges, and Jeff Bridges (acting)
- ★ Archie Manning, Payton Manning, and Eli Manning (football)
- ★ Jon Voight and Angelina Jolie (acting)
- ★ Bob Dylan and Jakob Dylan (music)
- ★ Frank Sinatra and Nancy Sinatra (music)
- ★ Ken Griffey and Ken Griffey Jr. (baseball)
- ★ Henry Fonda, Peter Fonda, and Jane Fonda (acting)

An Absent-Minded Professor Story

A Columbia University professor of philosophy named Irwin Edman was both brilliant and spectacularly absent-minded. One story tells of the time he stopped a student on Riverside Drive. "Pardon me," he asked, "but am I walking north or south?"

"North, sir," the student replied.

"Ah!" Edman smiled. "Then I've eaten my lunch."

Stay Awake On The Road

Fatigue can be a killer, especially when you're driving on the open highway for long periods of time. Here are a few tips for staying safe at the wheel:

- ❖ **Get enough rest.** Try not to start a trip late in the day. Long-distance driving is tough enough in the daytime. Be ready and awake.
- ❖ **If possible, don't drive alone.** Passengers can take turns driving, or at least help you stay awake if you need stimulation.
- ❖ **Adjust your car's environment.** Use your controls to keep you awake and alert. Keep the temperature cool, with open windows or air conditioning in the summer and frugal amounts of heat in the winter.
- ❖ **Watch your posture.** Drive with your head up and your shoulders back. Tuck your buttocks against the seat back. Legs should not be fully extended, but flexed at about a 45-degree angle.
- ❖ **Take frequent breaks.** Stretching is good for staying flexible and awake.

Quotes

"The most important thing in the world is family and love."
- John Wooden

"Family is not an important thing. It's everything."
- Michael J. Fox

June Events

June 2nd	National Doughnut Day
June 9th	Donald Duck Day
June 12th	Red Rose Day
June 14th	Flag Day
June 18th	Father's Day
June 21st	National Selfie Day
June 27th	Sun Glasses Day
June 29th	Hug Holiday



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 our
www.beanysautoservicecenter.com.



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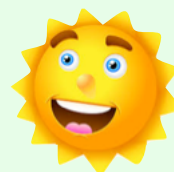
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A Journey To The Center Of The Earth Would Be Very Hot

The interior of the Earth is hot, very hot. As reported on the Fox News/Science website, scientists using synthetic materials to simulate mantle rock have determined that temperatures in the Earth's mantle, which sits beneath our crust (lying beneath the oceans), reach 2,570 degrees Fahrenheit, almost 100 degrees hotter than was previously believed.

This new finding will help researchers model our planet's geodynamic processes and plate tectonics more accurately, possibly explaining how tectonic plates move on top of the upper layer of the mantle.

Try Ginger For Its Health Benefits

Looking to get over a cold a little more quickly, or ease muscle soreness? A little ginger may help. Check out this list of ginger's healthy benefits:

- **The common cold.** Some research suggests that ginger helps your body sweat out a cold, as well as producing a germ-fighting agent called dermicidin, which can protect you from bacteria and fungi.
- **Muscle aches.** One study by the American Pain Society found that taking two grams of ginger for 11 days can significantly reduce aches and muscle soreness caused by exercise. That's because ginger contains anti-inflammatory compounds known as gingerols, which prevent the transmission of pain from inflammation. Try adding a few slices of ginger every time you drink a glass of water.
- **Indigestion.** Ginger can help speed up the digestive process, allowing you to empty your stomach faster. It also helps eliminate excess gas from the intestinal tract.

Save Money On Groceries With This Savvy Advice

We all want to save money on groceries, but we have to eat. Still, you can reduce your grocery bill with a few simple tips. Try these:

- * **Buy fruits and vegetables in season.** Learn when your favorite fruits and vegetables are in season. You can usually get them for less money during these times.
- * **Expand your egg choices.** Eggs don't have to be limited to breakfast. Check out dinner options like quiche and other egg-based meals.
- * **Use more lentils and beans.** These are packed with protein and can make your meat go further. They're cheap, filling, and flavor-neutral, so they can go with almost anything.
- * **Be careful buying in bulk.** You may get a better price, but the savings are worthless if you buy more than you can eat and end up throwing food away. Check expiration dates closely to be sure you'll use everything up.

What Goes Down Must Come Up

Two businesswomen decided to start a bungee-jumping business and thought the best way to publicize their enterprise would be for one of them to plunge into an unsuspecting group of people and shoot back up again. They found a cliff overlooking a residential district and located a spot right over a house where a backyard party was being held.

One of the women decided to be the jumper, and the other stayed on the cliff. The jumper donned the harness, secured the elastic cord, and jumped off the cliff. The tender soon heard shouts of laughter from the crowd below as the cord went up and down. "Success," she thought.

But when the jumper came back to the top, she was covered with bruises and limping. "What happened to you? Was the cord too long?"

"No," her partner gasped. "The cord was fine. But I knew I was in trouble when I got to the bottom of the jump and everyone yelled, 'Piñata!'"

Quote

"Laughter is timeless. Imagination has no age. And dreams are forever."

- Walt Disney

**Happy
Father's
Day**

**At Beany's,
We're celebrating Father's Day
all month long!**

Expires 6/30/17
Must Present Coupon
Cannot be combined with other offers

0-\$50.00	Take 5% Off Labor
\$51.00-\$100.00	Take 8% Off Labor
\$101.00-\$150.00	Take 10% Off Labor
\$151.00-\$200.00	Take 12% Off Labor
\$201.00 & Up	Take 15% Off Labor

Use Solutions For Tomorrow's New Problems

Want to find the positive side of the problems you face? Keep a "challenge log." Once you have a particularly tough problem solved, write up a description of it in a notebook, focusing on these three questions:

- What could I do better if this problem returns?
- How can I prevent the problem from returning?
- Can I use my solution more broadly to help others in the organization?



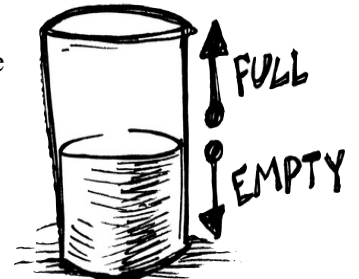
Thanks For The Kind Words

*They are wonderful and
understand women owners
-Facebook User*

Cynical Slogans For One Of THOSE Days

Motivational posters are common in the workplace, but some days you want something with a little more of an edge. Try these when you're in a cynical mood:

- ◆ If at first you don't succeed, destroy all evidence that you tried.
- ◆ A conclusion is the place where you got tired of thinking.
- ◆ Experience is something you don't get until just after you need it.
- ◆ For every action, there is an equal and opposite criticism.
- ◆ No one is paying attention until you make a mistake.
- ◆ Success always occurs in private and failure in full view.
- ◆ To some people two wrongs are only the beginning.
- ◆ Monday is an awful way to spend 1/7 of your life.
- ◆ The sooner you fall behind, the more time you'll have to catch up.



Save Money When You Eat Out

Eating out can get expensive, but no one can stay in all the time. When you want to get out of the house, whether for a quick meal or a special occasion, you can lower your bill with some of these simple tips:

- ▶ **Have a snack first.** Eat a little something before you leave so you're not as hungry. You can order a smaller meal or an appetizer at the restaurant.
- ▶ **Skip the extras.** Don't order desserts or alcoholic beverages. These can quickly add up and significantly increase your bill.

Go for dessert. Whip up a simple romantic dinner at home, maybe a little pasta with red sauce. Then head out later just for dessert.



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What's Inside?

- How To Stay Awake On The Road -
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- Journey To The Center Of The Earth -
 - June Events -
 - Money Saving Offers -
 - & Much More!



What's The Answer?



What Are 5 Great Ways To Stay Awake On The Road?

How Can You Save Money On Your Groceries?

How Is Ginger Healthy For You?

Have You Ever Had One Of THOSE Days?

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

