

September

# FUEL for THOUGHT™

2017

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

## Boost Your Creative Thinking

Your creativity can be nurtured if you know what to do. To find the right mindset, remember these bits of advice:

- \* Do nothing. Give yourself permission to kick back and not work on anything in particular for a while. Letting your mind relax can lead to fresh insights where you least expect them.
- \* Go outside. Get outdoors, or at least away from your cubicle. Fresh air and a little exercise will help rejuvenate your creative juices. Take a walk, go to the park, ride a bike, and get your blood flowing.
- \* Make small changes. Don't look for the single big idea that will change everything. Instead, tweak something that already exists. Find ways to improve an idea or make it do something different.
- \* Be persistent. "Try, try again" is good advice when searching for creative ideas and solutions. Don't settle on the first good idea. Don't give up if a solution doesn't work. Think about what you've learned, and take another shot.

## Quote

*"Stay positive and happy. Work hard and don't give up hope. Be open to criticism and keep learning. Surround yourself with happy, warm and genuine people."* —Tena Desae

## September Events

September 3rd - 9th	Substitute Teacher Appreciation Week
September 4th	Labor Day
September 11th	National Day of Service and Remembrance
September 13th	National Peanut Day
September 17th	Constitution Day
September 18th - 24th	Pollution Prevention Week
September 22nd	First Day Of Fall



## What To Eat?

### The Choices Can Be Confusing

Americans trying to eat healthy have lots of choices, but all those options can be confusing. The CNN website reports that 78 percent of respondents to a survey by the International Food Information Council Foundation said they're not sure what foods they should eat and which they should avoid.

The survey of slightly more than 1,000 American adults found that almost 60 percent named food that's "high in healthy components or nutrients" as one of their top three factors for choosing a "healthy" food, followed by food that's free from artificial ingredients, preservatives or additives (just more than 50 percent). Choices that are "part of an important food group that I need to build a healthy eating style" rounded out the list of foods health-conscious folks are looking for (nearly 50 percent).

The U.S. Food and Drug Administration considers food that can be marketed as "healthy" as having low levels of total and saturated fat, sodium, and cholesterol, and at least 10 percent of the daily requirements for vitamins, fiber, and other nutrients.



## 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 get in touch with us by phone or email, or by visiting our website!

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## Not So Smart

Two men were sitting at the bar discussing their pets. The first one said, "My dog is so smart he can count to 10."

"So? My dog can play checkers."

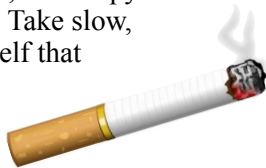
"Wow, that's really smart."

The second man shrugged. "Not so much. I can beat him most of the time."

## Trying To Quit Smoking? These Tactics Can Help

Quitting cigarettes is hard, as any former smoker can tell you. If you're trying to kick the habit, consider these proven tactics from the CNN website:

- ★ **Financial incentives.** A CVS Caremark program got impressive results: Participants contributed \$150 dollars at the outset with the understanding that they would get the money back plus another \$650 if they refrained from smoking. They also received support like counseling and access to nicotine gum or patches. The program generated a 52.3 percent success rate. (Another CVS program which offered more money but no upfront risk showed poorer results.)
- ★ **Support.** If you and your partner both smoke and want to stop, try quitting together. Studies show that half of smokers are successful if their partners quit when they do, versus only eight percent when the partner doesn't.
- ★ **Nicotine replacement.** Replacing cigarettes with nicotine inhalers, lozenges, skin patches, and other delivery methods can help smokers through their cravings and withdrawal symptoms. A review of studies found that the chances of success increase 50-70 percent using these replacements.
- ★ **Cold turkey.** This requires discipline and commitment, and only about 4-7 percent of people succeed. Still, it can work if you're mentally prepared and ready for withdrawal symptoms. Some tactics: Drink water when cravings start, or occupy your mind with other activities. Take slow, deep breaths, and remind yourself that you're improving your health. Seek support from family and friends.



## Teens: Not Glued To Social Media

Most of us imagine that today's teens do nothing but sit around with their smartphones texting each other, checking social media, posting images to Instagram, and the like. That stereotype, like most, isn't true. An Associated Press-NORC Center for Public Affairs Research survey of teens recently found that 58 percent voluntarily take breaks from social media for various reasons:

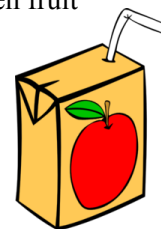
- ❖ Getting in the way of work or school: 8 percent
- ❖ Tired of conflict and drama: 24 percent
- ❖ Tired of keeping up: 20 percent

*Other findings from the survey:*

- ❖ **Twenty-three percent** of teens who have not taken a social media break have wanted to take one.
- ❖ **Sixty percent** of teens who have taken breaks took three or more; 22 percent have taken two; 18 percent have taken just one break from the platforms.
- ❖ **About 50 percent** report that their social media breaks are typically a week or longer.
- ❖ **Boys** are more likely to take longer breaks: Thirty-six percent of boys take social media breaks of two weeks or longer, and 22 percent of girls reported breaks of similar length.

## Doctor To Parents: Watch The Juice

Lots of parents give their young children fruit juice, but pediatricians now say that's a bad idea. The American Association of Pediatrics recently updated its position on juice, recommending now that newborns shouldn't drink any juice before their first birthday and that juice should be limited after that.



The reasons? Doctors don't see any evidence of health benefits, and they believe that juice may prevent children from getting the protein and nutrients they need through breast milk or formula. In older kids, the sugar in juice contributes to tooth decay.

The guidelines advise that toddlers 1 to 3 years old get no more than four ounces of juice a day, six ounces up to age 6, and eight ounces to age 18. They recommend that parents encourage their kids to eat fruit instead.

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## Quotes

*"You can't use up creativity. The more you use, the more you have."*

—**Maya Angelou**

*"Nothing in the world is worth having or worth doing unless it means effort, pain, difficulty . . . I have never in my life envied a human being who led an easy life. I have envied a great many people who led difficult lives and led them well."*

—**Theodore Roosevelt**



## Thanks For The Kind Words

*"I'll be back!! Bye bye Dealership prices!! Hello laid back, very nice and friendly and non-pushy auto-repair shop!!!"*

**-Phillip**

## How To Choose The Right Pet

Deciding to get a dog or cat is a big decision with many considerations. Remember that puppies and kittens grow up into bigger adult versions. Big dogs will need lots of exercise, and cats can be annoying if they're not neutered. Think about these things when making your decision:

- ❖ **Talk to a veterinarian.** If you're not sure how big the breed that you are considering will get, ask a veterinarian or other knowledgeable person. If you live in a big house with a fenced-in yard, then you can choose whatever breed you want. If you live in an apartment in the city, you may want to choose a smaller, quieter animal.
- ❖ **Examine the costs.** Before you decide to bring an animal home, make sure you can handle the cost. You'll have trips to the vet, immunizations, food, etc., to be tallied into your figure.
- ❖ **Discuss responsibilities.** Sit down with everyone in the family and discuss the different aspects of getting a pet. Decide on who will help in the new responsibilities of caring for the dog or cat.
- ❖ **Don't give a pet as a present.** People should choose their own pets.
- ❖ **Check your local animal shelter.** You'll find lots of good dogs and cats there who need homes.



## Get To Know Your Workers

You'll have more success motivating your workforce if you can understand what beliefs and attitudes shape your employees' behavior. Without prying too deeply into personal matters, ask employees about these influences on their belief systems:

- ◆ Beliefs and values of their families
- ◆ Experiences of their formative years
- ◆ Extent of their optimism or pessimism
- ◆ Their view of the economy and world events
- ◆ The more you know about what drives employees, the better you can inspire their best efforts.



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## What's Inside?

- How To Boost Your Creative Thinking -
- September Events -
- Money Saving Offers -
- & Much More!

## *What's The Answer?*



*When Is The First Day Of Fall?*

*What Quit-Smoking Tactics Actually Work?*

*Are All Teens Glued To Their Social Media Accounts?*

*How Can You Choose The Right Pet?*



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

