

May

FUEL for THOUGHT™

2018

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

Wise Words To Share On Mother's Day

Looking for something profound to put on your Mother's Day card? Try some of these pithy sayings:

- ❖ **Dorothy C. Fisher:** "A mother is not a person to lean on but a person to make leaning unnecessary."
- ❖ **Mark Twain:** "My mother had a great deal of trouble with me, but I think she enjoyed it."
- ❖ **Anna Quindlen:** "The world is full of women blindsided by the unceasing demands of motherhood, still flabbergasted by how a job can be terrific and torturous."
- ❖ **Marilyn French:** "To nourish children and raise them against odds is any time, any place, more valuable than to fix bolts in cars or design nuclear weapons."
- ❖ **Joan Rivers:** "My mother could make anybody feel guilty—she used to get letters of apology from people she didn't even know."
- ❖ **Dorothy Parker:** "The best way to keep children home is to make the home atmosphere pleasant—and let the air out of the tires."
- ❖ **Diana, Princess of Wales:** "A mother's arms are more comforting than anyone else's."

Happy
Mother's
Day

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...

(614) 864-1600

kerri@beanysautoservicecenter.com
www.beanysautoservicecenter.com

May Events

May 5th
May 6th
May 10th
May 13th
May 19th
May 23rd
May 25th
May 28th

Cinco de Mayo
International No Diet Day
World Lupus Day
Mother's Day
Armed Forces Day
World Turtle Day
American Cancer Society's
"Don't Fry Friday"
Memorial Day

Seeds Of Change

Stephen Ritz uses nature to connect with the students in the Bronx school district where he teaches, first by helping students use plants and flowers to cover up graffiti on the school grounds, then by bringing greenery into the classroom. Ultimately, the variety of plant life grown indoors led to the installation of tower gardens of edible plants.

The students connected with the idea of growing their own food and the labor required to make that happen, so Ritz branched out to create an urban farm on the elementary school grounds. The crops grown on the "farm" are tended with the assistance of local high school students, and the vertical towers and indoor planting stations in the school's library help the younger students learn about farming and nutrition.

"When you put a seed in a little kid's hand, you're making them a promise that little seed is going to grow into something great that they can eat. And then they get to watch it happen," says Ritz.

Since starting this program, the students have become empowered to play a more active role in their nutrition. When they realized how much sugar was in the chocolate milk they were given during lunch breaks, they asked that it stopped being served to them. Now the meals they eat at school are prepared with ingredients that they grow.

In the last three years the school has harvested over 60,000 pounds of food.



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Show Your Integrity

Your most powerful asset at work is your integrity. But how do you build it within yourself? It takes three steps:

- **Identify your values.** How do you judge the rightness and wrongness of actions?
- **Act in accordance with your values.** Remind yourself that these values are important.
- **Communicate your values.** Don't lecture, but let people know how your values influence your actions.

Promote Positive Experience In Young Athletes

It's estimated that 35 percent of children drop out of organized sports each year. That rate increases to 70 percent by the time most children reach the age of 13. Here are a few things you can do to help your children have a positive experience if they are participating in sports.

- ★ **Don't compare.** Always think of your child as a unique individual with limitless potential. What motivates one child won't work for another. What comes easy to one can pose challenges for another. Never compare the accomplishments of one child with that of another. Look for positive ways to encourage your children to focus on the fundamentals of their sport. Doing this will help your children develop confidence and a sense of self-worth.
- ★ **Stress variety.** Allowing your children to participate in several different kinds of sports helps broaden their perspectives and figure out which activities inspire their interest. Some also believe that by keeping children under age 12 involved in a variety of sports will prevent the onset of repetitive stress injuries that can be common with certain sports.
- ★ **Take your ego out of the equation.** A large part of helping your children develop positive attitudes about participating in sports is to be positive yourself. Keep a check on your own attitudes so you're not attempting to live vicariously through your children's experiences or pressure them into participating in activities that are of no interest to them.

A Solemn Tradition: Memorial Day

Memorial Day began in the 19th century as "Decoration Day," when citizens were encouraged to decorate the graves of soldiers who'd died in the Civil War. After World War I, Decoration Day expanded to include ceremonies honoring the dead in all of America's wars.

Decoration Day officially became Memorial Day in 1967. In 1968 the Uniform Holidays Act established it as one of three holidays (including Veteran's Day and George Washington's birthday, now called Presidents Day) celebrated on a Monday to create a convenient three-day weekend. Memorial Day is now observed on the last Monday in May.

Wearing poppies is a popular Memorial Day tradition. The custom is generally credited to Moina Michael, a former teacher at the University of Georgia, who was working for the YMCA Overseas War Secretaries at the end of World War I.

She was inspired by reading the poem "In Flanders Fields," by Canadian poet and doctor John McCrae. The poem's opening lines read:

In Flanders Fields, the poppies blow
Between the crosses, row on row . . .

During the Overseas War Secretaries' annual conference held in New York City in 1918, shortly before the signing of the armistice that ended the war, grateful delegates gave Michael \$10 in recognition of her help with the conference. She spent the money on 25 red silk poppies to hand out to participants (or she may have used the money on materials to make the poppies herself).

The poppy became a national symbol of remembrance, and two years later the American Legion adopted it at its own conference. Poppies have symbolized the day ever since.



*Thank you to our veterans,
past & present. And thank
you to those who made the
ultimate sacrifice.*

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Good Advice

"What can I get for you today?" asked the waiter.

"I'll take the meatloaf dinner and a bit of good advice," said the man seated in the booth.

Minutes later, the waiter returned with a hot plate of food. "Here you go."

"Hey, what about the good advice I asked for?"

The waiter leaned down and whispered, "Don't eat the meatloaf."



Thanks For The Kind Words

"I have been to Beany's I think about 3 times. Each time they got the JOB DONE! I have more work to be done and guess where I'm going? BEANY'S!"

-Facebook Review

Iceland: A Model For Creativity

One in 10 adults in Iceland has published a book. Playing in a band is considered a rite of passage there and almost everyone knows how to knit and sew. What makes Iceland a leader in creativity and innovation in design, music, art, literature, and more?

According to an article on the Futurity website, a professor of counseling psychology at the University of Kansas wanted to find out, so she led a team of researchers to Iceland to interview people for the answer.

One reason, the team learned, is education. Children in school learn to use tools, build and create all types of products, and more—as opposed to the constant testing in U.S. schools.

Another factor: Iceland's long, dark winters. Residents spend a lot of time indoors together, collaborating on what has to be done. During the summer, though, long, bright days that interfere with sleep patterns lead many people to uninterrupted hours of creativity.

Finally, Iceland's lack of resources throughout much of its history has forced its inhabitants to be creative, making furniture from driftwood, for example, and being creative about finding and preparing food.



Who Argues About Money?

Money is a major cause of conflict and stress in many relationships, but it affects some couples more than others. In a recent survey, only 15 percent of respondents said they fought about money with their partner.

The survey found that 20 percent of members of Generation X (ages 35-54) argue about money, followed by 17 percent of millennials (18-34), and only 9 percent of people over 55.

The health of the relationship may influence money squabbles. Eight-two percent of the couples who claimed not to fight over money described themselves as "extremely satisfied in their relationships," but just 59 percent of people who do have arguments felt the same way. One way people avoid financial conflicts is by hiding purchases. Thirty-seven percent of participants said they have bought things without telling their significant other, and 11 percent said they have a private bank account, credit card, or loan that their partner doesn't know about.

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May Is Armed Forces Month

May 19th is Armed Forces Day. We're dedicating the entire month of May to our soldiers past, present, home, and abroad. We Thank You! So stop in anytime this month and **SAVE \$12.00! Don't forget... Military members get 10% off labor EVERY DAY at Beany's!!** This coupon will give the 10% off labor OR \$12.00 off, whichever is greater.

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