

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

October Events

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|--------------|-------------------------|
| October 4th | National Taco Day |
| October 5th | World Smile Day |
| October 8th | Columbus Day |
| October 16th | Bosses Day |
| October 20th | Sweetest Day |
| October 21st | Pumpkin Cheesecake Day |
| October 30th | National Candy Corn Day |
| October 31st | Halloween |



Double Layer Pumpkin Cheesecake Recipe

Ingredients:

- 2 (8 ounce) packages of cream cheese, softened
- 1/2 cup white sugar
- 1/2 teaspoon vanilla extract
- 2 eggs
- 1 (9 inch) prepared graham cracker crust
- 1/2 cup pumpkin puree
- 1/2 teaspoon ground cinnamon
- 1 pinch ground cloves
- 1 pinch ground nutmeg
- 1/2 cup frozen whipped topping, thawed



Directions:

1. Preheat oven to 325 degrees F
2. In a large bowl, combine cream cheese, sugar, and vanilla. Beat until smooth. Blend in eggs one at a time. Remove 1 cup of batter and spread into bottom of crust; set aside.
3. Add pumpkin, cinnamon, cloves, and nutmeg to the remaining batter and stir gently until well blended. Carefully spread over the batter in the crust.
4. Bake in preheated oven for 35 to 40 minutes, or until center is almost set. Allow to cool, then refrigerate for 3 hours or overnight. Cover with whipped topping before serving.

Take Up A Hobby

Want to be more creative? Find a hobby. According to the Nature website, hobbies boost inspiration in scientific researchers, and they can spur your imagination, too. Here's how to do it:

- * **Set aside some time.** No matter how busy you are, commit to spending a certain amount of time every day or week on your hobby. It doesn't have to be excessive, but schedule enough time so you can concentrate fully on what you're doing without interruption.
- * **Consider exercise.** Getting your blood pumping can be good for your mind as well as your body. Committing to an exercise routine, even a modest one, forces you to take time out of your day. Focus on things other than work as you work out. You may find the solution to a sticky problem after you're done.
- * **Look outside your field.** Pick a hobby that's not related to your work. Painting, for example, can help you see the world in different ways. Select something that will challenge your thinking, and you may find connections to the issues you're working on.

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 reach out to us...

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Autumn Is Here... Are You Ready?

**Save
\$8.88**

Radiator Inspection & Coolant Flush

**Have Your Coolant Checked Before The
Unpredictable Fall Weather Leaves You In The Cold!**

**Car Care Club
Members Save An
Additional \$5.00!**

**Expires 10/31/18
Must Present
Coupon**



Road Rules

When Jane's car stalled in the middle of a busy intersection, no amount of wishing could get the engine to turn over. Just as she turned on her hazard lights, the guy in the car behind her began to lay on his horn, and he continued to honk even as other cars began to pull around.

Jane walked back to the other driver and said: "My car won't start and I'm waiting for a tow, but if you think you can get it started, have at it. I'll sit in your car and honk at you."

Our schedule is CHANGING!!!



After 40 years of mostly the same schedule, we're going to try something a little different. We're going to be closing on Saturdays starting in the fall.

Here's how we're going to implement it.

To start, **Fridays, from September 21 through October**

19th, we will be open until 7pm for late pickups. Joel or Steve will be at the shop to help you.

Beginning Saturday, September 22, and going through October 20th, we will be open from 9a-12p. Either Joel or Steve will be at the shop, and one technician will be available.

Beginning October 26th we'll go back to normal Friday hours (8a-6p)

Beginning October 27th we will be closed on Saturdays.

For those folks who depend on Saturdays to pick up cars that we've worked on throughout the week, please let us know if you have concerns.

You can still expect the same great service Monday through Friday, 8am till 6pm. We also will still be able to accept cars any day, any time, using our drop box.

Thinking Of A Fast? Try These Approaches

Many people practice intermittent fasting—going without food for a limited period of time. Benefits include fat loss, greater longevity, and better overall health. The Medical News Today website offers these strategies for fasting:

- ★ **Twelve hours.** Some researchers say that fasting for 10–16 hours can cause your body to start burning fat and turning it into energy. The easiest way to do a 12-hour fast is to start at night. Fasting from 7 p.m. to 7 a.m., for example, means you won't spend all day reminding yourself that you're not eating, so you avoid the temptation to give in when hunger pangs start to rise.
 - ★ **Two-day fast.** You don't have to go completely without food, but under this plan, men should eat only 600 calories a day and women should consume 500. Separate the days—don't go two days in a row. Instead, plan at least one non-fasting day between your efforts. Studies suggest that this can help reduce weight and also improve insulin levels.
 - ★ **Every other day.** Again, limit yourself to 500–600 calories per day on your fast, but eat as much as you want on non-fast days. One study found that this is effective for weight loss and heart health. It's a little extreme, though, and may not be suitable or sustainable for long periods of time.
 - ★ **Twenty-four hours.** Once a week, abstain from eating for a full 24 hours—maybe from one breakfast to the next. You can drink coffee, tea, or other calorie-free beverages during your fast. Return to your normal routine afterward. Be aware, though, that this fast can cause fatigue, headaches, and/or irritability.
 - ★ **Skip a meal.** This type of fast is good for beginners. Instead of fasting for long periods of time, simply skip breakfast, lunch, or dinner. Just remember to eat nutritious and healthful foods during your other meals.
- It's important to stay hydrated during your fast, with lots of calorie-free drinks. Try not to obsess about food—plan distractions, like going to the movies or catching up on chores. Finally, avoid strenuous activity when you fast. Rest and relaxation will help you maintain your motivation.



Scary Labor Savings...

Must Present Coupon



Cannot be combined with other offers

| | |
|-------------------|--------------------|
| 0-\$50.00 | Take 3% Off Labor |
| \$51.00-\$100.00 | Take 5% Off Labor |
| \$101.00-\$150.00 | Take 9% Off Labor |
| \$151.00-\$200.00 | Take 11% Off Labor |
| \$201.00 & Up | Take 13% Off Labor |

Expires 10/31/18

“Think left and think right and think low and think high.
Oh, the thinks you can think up if only you try.”

—Dr. Seuss

“All the candy corn that was
ever made was made in 1911.”

—Lewis Black

“Autumn ... the year’s last, loveliest smile.”

—William Cullen Bryant



Thanks For The Kind Words

“They do things the right way,
and have the integrity and ability
to do what they say they will.
They took great care of my car,
when I needed it dearly, and I
can’t thank them enough for
making the process entirely
perfect from beginning to end.”

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Behold The Squirrel

Because October is Squirrel Awareness Month, here are some interesting nuggets of information to gnaw on:

- ❖ Squirrels are omnivores whose diets require an intake of salt.
- ❖ Their four incisors can grow an average of six inches per year, but their constant gnawing on nuts, branches, and other objects keep those teeth filed down.
- ❖ They run in a zigzag or erratic pattern to evade capture from predators.
- ❖ In 1870, small animals including squirrels, starlings, and sparrows were taken from rural U.S. communities and rehomed in city parks to give those spaces an element of charm.
- ❖ More than 200 species exist worldwide.
- ❖ Love them or hate them, they won’t be going anywhere anytime soon.

Potatoes, Gravy, and Cranberry Sauce... OH MY!

It’s hard to believe, but Thanksgiving is just around the corner! We will be collecting food in our lobby again this year beginning October 1, and going through November 18th. **Donations of five items or more (*or ONE gift card) will save you \$5 off your purchase at**

Beany’s. Please bring canned or boxed food that is Thanksgiving related to the shop and the wonderful folks at The Byron Saunders Foundation will pick it up in time for Thanksgiving distribution. They are especially looking for:

- Canned cranberry sauce, green beans, corn, sweet potatoes
- Instant potatoes, stuffing in a box.
- Gravy in a jar or packet
- Fifteen dollar grocery gift cards (so that the recipient can purchase a turkey)

For more information about the Byron Saunders Foundation, please visit their website at:
<http://www.thebyronsaundersfoundation.org/>



Did you know??? You don’t have to go back to the Dealer for service or maintenance on your new or used vehicle!!!

Federal Law (Magnusen-Moss Act 1975) prohibits new car dealers from implying or denying warranty service because routine scheduled maintenance was performed at an independent repair facility. We can handle your maintenance and repair needs. Just give us a call to schedule any of your preventative maintenance needs.

A Free Monthly Newsletter
From Your Friends At



Beany's Auto Service Center

1673 Brice Rd.

Reynoldsburg, OH 43068

What's Inside?

- October Events -
- Money Saving Offers -
- & Much More!

What's The Answer?

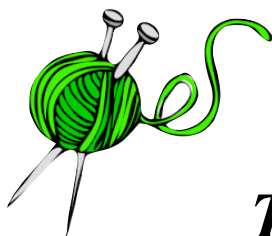


Can A Hobby Increase Creativity?

When Did Squirrels Invade Our Cities?

What's A Great Recipe For Pumpkin Cheesecake?

How Can I Start A Fast?



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