



A Free Monthly Newsletter From Your Friends At Ambassador Auto Repair

## Strengthen Your Memory For The Long Haul

Ever had a great idea that you forgot almost right away? Most of us have, and it can happen more often as we grow older. You can keep your memory strong at any age by following a few basic tips:

- ★ **Get plenty of rest.** Lack of sleep can diminish your brain's ability to solve problems, think creatively, and form memories. A good night's sleep is essential.
- ★ **Exercise.** Physical activity increases the flow of oxygen to your brain and keeps you healthy in other ways.
- ★ **Socialize.** Stay in touch with friends. Good relationships are important to emotional health and mental processes, because they provide stimulation and laughter.
- ★ **Minimize stress.** You may not be able to eliminate all unpleasant situations and activities from your life, but do your best to manage your reaction to them in emotionally healthy ways.
- ★ **Eat the right food.** A nutritious diet can help you stay in shape mentally as well as physically. Foods with Omega-3 fatty acids may lower your risk of Alzheimer's disease, and fruits and vegetables supply antioxidants that are good for your brain.
- ★ **Keep your brain active.** Spend more time reading and doing crosswords or Sudoku puzzles than watching TV. A good mental workout will keep your mind in shape to process and remember important information.



### 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

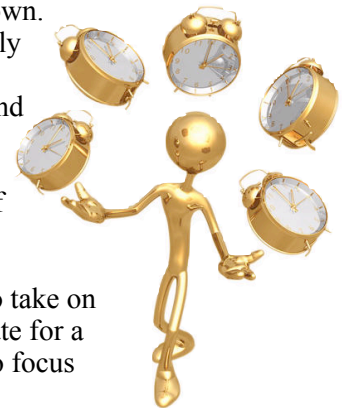
**(604) 589-9336 or email us at [ambautorepair@hotmail.com](mailto:ambautorepair@hotmail.com)**

## Take Charge Of Your Time To Manage Your Job Better

Time is money, or so the saying goes. People who manage their time effectively get more done and go further in their careers.

Make the most of every minute with these useful ideas:

- ❖ **Act on email promptly.** Don't leave emails in your inbox, whether you've read them or not. Spend a few minutes on a regular scheduling responding, saving, or deleting messages so important emails don't get lost in the electronic clutter.
- ❖ **Do your most important tasks first.** Identify your priorities (and those of your boss) so you know what's critical and what's trivial. Then take care of your top priorities first thing in the morning instead of putting them off or waiting until you're "ready." The rest of your day will flow more easily once you've got the important stuff under control.
- ❖ **Identify quick tasks.** Make a list of everyday jobs you can do in five minutes or less. Tackle these when you've got a little spare time—between meetings, or waiting for a long document to print. That way they won't distract you when you need to concentrate, or waste your time when you should be working on more important things.
- ❖ **Take good notes.** Don't try to remember everything. When you've got an idea, or realize you need to do something later, write it down. Review your notes regularly so nothing slips away.
- ❖ **Just say no.** Avoid tasks and projects that don't directly contribute to your primary objectives. Use your list of priorities to identify work that you need to do. Turn down (politely) requests to take on irrelevant work, or negotiate for a deadline that allows you to focus on your key tasks.



# FREE

## Vehicle Inspection

Just Stop By:

We Will Check Your Lights, Battery, Wiper Blades, Tires & All Fluid Condition & Levels.

Expires 4/30/13

Most Cars And Light Trucks

Cannot be combined with other offers

Must present coupon



## Thank You! Thank You! Thank You!

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.

**Duane Palmer**

## Take The Edge Out Of Impulse Buying

Impulse buying can throw a well-planned budget out of balance. Before you click on the "Buy it" link, or grab the product from the shelf and head to the cash register, try this trick: Procrastinate.

Instead of telling yourself you absolutely can't buy the item, leave it in your virtual shopping cart (or on the shelf) for 24 hours. It'll still be there when you revisit your decision, and the delay will give you a better perspective on whether you really, really want it, or are just responding to a momentary urge you'll regret later.

## New Words For A New Era?

The English language is always growing and changing. These new words may not appear in any dictionary, but they're sure to add some sparkle to your everyday conversations:

- \* **Beardspiration.** A beard so awesome that it inspires other people to grow their own beards. "Abraham Lincoln is truly a beardspiration to me."
- \* **Corporatistical.** Adjective relating to oversize executive egos. "Telling me to remove all the semicolons from that report was really corporatistical of him."
- \* **Deskorations.** Knickknacks for the workplace cubicle, intended to make the resident look cool. "That miniature fountain would make a great deskoration for the office."
- \* **Inboxapocalypse.** An overstuffed email inbox. "I've got 1,256 emails! It's an inboxapocalypse!"
- \* **Stresscalation.** When one person passes his or her stress on to a co-worker. "Pam's meetings always produce a significant stresscalation to her assistant."



## A Stress-Free Way To Share Household Responsibilities

Most working parents come up with a plan to share their home responsibilities. Here are some suggestions for a system that maximizes cooperation and minimizes explosive conflicts that can strain family relationships:

- **Start with a common goal.** Acknowledge that you both want the same thing, a harmonious home where responsibilities are equally shared. Talk about what that means to everyone so you all understand what's important to each other.
- **Keep salaries out of the picture.** Determining who does what in the house shouldn't be dependent on who makes more money. Consider personal preferences for particular chores, who has the most time, and who does the best job.
- **Assign high-stress chores evenly.** Some tasks, like doing the taxes, are more demanding than others. Others need to be done according to other people's schedules (feeding hungry kids now versus paying bills later in the evening). Make sure responsibilities are divided up fairly in terms of both time constraints and effort involved.



## Why Our Fingers Get Pruney In Water

It's a question that's puzzled learned scientists and toddlers at bathtime alike: Why do our fingers and toes get all wrinkled and pruney in the water? Researchers long believed that the wrinkling is a result of our upper layer of skin swelling up with the water it absorbs, but new evidence suggests that the body's nervous system causes this puckering by constricting the blood vessels beneath human skin.

A new theory posits that the wrinkling serves a specific purpose: to make grasping things easier when out hands and feet are wet.

Experiments at Newcastle University in England seem to back this up. Volunteers compared their ability to pick up wet marbles when their hands were dry and after soaking their hands in warm water for 30 minutes; the test subjects were able to pick up the items 12 percent faster with their wrinkled fingers than with dry hands (although they didn't do any better at picking up similar-size dry objects).



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vehicle running great  
all year!