

A Free Monthly Newsletter From Your Friends At Ambassador Auto Repair

Tips For Staying Sane During Shopping Trips

The holiday season can be stressful, especially if you've got a lot of gifts to buy for friends and family. To stay calm through the ordeal, follow this advice:

- * **Plan your holiday shopping.** Make a list of the people you want (or need) to buy presents for and what you want to buy. Set a budget so you don't overspend.
- * **Shop online.** You'll save time as well as wear and tear on your nerves. Just pay attention to the details. For example, is shipping free, or is there an extra charge?
- * **Buy a couple of gift cards.** Pick stores that you and most people like. That way if you've forgotten anyone, you'll have something to fall back on. And if you haven't forgotten anyone—you get the gift!
- * **Keep track of your spending.** Save your receipts so you can know how much you've spent at any given moment. Of course, this also comes in handy if any gifts need to be returned or exchanged.
- * **Pay attention to stores' return policies.** Some shops set a time limit on when items can be returned; others offer exchanges but no refunds. Be aware of policies to make returns easy on everyone.
- * **Wrap things as you go.** Wrap each gift the minute you get home. You won't have to spend hours wrapping a bunch of presents at the last minute, and you'll feel more rested and prepared as the holiday festivities begin.



Organic Foods, Do They Really Make A Difference?

A balanced, nutritious diet is essential to good health. But are organically grown groceries a vital ingredient to a healthy lifestyle? A recent study suggests that the answer may be: Not so much.

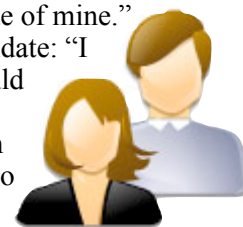
Medical researchers at Stanford University reviewed studies of nutrients and contaminants in a wide range of food, including fruits, vegetables, meat, grains, and dairy products. They found scant evidence that organic foods make any difference in the health of those who eat them. "Natural" fruits and vegetables do expose hungry consumers to less pesticide residue, but the study found that pesticide exposure in non-organic foods was well below levels set by regulatory agencies. Organic milk was found to have slightly more omega-3 fatty acid levels (a health benefit), and non-organic meats appeared to pose a 33 percent higher risk of resistance to antibiotics, which may contribute to the spread of infection from germs and bacteria.

But overall the Stanford team concluded that organic foods aren't particularly healthier for consumers, a conclusion that surprised even them.

The Dangerous Business Of Recommendation Letters

Writing a recommendation letter is tricky business. If you write something negative, you could get sued. So here are a few catch phrases that allow you to tell the truth without fear of litigation:

- ✓ To describe an ex-employee who had problems getting along with fellow workers: "I am pleased to say that this candidate is a former colleague of mine."
- ✓ To describe an unproductive candidate: "I can assure you that no person would be better for the job."
- ✓ To describe an applicant not worth consideration: "I would urge you to waste no time in making this candidate an offer of employment."



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



Winter Inspection

Just Stop by & We'll Test Your Antifreeze, Check Your Battery, Tires & All Fluid Condition & Levels.

Expires 12-31-2012

Cannot be combined with other offers or coupons

Must present coupon



Congratulations To Our Client Of The Month!

Every month, we choose a very special client of the month. It's our way of acknowledging our great clients and saying thanks to those that support our business with referrals and repeat business.

This month's Client of the Month is

Dorothy Jones

Keeping Your Car Can Save A Bundle

You can save \$30,000 or more if you hold on to a car once you get it paid off. So maybe it's not such a great idea to trade your car in every three to five years like some people believe. Here's how you can reap savings by keeping your car around for a long time:

- ! Take proper care of your car including regular maintenance and replacement of parts. Just about any vehicle can reach 200,000 miles these days.
- ! When you buy a car that you're planning to keep for a long time, go for one that has a good track record.
- ! Choose a car that has done well in government and insurance industry safety tests.
- ! Make sure the car you choose is equipped with the latest safety equipment.

The Frog Who Didn't Give Up

A frog hopping through a barnyard accidentally fell into a pail half full of milk. Unable to hop out, it floundered around at first but refused to give up. Hours passed as the frog swam around, its legs feverishly churning through the milk as it sought some way to jump over the edge of the pail.

And the little frog struggled so long that its legs churned the milk into butter, which gave it a solid surface to jump from. The frog leaped out, safe and sound, because it hadn't stopped trying.

Thanks For The Kind Words

"You are dependable and have mine and my cars best interest. I trust your judgement."

~Zaignum Punzalan

Wow, December already and only 25 days to Christmas. It is also 21 days to winter and then the shortest day of light this year. Went out to the trailer and winterized it, told my neighbour that I would see him in the spring. Put my motorcycles away and now to get ready for Christmas.

Thank you for your business and telling your friends about us. That is what keeps us going.

Have a Merry Christmas and may God Bless you this coming year.

Dr. Phil

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Is Your Vehicle Ready To Go "Over The River & Through The Woods"?

The Holidays Are Just Around The Corner And We Want To Make Sure Your Vehicle Can Go All Those "Extra Miles". For The Month Of November, We Will Be Running A Pre-Holiday Special!

**You Will Get A
21-point Inspection, Oil
Change, Lube & Filter
For Only \$34.95!**

Expires 12/31/12 Cannot Be Combined
With Other Offers Must Present Coupon
Up To 5 L. 5W30 Oil. Synthetic Not Included

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.

Bob Hankins

Mom Was Right... Clean Your Plate

Do you feel guilty about not eating everything on your plate? According to the ECO Pulse survey from the Shelton Group the average household throws out about 470 pounds of food a year, a figure that has grown by 50 percent since 1974. Furthermore, Americans waste about 27 percent of the food available for consumption, a cost of about \$600 a year for the average family of four.

**MOM
IS
ALWAYS
RIGHT**

What Are You Allergic To?

Allergies come in many different forms. Pollen is a common culprit, but people can be allergic to almost anything. Here are a few lesser-known causes of allergies to watch out for:

- **Beer.** A protein in barley (used in many beers) called LTP can cause itchy skin, headaches, and nausea.
- **Cold.** Cold temperatures prompt the skin to produce histamine, an organic nitrogen compound that makes blood vessels contract—and that some people are allergic to (along with similar “chemical mediators” produced when the body feels cold).
- **Cell phones.** Yes, you can have an allergic reaction to your cell phone, or at least the nickel used in it (as well as in belt buckles and watch bands). Nickel can cause a rash that's frequently mistaken for eczema.
- **Water.** Although it's rare, aquagenic urticaria is recognized as a condition in which contact with water causes itching, pain, and hives. Even tears can trigger a reaction.
- **Shoes.** Leather, as well as the resins used to treat it and the glues used in footwear manufacturing, can cause inflammation and cracked skin. One in roughly 500 people suffers from the condition and must avoid leather in their clothing.

Need Some Inspiration?

Try A Mug O' Joe

A cup of coffee helps you get going in the morning, but can it help you be more creative? Well, maybe. Here's a quick look at how caffeine affects the brain.

The neurons in your brain produce a substance known as adenosine. The harder your neurons work, the more adenosine they create; the more adenosine floating around your brain, the more it inhibits connections between neurons by clogging up your neural receptors. Thus, when you've got a lot of adenosine drifting through your nervous system, you feel tired.

Caffeine blocks adenosine production by impersonating the chemical, preventing it from being absorbed by the receptors in your brain. This permits natural stimulants like glutamate and dopamine to operate more freely. Those substances can stimulate connections between neurons, and so may lead to better combinations of thoughts and ideas in your mind.

You don't want to overdo your caffeine consumption in search of a spark of genius, of course. But a cup of coffee or tea may be just the thing when you're trying to jump-start your thinking.



Try These Alternatives To Wrapping Paper

If you never seem to have enough wrapping paper for all your presents in December, or if you just don't want to head out to the store for yet another roll of high-priced, tissue-thin paper that will end up in the trash, consider these options for saving money and helping out the planet:

- ✓ **Newspaper.** Last week's newspaper, especially the comics section with all its colors, can serve as a wrapping substitute. A few ribbons or bows can dress the package up.
- ✓ **Recycled paper.** Save the wrap after the present has been opened. Large sheets can be reused easily.
- ✓ **Cloth.** If you have scraps of old clothing lying around (clean, of course), use those in place of paper for a homemade look.
- ✓ **Gift bags.** Save small paper bags with handles to stuff an assortment of gifts into it. Again, you can dress them up with bows, photos, or shapes clipped from colored paper you may have lying around the house.



NEW YEARS BRINGS SAVINGS!!!

**Your Choice:
Transmission, Coolant
Or Fuel Injection Flush**



**Any Flush Service...
Take 10% OFF**



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Must Present Coupon