

February

# FUEL for THOUGHT™

2013

A Free Monthly Newsletter From Your Friends At Ambassador Auto Repair

## Another Reason Not To Skip Your Workout

Exercise is good for your body, of course. But it may keep your brain healthy as well, especially as you grow older.

A study of more than 600 older people (average age 74) found that those who exercised three or more times a week for 30 minutes at a time were about 40 percent less likely to develop vascular dementia (associated with reduced flow of blood to the brain) than those who weren't as physically active.

Exercise didn't appear to have any impact on the subjects' risk of Alzheimer's disease, which is just one specific form of dementia, but those who did work out were generally less likely to develop difficulties with their thought processes.

It's a win/win situation, researchers say. Not only will regular exercise help you feel better as you age, but it may increase your chances of enjoying a long life with all your faculties intact.



## Optimism Fuels A Truly Creative Lunch

In the autumn of 1994, Pixar was in trouble. As recounted in Likeonomics, by Rohit Bhargava (Wiley), the animated film studio was deep in the red, thanks in part to the fact that its upcoming movie Toy Story was wildly over budget. Microsoft had expressed interest in buying the company not because it liked movies, but to gain access to some of its 3D graphic design software. The deal fell through, and Pixar's prospects were shaky in advance of Toy Story's release.

That didn't deter the team, though. As they were putting the finishing touches on Toy Story, the filmmakers met for lunch to discuss possible new projects.

The three ideas they came up with? A Bug's Life, Monsters Inc., and WALL-E, all of which would become blockbuster hits. It may have been the most creative lunch of all time, in part because the "creative types" retained their optimism about the future.



*"Often the difference between a successful person and a failure is not one has better abilities or ideas, but the courage that one has to bet on one's ideas, to take a calculated risk and to act."*

*- Andre Malraux*

## 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)**

## Do More, Work Less Get Organized For Success

Winning control of your work schedule doesn't have to be a gargantuan effort. Here are some simple tips for getting organized:

- \* Start on a Monday. On the first day of the workweek, list your top three activities for the week. Commit to getting those three priorities done by Friday—no more, no less.
- \* Designate time for administrative tasks. Put everything else on the back burner for a few hours. Don't answer the phone, don't read email, don't let co-workers interrupt. Concentrate on your administrative chores.
- \* Check email only once a day. Set aside a specific time during the day to read and respond to email. Trying to monitor all your email throughout the day is disruptive to work flow.

**Do You Want To Know How To Save On All Your Auto Repair? Give Us A Call At 604-589-9336 And Ask About Joining *Royalty Rewards!***



## ***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.

**Robert Smith**

## ***What's So Unique About February?***

February may be the shortest month of the year, but it's packed with interesting and unusual characteristics. Here are a few to ponder as you shiver:

- ★ February starts on the same day of the week as March and November (shifting to August in leap years).
- ★ February ends on the same day of the week as October.
- ★ In leap years, February ends on the same weekday it begins.
- ★ February is the only month that can pass without a full moon.
- ★ Once every six years, and twice every 11 years, it has four full seven-day weeks.

## ***The Enduring Quest For A Close Shave***



A close shave has been coveted for thousands of years. It all started in the Stone Age, when sharpened flint-blade razors edged out the earlier Neanderthal tool for hair removal: seashells. Egyptians obsessed over hair removal in 3,000 B.C., regarding a clean-shaven face as a sign of good breeding. They used razors, creams, and pumice stones.

In 330 B.C., Greeks and Romans emulated the Egyptians by shaving their heads and beards during the reign of Alexander the Great.

Across the ocean, Aztecs shaved with razors made from volcanic glass (obsidian) in the 1500s. Then came the breakthrough: In the late 1600s, steel blades were introduced in Sheffield, England. Fast-forward to 1929, when Col. Jacob Schick marketed the first electric shaver.

In the 1960s, disposable razors hit the market, and in 1971, Gillette began selling a twin-blade razor. Then, in 1998, Gillette introduced the Mach3 triple-blade shaver after spending a reported \$750 million to develop it.

## ***Happy Landings When You Fly With Kids***

Every air traveler's worst nightmare seems to be getting stuck next to a screaming child for an eight-hour flight. But when you're that child's parent, the nightmare can be worse. You don't have to hold your breath and hope for the best. Here are some tips for flying with kids without alienating other passengers and losing your mind:

- Keep your expectations realistic. Air travel can be tough on children (as well as adults). Don't expect perfect behavior, and don't freak out if your child acts up. Stay calm so you can deal with whatever problems come up.
- Explain the procedures. Prepare children for what they're likely to encounter during the trip: crowds, delays, strangers, etc. Practice going through an airport screening line. They'll feel better knowing what to expect.
- Decide between direct vs. connecting flights. A direct flight eliminates the need to rush through strange airports lugging your bags and dragging your children to meet your next plane. On the other hand, a connecting flight can give your children a much-needed break. Decide which kind of trip suits your needs and your children best.
- Schedule naps. If possible, pick a flight that coincides with your kids' sleep schedule. If they can take a nap at their usual time, or get a good night's sleep on a redeye, they'll be more refreshed and better behaved when you arrive.
- Visit the doctor. Before your flight, check with your pediatrician to make sure your child isn't suffering from an ear infection that will make changes in cabin pressure painful.
- Dress for comfort. Choose clothes that kids can relax in. Dress in layers, as temperatures can fluctuate in airports and aboard planes. Pack an extra shirt per child in your carry-on in case of accidents.
- Bring games and snacks. Be sure to provide adequate books, games, and toys to occupy kids during the flight (and while you're waiting). Carry a few snacks so you don't have to rely on flight attendants or overpriced airport meals to feed hungry, cranky kids.
- Wait to disembark. Hold back when your plane lands. Getting into a long, slow-moving line may make kids impatient. Instead, let them play or relax until most of your fellow passengers are gone so you can leave comfortably.



# **FREE**

## ***Vehicle Inspection***

*Just Stop By:*

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

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Cannot be combined with other offers

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

**Joe Wallace**

## ***The Real Possession***

A young boy studied with a wise monk who practiced pottery making. After many years of study and practice, the boy showed great promise.

One sunny afternoon, the boy was admiring one of the monk's prized pots when it slipped from his hand and broke into many tiny pieces.

The boy broke into tears, apologizing profusely to his teacher. But the monk merely smiled. "You need not be sad, it is still within me."

The wise monk's true pleasure came through the process of creating and shaping the pot, not in owning it afterward. His joy was not in the destination, but in the journey.



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## ***Super-Earth Found... Could Life Be Next?***

The search for planets capable of supporting life has claimed a big prize: Astronomers have identified one world 42 light-years away in the zone where life is most likely to form: close enough to its star to have Earthlike temperatures and possibly water in liquid form, and revolving in a regular cycle of day and night.



What makes the planet even more interesting is its size: It's about seven times the size of our world. The second-closest potential "super-Earth" is located 620 light-years away from us.

***Hope you were all able to recover in January and now soon as we an push thru February spring will be happening. Our son Steve to the job got the job at Dease Lake, 1100 miles north of here as principal starting Feb. 4th. I'm going up with him at the end of January to help move him in. Just to prepare the vehicles that go up there is a big job, and no phone service. We got studded tires, block heater, battery warmer, anti-freeze to -50, windshield to -40, gas anti-freeze and an emergency kit in case of a breakdown. We were looking at a winch to pull the vehicle out if he ever got stuck, but decided to wait. My church (Cedar Grove Baptist) in January has a 21 day fast and prayer. Some people give up facebook, or coffee, TV etc. I started my lemon-cleanser fast. That means no food, only liquids. It's also a way to lose weight. Just when I started, I got the flu and am (6 days later) recovering. I very seldom get that sick with a high fever so that was a new experience for me. It snowed this morning and suppose to snow again tonight, so I am prepared with snow tires on. Have a good February, Happy Valentine's Day and hope to see you soon!***

- Dr. Phil

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Thanks for keeping us safe  
in our car!***

***The Polmans***



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FEBRUARY

## **What's Inside?**

- Some Fun Valentine's Day Facts -
- Super-Earth Found -
- Happy Landings When You Fly With Kids -
- The Enduring Quest For A Close Shave -
- Win A FREE Lube, Oil & Filter Change -
- February Events -
- Money Saving Offers -
- & Much More!**



## ***What's The Answer?***

*What's So Unique About February?*

*Who Was The Oldest US President?*

*Can Another Earth Really Exist?*

*How Many Cards Will Be Bought This Valentine's Day?*

*What Is The Earliest Known Tool For Shaving?*



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

