

A Free Monthly Newsletter From Your Friends At Ricky Ratchets Auto Repair

<i>February Events</i>	
February 2nd	Groundhog Day
February 3rd	Feed The Birds Day
February 4th	Eat Ice Cream For Breakfast Day
February 7th	Send A Card To A Friend Day
February 12th	Abraham Lincoln's Birthday
February 14th	Valentine's Day
February 19th	Family Day
February 22nd	George Washington's Birthday
February 24th	National Tortilla Chip Day

Happy Fat Tuesday

This year the revelry of the carnival season will culminate on Tuesday, Feb. 13, in celebrations around the world before the start of Lent.

In the United States, the city of New Orleans is the capital for all things Mardi Gras, which is French for "Fat Tuesday." Although the city has roots deeply centered in French heritage, it was not the first American city to host this event. French-Canadian explorer Pierre Le Moyne d'Iberville is rumored to have held the first Mardi Gras in a location about 60 miles downriver.



Years later, settlers along with French soldiers would continue the practice by donning masks and enjoying festivities in the newly established town of Mobile, Alabama.

I Love You ... Around The Word

Here are just a few of the ways those three little words everyone wants to hear are spoken around the world:

Dutch...	"Ik hou van je"
Hindi...	"Main tumse pyar kartha hoon"
Korean...	"Saranghae"
Lebanese...	"Bahibak"
Maori...	"Aroha ahau ki a koe"
Navaho...	"Ayor anash'ni"
Romanian...	"Te iubesc"
Tagalog...	"Mahal kita"

Happy Valentine's Day: Some Fun Facts

Sixty-two percent of Americans celebrate Valentine's Day. How do they observe it? Take a look at these statistics:

- **Chocolate.** Americans buy 58 million pounds of chocolate during the week of Valentine's Day, spending \$448 million.
- **Cards.** We buy about 150 million "Will you be my Valentine?" cards each year.
- **Gifts.** Men spend an average of \$150 on cards and gifts; women spend an average of \$74.
- **Flowers.** Twenty-three percent of us buy flowers or plants as Valentine's Day gifts: 61 percent of these buyers are men, and 39 percent are women. The top choice? A mixed bouquet, followed by red roses.
- **Champagne.** Americans buy 174,000 gallons of sparkling wine through Valentine's week, worth about \$8.6 million.



"The most beautiful work of art that we can create is this life."

—Kristi Bowman

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...

**519-455-5351 or
www.rickyratchets.com**

Our Customers Are #1 February Is Customer Appreciation Month

Receive A FREE \$20.00 Ratchet Buck When You Have Any Service Or Repair (of a \$150 value or more) Performed With Us On Any Tuesday During The Month Of February.



Expires 2/28/18
Must present coupon
Cannot be combined
with other offers

Can Beet Juice Keep Your Brain Young?

Beet juice may keep your brain young and fit, according to an article on the Runner's World website. The article cites a study reported in the Journal of Gerontology: Medical Sciences that found that a shot of beet juice an hour before exercise can have positive benefits to brains as they get older.

In the study, 26 sedentary men with an average age of 65 participated in six weeks of exercise. Some took daily shots of beet juice; others received a placebo. The participants walked on a treadmill three times a week for six weeks, building up to 50 minutes per session at increased effort. Comparing MRIs from before and after the trial, researchers found that the group that drank beet juice had significantly higher levels of "community consistency" within their brains.

The nitrate in beet juice, which converts to nitrite and then nitric oxide in the blood, has a strong positive affect on responsiveness in blood vessels, which in turn can increase the amount of oxygen reaching the brain and boost aspects of cognitive function.

Beware: The Hidden Hazards Of Cold Weather

Winter is full of unexpected hazards. As the cold weather continues, keep these safety tips in mind:

- * **Frostbite strikes fast.** It can happen in a short amount of time, especially with children. That's because they lose body heat quickly, sometimes in as little as 20 minutes. Dress kids warmly, but don't overbundle. That can cause sweating, which speeds the loss of body heat.
- * **There's poison in the air.** Carbon monoxide poisoning can often be mistaken for the flu—achiness, headache, and nausea. Carbon monoxide is odorless and colorless, and can affect children before it affects adults. Be sure you check your furnace and other gas-, coal-, oil-, or wood-burning appliances to make sure they aren't generating any carbon monoxide.
- * **Ice can be deadly.** We all know to walk carefully on icy roads and sidewalks. But walking-related injuries also stem from sliding and skidding vehicles that may not be able to avoid hitting someone. Be sure to walk in bright or reflective clothing, and be careful when walking near snow piles and drifts that may obscure your view or the view of a driver.

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.

The Faculty at Fanshawe College & Our many supporters at General Dynamics Land Systems!

Keep Your Career Moving Forward

You may love your job now, but you can't take it for granted. Job security is uncertain, and smart people are prepared for changes in their career path at a moment's notice. Here's advice for staying afloat no matter how stormy it gets:

- ★ **Audit your career documents.** Is your resume current? Does it spell out what you've done to add measurable value, instead of just listing your various job titles over the years? Be sure that your references are up to date and that you have some good stories to tell about how your work has contributed to your employers' success.
- ★ **Network.** Devote some time every week to making connections within your industry. The more people who know what you're capable of, the better positioned you are for any sudden transitions.
- ★ **Become active.** Join relevant professional and trade associations, and take a leadership role wherever you can: Serve on committees, help with marketing efforts, etc. Don't just show up for meetings and sit there.
- ★ **Market your expertise.** Write articles for trade publications, blogs, and websites to get your name out there. Volunteer to speak to schools or local community groups about your profession and industry. The more visibility you have, the better.
- ★ **Keep developing your skills.** Sign up for courses and seminars on any skills that might help you do your job better. A commitment to self-development appeals to potential employers who like to see initiative.
- ★ **Contribute more.** Look for ways to help your organization, your co-workers, your managers, and your networking contacts. A reputation for pitching in wherever you're needed will yield benefits throughout your career.



'Love Your Car' Brake System Flush Special

\$129.95 Value For ONLY 99.95!



- ♥ Flush Out Brake Lines & ABS Unit
- ♥ Flush Out Wheel Cylinders
- ♥ Flush Out Calipers
- ♥ Flush Out Master Cylinder



Expires 2/28/18

Must present coupon

Cannot be combined with other offers

Includes 2 units of brake fluid

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

Wayne Knight



Thanks For The Kind Words

"I bought an accessible vehicle from Rick and his service was unbelievable. I'm in a wheelchair so I could not get to him so he brought the van to me and to my mechanic to check out at no cost. And after they were said and done he gave me the warranty at no cost to help me out. Absolutely the best dealership I've ever seen!"

- Paul Wright, Ingersoll

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Even Cats Get The Blues

If the cold weather, lack of sunshine, and short days of February have you feeling out of sorts, imagine the havoc it's playing on the lives of our animal companions. Confined indoors and longing to feel the earth beneath their paws, our pets can get depressed and a bit stir crazy this time of year.

Talk to your vet if you notice changes in your pet's eating, activity, and sleeping habits to rule out the possibility of an illness. Be on the lookout for an increase in destructive behaviors such as chewing and scratching that can be an indication of boredom or anxiety. The same holds true for repetitive behaviors such as excessive meowing or barking.

If your pets are otherwise healthy, a little extra attention may help to alleviate their winter blues. Introduce a new toy into the mix or add a few extra minutes of playtime to their day to help them stay stimulated. Consider baking up a batch of dog biscuits or growing a patch of cat grass to give pets a treat that will show them that you're thinking of their well-being.



Do You Want To Win A \$25.00 Tim Card?

The first 10 people to call with the correct answer will be eligible to win. At the end of the month we'll draw one lucky name. That winner will receive a \$25.00 Tim Card from us! Here is this month's trivia question: What do Americans buy 174,000 gallons of every year for Valentine's Day?

(Hint: the answer is somewhere in this newsletter)

- a) Melted White Chocolate
- b) Sparkling Wine / Champagne
- c) Regular Gasoline
- d) Pink-Colored Soda

Call right now with your answer!

Last month's trivia challenge was "How often does Yellowstone Park's Old Faithful geyser erupt?" A) Every 90 Minutes. Congratulations to last month's lucky winner:

Janis Benson

Jake's Jokes: (from a funny young man who loves to laugh)



Q: What did the DNA strand ask her friend?

A: Do these genes make my butt look big?

Q: What creature is smarter than a talking parrot?

A: A spelling bee!

Q: What type of award did the dentist win?

A: A little plaque!

Q: What do lawyers wear to work?

A: Lawsuits!



Our Valentine's Special

It's That Time Again When We Need To Give A Little Extra Love To Your Vehicle!



\$20.00 off

Fuel Injection
Cleaning Service

Expires 2.28.2018

\$20.00 off

Power Steering
Fluid Service

Expires 2.28.2018

\$25.00 off

The Purchase of any 4
Brand Name Tires

Expires 2.28.2018

Extra Entry

With Any Purchase Feb 1
- Mar 31, 2018 WIN a

FREE

Diamond Ring

Expires 2.28.2018

Wiper Blades
Buy One - Get One

FREE

of equal or lesser value

Expires 2.28.2018

\$20.00 off

Automatic Transmission
Fluid Service

- Chemically Clean Transmission
- Drain & Replace All Fluid

Expires 2.28.2018

\$20.00 off

Coolant Flush
Service

Expires 2.28.2018

\$10.00 off

Headlight
Polish

Expires 2.28.2018

\$25.00 off

Any Brake Service
Over \$120

Expires 2.28.2018



Call us now at (519) 455-5351

to schedule your appointment.

Remember to bring this coupon when you come
in for service - *Not valid with any other offers*



We look forward to seeing you soon!!