

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

### July Events

- July 1st Canada Day
- July 4th Independence Day (U.S.)
- July 7th Global Forgiveness Day
- July 9th National Motorcycle Day
- July 18th National Ice Cream Day
- July 23rd Summer Olympics Opening Ceremony
- July 24th Amelia Earhart Day
- July 30th International Day Of Friendship
- July 31st National Avocado Day



### Energize Your Workspace

Before you contemplate quitting a job that makes you feel lackluster, try applying some basic principles of the Chinese art of feng shui to get back on the track to success:

- ★ **Get rid of clutter.** Put away items and materials that you don't regularly use. For instance, if that extra chair is just another place to put papers, get rid of it—and the papers. Put books you're actually reading or have read in bookshelves, and ship others elsewhere.
- ★ **Make sure you have good lighting.** Good lighting goes a long way toward enhancing your energy and sparking creativity. Put a lamp on your desk to make your space more cozy and comfortable, and to diminish the drain of fluorescent lights.
- ★ **Avoid sitting with your back to a window.** Feng shui experts believe that a window behind you makes you feel that you lack support—a drain on workspace energy.
- ★ **Don't sit with your back to the door.** Experts also say sitting with your back to the door puts you in a vulnerable position.

### Family Meals Establish Lifetime Nutrition Habits

Eating together establishes good habits later in life, according to researchers at the University of Minnesota. In the study of more than 1,500 people, surveyed once during high school and then again when they were 20 years old, participants were asked questions about how often they ate with their families, how much they liked sitting down to dinner with family and friends, if they had a tendency to eat and run, and how often they ate breakfast, lunch, and dinner.

The results showed that those who ate meals with family as adolescents were more likely to eat fruit and dark green and orange vegetables and drink fewer soft drinks as young adults. The frequency of family meals during adolescence also predicted eating meals more frequently as adults. Those who experienced more family meals were more likely to have higher intakes of key nutrients, such as potassium, calcium, magnesium, and the like.

The researchers say the results demonstrate that structured meal times with family are associated with improved diet quality for young adults. Families should be encouraged to share meals together as often as is practically possible.



### 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...

**Call us at  
(519) 455-5351  
Or visit our website at  
www.rickyratchets.com**

It's a Firecracker of a Deal...



Expires 07/31/21  
Must Present Coupon

## A/C Quick Check!

Bring in this coupon & receive  
**\$20.00 OFF** an A/C Quick Check!  
(Parts, Freon & Dye Are Extra, if needed)

## \$20.00 OFF

Not Valid With Other Offers

## ***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.

**Barry Charles & David Wright**

## ***Skipping Lunch? Not Good For Kids***

Kids may not be eating as much fast food these days, which is a positive trend, but they're also not eating lunch all the time. A study of the eating patterns of 3,647 children from 4-13 years, reported by The Health Site website, found that 17 percent of kids 9-13 skip lunch on a given day (and close to 25 percent on weekends), as well as 13 percent of younger children.

Nutritionists and pediatricians warn that children who don't eat lunch get fewer nutrients like calcium and fiber than those who consume a midday meal. Lunch can be an important source of vitamin D, potassium, and magnesium, all essential to a healthy diet for growing bodies.

## ***Bumblebees Leave 'Footprint' To Mark Flowers***

Bumblebees may be smarter than you think. According to the LiveScience website, scientists at the University of Bristol have discovered that bumblebees mark the flowers they feed from with "smelly footprints" so they can distinguish between flowers that have been visited by members of their nests and those fed on by strangers. This also allows them to ignore flowers whose food is gone and identify better sources of nutrients.

In one experiment, researchers trained bees to discriminate between flowers marked by their nest mates and those scented by bees from a different nest. In a second experiment, bees were seen learning that flowers with footprints from their nest mates were more rewarding than those marked with their own scent.

In addition, the scientists discovered that bumblebees can tell the difference between their own footprints and those of their nest mates.



## ***Get More When Selling Your Home***

Selling a home is a big project. Whether you're looking to upgrade or cut back, here are some tips for making the best deal you can:

- ✓ **Choose the right agent.** Do some research on potential agents. Don't rely solely on referrals from friends, and talk to more than one or two agents before making your choice. Ask about their experience with selling houses like yours, check out their online marketing, and ask for references from previous home sellers.
- ✓ **Use social media.** Post a video to YouTube featuring your house and neighborhood. Explain what you love about both so potential buyers can visualize themselves enjoying your home and community.
- ✓ **Get your neighbors involved.** Tell folks in your neighborhood that you're selling. Invite them to your open house and make it a party, not just a sales event. The more people who know you're moving, the better your chances of getting competitive bids.
- ✓ **Leave something behind.** Don't empty out your entire house. Offer to leave behind some furniture or appliances. That will make your home more attractive to would-be buyers.
- ✓ **Choose the right timing.** Spring isn't necessarily the only good time to put your house on the market. In warmer climates, fall can be better because the weather is more comfortable. Do some research into when most sales take place so you can reach people when they're ready to look and buy.
- ✓ **Fix up your house.** The better condition your home is in, the more money you'll get for it. Even small repairs—fixing a sticky doorknob or patching nicks and scratches in a wall—can enhance the value of your residence. Spruce up the outside, too, so buyers can imagine themselves enjoying the backyard or the view of their new home from the street.



## ***Is It Your Birthday This Month?***

**We'd like to Celebrate your Birthday with you! Just stop by and show us your Drivers License and you'll receive a FREE \$20 Ratchet Buck to use on your next visit!**

Expires 07/31/21

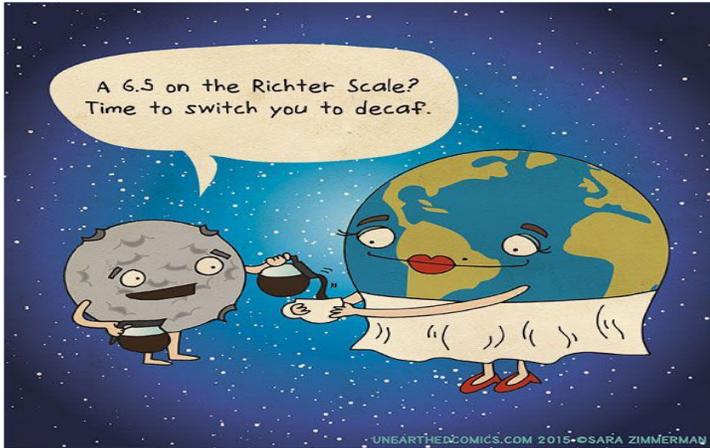


## ***Congratulations To Our Client Of The Month!***

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

**Mike Bell**



## ***Thank You For The Kind Words***

"Rick and team, Thanks again for all the work you did on restoring our 2011 Saturn Coupe. We've owned this car since the day it was brand new and it has been part of many great memories over the last 20 years. Your team did an excellent job on restoring the car to an almost new condition and for this we can't thank you enough. Thanks again!"

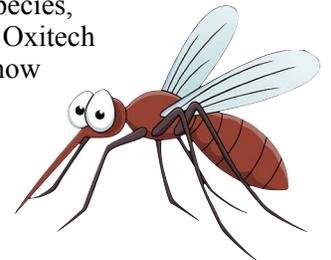
-Joe Major and Family

## ***Genetically Modified Mosquitos Released To Fight Disease***

It sounds like the plot of a sci-fi disaster movie, but it's happening in real life: Genetically modified mosquitoes have been released in Florida in an effort to combat an invasive species spreading disease. What could go wrong?

The Science News website reports that biotech company Oxitech bred the male mosquitoes and placed eggs in hexagonal boxes on private properties in suburban locations in April 2021. In May, monitors on the boxes showed that mature mosquitoes had flown off to start mating with females. The males possess genetic add-ons that prevent female larvae from developing after mating. Males, however, will carry the same genetic trait.

The project is designed to prevent the spread of dengue and Zika from a recent invasive species, *Ae. Albopictus*. After initial tests, Oxitech plans bigger releases to examine how well males fare and whether pest numbers decline. Oxitech may release up to 20 million mosquitoes in more tests during the fall.



## ***Do You Want To Win A Free \$25.00 Dairy Queen Gift 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 FREE \$25.00 Dairy Queen Gift Card from us! Here is this month's question... What percentage of kids aged 9-13 skip lunch during the week?

*(Hint: the answer is somewhere in this newsletter)*

- a) 25%
- b) 17%
- c) 13%
- d) 30%

***Call right now with your answer!***

Last month's trivia challenge was, What percentage of children aged 7 and younger have had an imaginary friend?

*Answer: C) 65%*

***Congratulations to last month's winner...***

**William Straiton**

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## **Jake's Jokes -**

- Q: What is the best way to talk to a giant? A: Use **BIG** words!
- Q: Why are Canadian students so smart? A: They get a lot of **EHS**!
- Q: What do the Toronto Maple Leafs and Titanic have in common?  
A: They both looked good until they hit the ice!
- Q: Why doesn't the sun go to college? A: It has a million degrees!
- Q: What is the best day to go to the beach? A: **SUN**-day!



# 10 Quick Driving Tips To Help You



## Save Money At The Pumps!

1. Drive the speed limit
2. Avoid quick acceleration
3. Use your cruise control on the highway
4. Remove excess weight from your trunk
5. Use your overdrive gears whenever possible
6. Accelerate steadily before approaching hills
7. Leave plenty of time to reach your destination
8. Keep your windows rolled up while on the highway
9. Plan in advance for quickest routes and/or less traffic
10. Turn off your car if you'll be standing still for more than a few minutes



## FILL 'ER UP WORD SEARCH

CAN YOU FIND THEM ALL?



- CARWASH
- GASOLINE
- OVERDRIVE
- ESSO
- HIGHWAY
- TANK
- HUSKY
- TRAVEL

S G A S O L I N E D  
T B Y R E E S S O K  
V C R V X U H Y V D  
K N A T O F W A E X  
Q R E R J S R W R Q  
T C L B W L H H D Y  
E Z J S U A U G R L  
O W L I G D S I I H  
O Z E E V V K H V Z  
L F R E M N Y B E A

WISHING YOU A SAFE AND HAPPY

CANADA DAY!

-RICK, LINDA AND STAFF  
AT RICKY RATCHETS!

