

### September Events

September 3rd	Skyscraper Day
September 5th	Labour Day
September 6th	Read A Book Day
September 11th	911 Remembrance
September 13th	National Peanut Day
September 19th	National Dance Day
September 21st	World Gratitude Day
September 21st	Miniature Golf Day
September 22nd	Autumn Equinox



### Pigs May Prove Useful As Organ Donors Someday

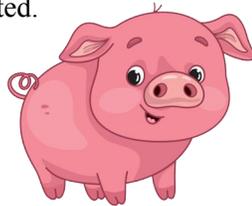
Pig hearts may someday be used to save humans in need of heart transplants, recent tests suggest. NBC News reports that genetically modified pig hearts have successfully been transplanted into human subjects without triggering organ rejection.

Pig hearts are promising for transplants because pigs' organs are similar in size to humans. They're also plentiful and easy to modify genetically. Before the transplant procedure, scientists deactivate specific genes that trigger human antibodies, preventing the human recipient's body from attacking the unfamiliar organ. They also shut down certain genes that would cause the heart to grow larger once they're exposed to human growth hormones.

In the recent examples, doctors at NYU Langone Health transplanted pig hearts into two people who had experienced catastrophic heart failure and were brain dead but still on life support. Both hearts beat strongly in the human subjects and weren't rejected, functioning well for the three days the experiment lasted.

In 2021, doctors at the University of Maryland put a pig heart into a living patient who survived for 49 days.

Using brain-dead subjects allows scientists to test procedures more rigorously without endangering a live patient's life.



### Get Ready For The New School Year

School starting in the fall is a transition for the whole family. Here's how to get through it smoothly, according to the Oprah Daily website:

- 🍏 **Set up a family calendar.** Days get busy when school starts again, especially when multiple children have multiple extracurricular activities like soccer, band, and the like. A big, easy-to-read calendar will help everyone keep track of schedules and commitments all month long. Don't forget to include big tests so no one has an excuse for not studying.
- 🍏 **Prep your meals.** Plan meals for the week on Sunday so you don't have to make any last-minute dashes to the store. Make multiple meals that you can freeze and thaw out to serve throughout the week. Double recipes so you have plenty of leftovers. All this will save you from having to whip up a fresh meal every night between band practice and play rehearsal.
- 🍏 **Keep your kids' workspace organized.** Designate an area for children to do homework and work on projects. Make them responsible for keeping it neat and well stocked so you don't run out of paper, pens and pencils, ink for the printer, and other essentials.

### 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](http://www.rickyratchets.com)

**LABOUR DAY  
SALE**

**\$20.00 OFF When You Spend  
\$200.00 Or More...**

Expires 9/30/22

Must Present Coupon

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.

**Gerry Morris & Ian Barrett**

## **Help Remote Workers Deal With Stress**

Remote work can be stressful for employees. The Society for Human Resource Management (SHRM) has these suggestions for helping your employees stay sane while working from home:

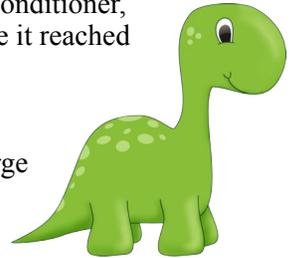
- ✓ **Let them turn off the video.** Video meetings are part of everyone's workday now, but the pressure to stay "on" when the camera is watching can be draining. Give employees the option to keep their camera off from time to time so they can focus on work and not worry about their appearance or mannerisms.
- ✓ **Encourage employees to ask for help.** They may feel like they have to do everything themselves if they're not in the office. Remind them to reach out to co-workers and managers when they have questions about what to do and how to do things so they don't feel isolated and alone.
- ✓ **Show employees it's OK to take time off.** As a manager, you set the example. If you never take a day off, they won't feel free to call in sick or take a vacation. Let them know when you need some time off to relax, and emphasize that you want them to do the same.
- ✓ **Set reasonable rules for e-mail.** Employees may feel required to respond instantly to every e-mail, text message, or phone call no matter how late it is. Let them know they don't have to check or respond to messages after normal working hours, on the weekend, or during vacations. They should have time to get away from work so they can stay fresh and focused.

## ***How Dinosaurs Kept Their Cool***

Big dinosaurs had a tough time staying cool, especially in the ultra-hot Cretaceous period 145–65 million years ago. Armored dinosaurs with bony plates pose a puzzle to paleontologists who wonder how they managed to regulate their body temperatures under all that weight.

An article from *Scientific American* reveals one explanation: Bony, armor-covered ankylosaurs had a series of nasal passages in their skulls that acted like air conditioners, allowing heat to escape their bodies. Scientists at the University of Ohio used advanced scanning and 3-D modeling techniques to examine the skulls of one species of ankylosaurs known as euoplocephalus. They discovered that the ancient creature had a series of corkscrew-shaped nasal passages like a child's crazy straw inside its head. These passages acted like the coils of a modern-day air conditioner, cooling the dinosaur's blood before it reached the brain and caused heat stroke.

Ankylosaur fossils are easy to examine because their skulls are usually well preserved. In other large dinosaurs, like the T-Rex, the answers are harder to find.



## ***Help Children Develop Empathy***

Empathy is important to a child's emotional development and maturity. The Make It website shares these tactics for teaching empathy to your kids as they grow:

- ♥ **Identify emotions.** Talk about the emotions you or your children are feeling: "You're happy!" or "I'm sad" or "Are you upset?"
- ♥ **Ask questions.** Questions like "How does that make you feel?" can help children learn that feelings are normal. "How do you think that makes him feel?" starts them on the path to understanding other people's feelings.
- ♥ **Share your feelings.** Tell children what you're experiencing so they understand that everyone has feelings. Explain what's making you feel a certain way to show the connection between actions and emotions: "I'm mad because I hit my knee on the table and it hurts."

## **"STOP YOU IN YOUR TRACKS" SAVINGS**

**For The Month Of September Only, Receive \$20.00  
OFF Any Brake Repair Or Service Over \$200.00!!**

Expires 09/30/22 Not Valid With Other Offers Limit One Per Person



## ***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

**Jeff Hoskins**

**(Because he has those cool old cars)**



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

*"I brought my car in for service as it wasn't at its peak and the exhaust system was loud. My car thus far has been fixed to my satisfaction and I was kept apprised of my car's status by text and shown pictures of what was going on with respect to my car. I was pleasantly surprised to have my car driven back to my place after everything was done, saving me a trip back to the garage."*

*~ Steve Potter*

## ***Winning Words***

A good vocabulary may not guarantee success, but it's definitely an asset if you're competing in the Scripps National Spelling Bee. Here are a few of the words that competitors in past years have spelled correctly to win the contest:

- ★ **Stromuhr.** A medical instrument that measures blood flow through an artery (noun).
- ★ **Guerdon.** Reward (noun), or to reward (verb).
- ★ **Serrefine.** A small forceps used to clamp a blood vessel (noun).
- ★ **Autochthonous.** Native or indigenous, especially relating to animals or plants (adjective).
- ★ **Succedaneum.** Substitute or successor (noun).
- ★ **Euonym.** An especially appropriate name (noun).
- ★ **Cymotrichous.** Having wavy hair (adjective).

## ***Do You Want To Win A \$25.00 Cineplex 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 \$25.00 Cineplex Gift Card from us! Here is this month's question... How many years ago was the ultra-hot Cretaceous period?

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

- a) 145-65 Million
- b) 154-65 Million
- c) 3-9 Million
- d) 6-8 Million

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

Last month's trivia challenge was, Between 2003 - 2005 how many species of catfish were identified and named?  
*Answer: C) 100*

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

**Josh Forster**

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## **Jake's Jokes:**

- Q: What does a thesaurus have for breakfast? A: A synonym roll!
- Q: Why did the children cross the playground? A: To get to the other slide!
- Q: What animal is smarter than a talking parrot? A: A spelling bee!
- Q: Where do music teachers keep their keys? A: In the piano!
- Q: Why did the bird get in trouble at school? A: He tweeted on the test!

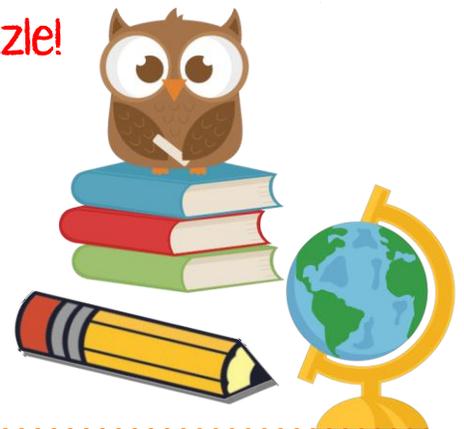


# Back to School



Fill in the blank lines with the words found in the puzzle!

1. My new teacher said, "\_\_\_\_\_ to your classroom."
2. Have a seat at this \_\_\_\_\_.
3. For our first \_\_\_\_\_ lesson, we will learn about subtraction.
4. We will \_\_\_\_\_ lots of chapter books this year.
5. I sit right next to my best \_\_\_\_\_ Sarah.
6. There is a pink \_\_\_\_\_ on the end of my pencil.
7. I used my \_\_\_\_\_ to color a picture of my family.
8. We went outside and played on the \_\_\_\_\_.
9. Don't forget to sharpen your \_\_\_\_\_.
10. I used my scissors to cut a sheet of \_\_\_\_\_.
11. I brought an apple for my new \_\_\_\_\_.
12. Be sure you follow all of the school \_\_\_\_\_.
13. I brought pizza for \_\_\_\_\_.
14. In \_\_\_\_\_ class, we sang a silly song.



## WORD KEY

READ	CRAYONS
RULES	MUSIC
DESK	WELCOME
PENCIL	MATH
TEACHER	PAPER
FRIEND	ERASER
PLAYGROUND	LUNCH

**There is a school in the Philippines that is made entirely from recycled pop bottles!?**

The school named "Bottle School" is one of its kind in Asia. It took about 9,000 bottles and dozens of volunteers to build the structure. Each bottle was filled with sand, water and straw to keep them sturdy. A cement-like substance was used to hold the bottles in place as they were stacked on top of each other to create walls.