

# PUTTING FAITH AND TRUST BACK INTO CAR CARE!



216 Hiawatha Trail Springboro OH 1-937-746-7999 Mon-Fri 8 AM - 6 PM



## Featured: Surviving the "Blahs"

If you live in a climate that has seasonal changes, you are not only familiar with the beauty of winter, but also the accompanying dreariness of cold, often cloudy days that sometimes seem as though they will never end.

During the winter season, many people notice changes in their mood, their ability to concentrate, and their energy levels. Some experience difficulty waking in the morning. This phenomenon is known as **"the winter blues"** and more comically, "the winter blahs."

While not as severe as SAD (Seasonal Affective Disorder), or depression, it can still have a negative effect on everyday life, especially for those who are not out and about in the work place. With effort and imagination, you can remedy the "winter blues." Here are some simple yet effective some ideas:

**Leave the window blinds and curtains open when you retire for the night.** Allow the daylight, and hopefully sunlight, to flood your bedroom in the mornings.

**Get some exercise, take a walk outdoors, if possible.** This will increase serotonin levels in your brain, making your mood lighter.

**Read a good book.** It may be a favorite from the past, or one you've never read, but find one that will take your mind off the dreariness of the day.

**Plan something.** It can be a future party, a vacation, a sewing or woodworking project, a book you've dreamed of writing, etc.

**Learn a new skill or language.** Many local schools offer courses, and there is undoubtedly something that would be of interest to you.

**Teach something to someone.** You no doubt have skills that others would like to learn, such as crocheting, knitting, or simple woodworking. Prepare a 6-week course, and then offer it to neighbors, friends or church acquaintances.

**Change your normal routine.** If you usually view television during the day, choose something that you wouldn't normally watch, or turn it off and read a book.

**Create something to look forward to.** A feeling of expectancy is a definite mood lightener.

**Stay optimistic!** Don't allow yourself to sink into a "funk." When you feel your mood begin to sag, *deliberately* set about to change it.

An unhappy mood is like mud, the longer you wallow in it, the deeper you sink, so nip it in the bud. Winter won't last forever, and by taking charge of your own mood, you will emerge in the spring like one of the flowers in your garden!



## Stay safety minded! Keep 'em in the car!



Jumper cables

Cat litter or sand for tire traction on snow and ice

Shovel to scrape snow away from tires

Ice scraper to clear windshield

Warm clothes even a change of clothes

Blankets to keep warm inside the vehicle

Flashlights and extra batteries for increased visibility.



First aid kit also pack necessary medications

Food pack items containing protein such as nuts and energy bars, also canned fruit and a portable can opener are good additions

Water bring enough for each person in your car and any pets

AM/FM radio to listen to traffic reports and emergency messages

Bring a cell phone if you have one & list of emergency numbers.

Baby formula and diapers if you have a small child.

Please Drive Responsibly Make You Car A No Phone Zone

# Skidding and Hydroplaning!

Losing control of your car on wet pavement is a frightening experience. Skids are scary but hydroplaning is completely nerve-wracking.

Hydroplaning happens when the water in front of your tires builds up faster than your car's weight can push it out of the way. The water pressure causes your car to rise up and slide on a thin layer of water between your tires.

Taking these simple tips into account can save your life. You can prevent skids by driving slowly and carefully, especially on curves. Steer and brake with a light touch. When you need to stop or slow, do not brake hard or lock the wheels and risk a skid. Maintain mild pressure on the brake pedal.

If you do find yourself in a skid, remain calm, ease your foot off the gas, and carefully steer in the direction you want the front of the car to go. For cars without anti-lock brakes, avoid using your brakes. This procedure, known as "steering into the skid," will bring the back end of your car in line with the front. If your car has ABS, brake firmly as you steer into the skid.

Avoid hydroplaning by keeping your tires inflated correctly. Maintain good tire tread. Don't put off replacing worn tires. Slow down when roads are wet, and stay away from puddles. Try to drive in the tire tracks left by the cars in front of you. If you find yourself hydroplaning, do not brake or turn suddenly. This could throw your car into a skid. Ease your foot off the gas until the car slows and you can feel the road again. If you need to brake, do it gently with light pumping actions. If your car has anti-lock brakes, then brake normally.

The car's computer will automatically pump the brakes much more effectively than a person can do. A defensive driver adjusts his or her speed to the wet road conditions in time to avoid having to use any of these measures.



# Cleaning The Car

Before you know it, the snow will be gone and the urge to clean the car will be overwhelming! Here's a few tips to keep in mind to make the effort a breeze!

**Start with the clearing out of clutter.** Often, you may leave things in your car for another time and then forget about them. It is easy to fall into the habit of putting off the clearing out of these things or throwing things away. Make sure to check in the nooks and crannies that debris could collect in such as under seats, the pockets in seat backs, things stuck in the visor or in the cup holders, and the cubbies in your door panels.

**Clean the interior of the car after removing excess items.** Dust the dashboard. Depending on your car's interior, you may need to purchase a special cleaning solution. If you have plastic floor mats, take them out and wash them. Wash in all the recesses like cup holders, door panels, ashtrays, interiors of any consoles you may have, and glove compartment. Vacuum all the carpeting in the vehicle. Don't forget to sweep under the seats and under any floor mats. If your upholstery is cloth, vacuum that as well.

**Wash the exterior of the car next.** Make a bucket of water mixed with a car cleaning detergent. Wet the car, then with a sponge or special automotive scrubber, wash the car body with the soapy mixture. Pay special attention to areas with higher amounts of griminess such as around wheel wells, rocker panels and the front grille. Don't forget to scrub the tires and hubcaps or rims. You can use the same soapy mixture, or you may choose to purchase a specialized tire cleaner. After cleaning the car's exterior, you may want to apply a coat of wax and buff it to maximize the shininess and life of your paint job.

**Washing the windows is an important step.** Your windows need to be clean in order for you to be able to see traffic clearly. Spray on a window cleaner, and wipe with a clean, dust free cloth. Make sure when you do this, you erase any streaks that may hinder your vision. You should wash the interior and exterior of side windows, windshield and rear window. Also, make sure to wash your rear-view mirrors on the interior and exterior of your vehicle.

Organize the things that you have to put back in after making sure that the car is clean. Placing a trash receptacle in your car can dramatically reduce the amount of clutter that accumulates in the car. Only keep things in your car that need to be there. Replace your registration, insurance information, and any other important paperwork in your glove box. Make sure that after cleaning your mirrors, you put them back in their proper positions before driving. Remember that the cleanliness of your vehicle is not only important for its appearance, but also as a safety measure. -eHow

A pink rectangular advertisement with a decorative border of blue and white geometric patterns. The text reads: "FEBRUARY SWEETHEART DEAL" in a stylized font, followed by "\$40.00 OFF" in large red letters, and "\$20.00 Per Axle" in smaller black text. Below that is "Premium Brake Job\*" in large black letters. At the bottom, it says "Not all brake jobs are the same. Some pads don't stop as well as others." There are several red and black hearts scattered around the text.

FEBRUARY SWEETHEART DEAL  
\$40.00 OFF  
\$20.00 Per Axle  
Premium Brake Job\*  
Not all brake jobs are the same. Some pads don't stop as well as others.

**Valentine's Day might be over but you still have time for this Sweetheart Deal on brake work for your vehicle!**

Customer must mention ad before service. Offer cannot be combined with any offer other. Coupon has no cash value. Promotion expires March 1, 2010.