

A Free Monthly Newsletter From Your Friends At Douglas Automotive

Keep Your Brain In Top Condition

Like any other part of your body, your brain needs exercise to stay healthy.

Although physical exercise can encourage the growth of new brain cells, mental exercises will also help your mind stay sharp.

Incorporate these strategies into your life:

- ♦ Mix up your routine. When you take the same route to work every day, or even fix the same peanut butter sandwich for your lunch, your mind stops stretching itself. Look for different activities that force you to think actively about what you're doing.
- ♦ Stay mentally active. Crossword puzzles, Sudoku, and other games can keep your mind in shape. So can taking a class, learning a new language, or reading something challenging in a book group.
- ♦ Reduce your stress. Easier said than done for many of us, but meditation, yoga, and getting plenty of sleep can relieve pressure that interferes with the ability to form fresh memories.
- ♦ Socialize. Don't let yourself get isolated. Talking to people and making new friends will stimulate your brain and give you more opportunities to learn and grow.
- ♦ Test yourself. Make up a few simple mental exercises. For example, try to identify the coins in your pocket, or the keys you carry, by touch instead of sight.



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 **Crystal Lake (815) 356-0440**

Barrington (847) 381-0454, email us at doug@douglasautomotive.com, or visit our website www.douglasautomotive.com.

Stick To Your Fitness Resolutions

It's a week into the New Year, and already you've chowed down a dozen brownies. And you've only gone to the gym once. Don't be too hard on yourself, but don't give up on the diet and exercise resolution either. Try again, and this time consider the following tips:

1. Be realistic. If you're trying to lose weight, set your sights on losing no more than a pound or two a week. Don't try to lose it all in a month. Also, know that you're human and prone to setbacks. Don't let a failure to stick to a plan derail you from picking up and trying again.
2. Be specific. Don't say you'll exercise more. Instead, commit to walking 30 minutes during your lunch break three days a week. Whenever possible, take the stairs; it's free exercise, and every little bit helps.
3. Find a buddy. It's almost always easier to get any goal accomplished if you have a partner who's trying to accomplish the same thing.
4. Log your progress. Writing down how much you've walked in the past week gives you a sense of accomplishment—and the encouragement to keep going. Also, it helps you to spot any trouble spots before they impede your overall progress.

“It is never too late to be what you might have been.”

- George Eliot

January Events

- | | |
|----------------------------|--------------------------------|
| January 1 st | New Year's Day |
| January 9 th | Ascension Day |
| January 18 th | Martin Luther King, Jr. Day |
| January 18 th | Winnie-the-Pooh Day |
| January 28 th | Christa McAuliffe Day |
| January 1-31 st | Birth Defects Prevention Month |

The Warranty On Your New Vehicle Stays In Effect When Maintenance Is Performed Here.

We are legally authorized to fulfill maintenance obligations on all vehicles, even new ones, & when we use appropriate parts & procedures, the vehicle's manufacturer is bound to honor its warranty obligations. Your vehicle's care starts at 00001 miles.

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.

**Kim Smith, Geri Alger, Joan Kohler,
Jennifer Rochedieu, The Viard family**

I Resolve To Make Some Resolutions

Time for some New Year's resolutions? Here are some silly ones:

- Stop sitting in my living room all day in my pajamas. Instead, I will move my computer into the bedroom.
- Figure out why I really need 12 e-mail addresses.
- Think of a computer password other than "password."
- Stop sending e-mail, text messages, and instant messages to people when I'm already on the phone with them.
- Spend more time with neglected children—my own.

MYSTERY GIFT CUSTOMER REWARDS PROGRAM NOW UNDERWAY!

We announced a new customer perk in last month's newsletter and the prizes are going out the door! Our Mystery Gift Customer Rewards Program provides our clients with some great prizes such as coupons for free food at local participating restaurants, car washes, studio sitting and portrait discounts, complete auto detailing packages as well as free oil changes. There are more prizes being added all the time, so be sure to visit www.douglasautomotive.com for an up-to-date list.

Congratulations to all the lucky winners so far!

Work Still Important To Older Americans

As people live longer, more of them are also working longer—sometimes because they have to, but frequently because they want to.

A study from the Pew Research Center found that 38 percent of participants age 62 or older say they may delay their retirement because of the current recession.

However, 54 percent of employees 65+ say they're still working because they want to.

The oldest working American may be Jack Borden, a 101-year-old Texas lawyer.

According to the CNN Web site, Borden continues to put in a 40-hour work week, arriving at his office at 6:30 most mornings and working until about 4 p.m. (though he takes a 45-minute nap in the afternoon, per his doctor's instructions).

Remember That Movie, 'Lost In Translation'?

Some movie titles translate smoothly into names that audiences overseas can relate to. Others, not so much. Here are a few movies whose new names may surprise you:

- ☺ Cloudy with a Chance of Meatballs in Israel, Cloudy with a Chance of Falafel
- ☺ Eternal Sunshine of the Spotless Mind in Italy, If You Leave Me, I Delete You
- ☺ The Naked Gun in Israel, The Gun Died Laughing
- ☺ Get Smart! In Taiwan, Is the Spy Capable or Not?
- ☺ Annie Hall in Germany, Urban Neurotic
- ☺ Knocked Up in Peru, Slightly Pregnant
- ☺ The Full Monty in China, Six Naked Pigs

Better Than Nothing

Two friends met on the street. "How are you doing since you lost your job?" asked one.

"Great!" said the friend. "I've taken up meditation."

"Meditation? You can't make a living doing that."

He shrugged. "It beats sitting around doing nothing."



Do You Want To Know How To Save Over
\$400.00 On All Your Auto Repair?
Give Us A Call At (815) 356-0440 And
Ask About Joining Our Car Care Club!



The Fable Of The Cat

A guru leading classes in meditation was distracted by a cat wandering through the temple every day. He instructed his followers to tie the cat up during meditation, and for many years his sessions went on without interruption.

When the guru died, his followers continued tying up the cat during the meditation practice led by a successor. When the cat died, new followers brought a new cat into the temple to be tied up during the sessions. Eventually no one remembered why they were supposed to tie a cat up during meditation, but they kept doing it anyway.

How many meaningless actions do you repeat out of habit?



Learn The New Jargon Now

Some of the most creative thinking in the workplace comes from the desire to avoid saying what we really mean. Check out these innovative (and humorous) euphemisms for typical workplace antics:

- ✓ **Blamestorm:** A discussion centered around finding an excuse—or a scapegoat—for failure.
- ✓ **Data transport system:** A briefcase.
- ✓ **Ohnosecond:** The fraction of a moment between hitting “send” and realizing you’ve just sent an embarrassing e-mail to everyone in your organization.
- ✓ **Percussive maintenance:** Hitting a computer or other electronic device in an attempt to get it to work.
- ✓ **Presenteeism:** The opposite of absenteeism—an obsession with being visible at work regardless of how productive you are.
- ✓ **Run it up the flagpole:** Hoping someone with real authority will give you permission to do something if you ask politely.
- ✓ **Stress puppy:** Someone who thrives on pressure.
- ✓ **Vulcan nerve pinch:** The awkward hand stretch needed to reach all the keys necessary for certain computer commands.
- ✓ **Xerox subsidy:** Using the office photocopier for personal reasons.

Win A Flat Screen TV!!

Just a reminder—the first 100 clients who purchase a Car Care Club Card for \$79.95 get their names entered in a drawing to win a new FLAT SCREEN TV!! The entries are adding up quickly—the last day to purchase the card is Jan. 16th with the drawing held on Monday Jan. 18th.

Don’t delay—stop in today!

Do You Want To Win A \$25 Gas Card?

Take the trivia challenge and you just might win!

Each month we’ll give you a new trivia question. 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 Gas Card from us. Here is this month’s trivia question:

What does Jack Borden do for a living?

(Hint: the answer is somewhere in this newsletter)

- | | |
|-----------------|-----------|
| A) Engineer | C) Doctor |
| B) Sportscaster | D) Lawyer |

Call right now with your answer!

The answer to last month’s trivia challenge was, “What is Saturn’s largest moon called? B) Titan.” Congratulations to last month’s lucky winner

Jan Nunez

Thanks For The Kind Words

“My husband and I are consistently pleased with the service, honesty and courtesy we receive at both of your business locations!

Sincerely,

Joy and Tom Bobish

The material contained in this newsletter is for informational purposes only and is based upon sources believed to be reliable and authoritative; however, it has not been independently verified by us. This newsletter should not be construed as offering professional advice. For guidance on any specific matter, please consult a qualified professional.

Did You Know?

You don’t have to go back to the Dealer for service or maintenance on your new or used vehicle! Federal Law (Magnuson-Moss Act 1975) prohibits new car dealers from implying or denying warranty service because routine scheduled maintenance was performed at an independent repair facility. We can handle your maintenance needs – **and you get a live person on the phone when you call. Call us for your 15K, 30K, or 60K Maintenance.**

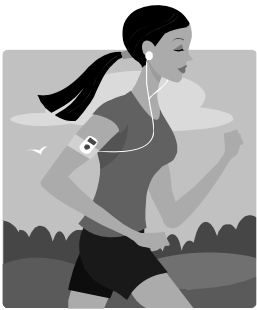
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What's Inside?

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 - & Much More!



What's The Answer?



- *What The Heck Is A Stress Puppy?*
- *How Old Is The Oldest Working American?*
- *How Are You Going To Stick To Your Resolution?*
- *Do You Repeat Meaningless Actions Out Of Habit?*



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

