

October Events

October 4th	National Taco Day
October 5th	World Smile Day
October 8th	Columbus Day
October 16th	Bosses Day
October 20th	Sweetest Day
October 21st	Pumpkin Cheesecake Day
October 30th	National Candy Corn Day
October 31st	Halloween



Take Up A Hobby

Want to be more creative? Find a hobby. According to the Nature website, hobbies boost inspiration in scientific researchers, and they can spur your imagination, too. Here's how to do it:

- * **Set aside some time.** No matter how busy you are, commit to spending a certain amount of time every day or week on your hobby. It doesn't have to be excessive, but schedule enough time so you can concentrate fully on what you're doing without interruption.
- * **Consider exercise.** Getting your blood pumping can be good for your mind as well as your body. Committing to an exercise routine, even a modest one, forces you to take time out of your day. Focus on things other than work as you work out. You may find the solution to a sticky problem after you're done.
- * **Look outside your field.** Pick a hobby that's not related to your work. Painting, for example, can help you see the world in different ways. Select something that will challenge your thinking, and you may find connections to the issues you're working on.

Double Layer Pumpkin Cheesecake Recipe

Ingredients:

- 2 (8 ounce) packages of cream cheese, softened
- 1/2 cup white sugar
- 1/2 teaspoon vanilla extract
- 2 eggs
- 1 (9 inch) prepared graham cracker crust
- 1/2 cup pumpkin puree
- 1/2 teaspoon ground cinnamon
- 1 pinch ground cloves
- 1 pinch ground nutmeg
- 1/2 cup frozen whipped topping, thawed



Directions:

1. Preheat oven to 325 degrees F
2. In a large bowl, combine cream cheese, sugar, and vanilla. Beat until smooth. Blend in eggs one at a time. Remove 1 cup of batter and spread into bottom of crust; set aside.
3. Add pumpkin, cinnamon, cloves, and nutmeg to the remaining batter and stir gently until well blended. Carefully spread over the batter in the crust.
4. Bake in preheated oven for 35 to 40 minutes, or until center is almost set. Allow to cool, then refrigerate for 3 hours or overnight. Cover with whipped topping before serving.

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...

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**Bruce Catterton, Jake Allen, Ian Gorges,
Graeme Rattray, Austyn Bella, Roy Moreno**

Game Changer

It was the bottom of the fourth inning, and the home team was getting slaughtered. The pitcher might as well have been playing for the other team. The bases were loaded, and the visiting team's best hitter was up at bat. Just then a horse walked into the dugout wearing the home team's jersey.

"Put me in," he said to the manager. "Your bullpen is done. I can pitch. I can hit. Just give me a chance!"

"Why not," the manager replied. "It couldn't get any worse."

The horse trotted to the mound and relieved the pitcher. He threw a series of fastballs and quickly struck out the player at bat—and the next one and the one after that. He repeated this performance for the next two innings.

When he finally took his turn at bat, the horse hit a fly ball to centerfield that almost made it out of the park, but it hit the wall and fell to the ground.

The centerfielder grabbed the ball, tripped, and dropped it before picking it up again and throwing it toward the infield. The ball flew over the head of the second baseman and almost knocked out the catcher, who caught it and threw it past first base. The first baseman ran into the field, retrieved the ball, and sauntered back to the base.

The horse was out by five feet. He trotted back to the dugout and took a seat on the bench.

"You're the best pitcher I've had all season," said the manager. "You're a pretty good hitter, too. Not much of a runner though, are you?"

The horse looked at the manager and said, "Do you think I'd be here if I was?"



Thinking Of A Fast? Try These Approaches

Many people practice intermittent fasting—going without food for a limited period of time. Benefits include fat loss, greater longevity, and better overall health. The Medical News Today website offers these strategies for fasting:

- ★ **Twelve hours.** Some researchers say that fasting for 10–16 hours can cause your body to start burning fat and turning it into energy. The easiest way to do a 12-hour fast is to start at night. Fasting from 7 p.m. to 7 a.m., for example, means you won't spend all day reminding yourself that you're not eating, so you avoid the temptation to give in when hunger pangs start to rise.
- ★ **Two-day fast.** You don't have to go completely without food, but under this plan, men should eat only 600 calories a day and women should consume 500. Separate the days—don't go two days in a row. Instead, plan at least one non-fasting day between your efforts. Studies suggest that this can help reduce weight and also improve insulin levels.
- ★ **Every other day.** Again, limit yourself to 500–600 calories per day on your fast, but eat as much as you want on non-fast days. One study found that this is effective for weight loss and heart health. It's a little extreme, though, and may not be suitable or sustainable for long periods of time.
- ★ **Twenty-four hours.** Once a week, abstain from eating for a full 24 hours—maybe from one breakfast to the next. You can drink coffee, tea, or other calorie-free beverages during your fast. Return to your normal routine afterward. Be aware, though, that this fast can cause fatigue, headaches, and/or irritability.
- ★ **Skip a meal.** This type of fast is good for beginners. Instead of fasting for long periods of time, simply skip breakfast, lunch, or dinner. Just remember to eat nutritious and healthful foods during your other meals. It's important to stay hydrated during your fast, with lots of calorie-free drinks. Try not to obsess about food—plan distractions, like going to the movies or catching up on chores. Finally, avoid strenuous activity when you fast. Rest and relaxation will help you maintain your motivation.



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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

Sharon Verheyen



Thanks For The Kind Words

"Rob's did the job that no one else could or would, and they did it on time and for a reasonable price. Thank you. I love my Volvo!"
- John L.

Behold The Squirrel

Because October is Squirrel Awareness Month, here are some interesting nuggets of information to gnaw on:

- ❖ Squirrels are omnivores whose diets require an intake of salt.
- ❖ Their four incisors can grow an average of six inches per year, but their constant gnawing on nuts, branches, and other objects keep those teeth filed down.
- ❖ They run in a zigzag or erratic pattern to evade capture from predators.
- ❖ In 1870, small animals including squirrels, starlings, and sparrows were taken from rural U.S. communities and rehomed in city parks to give those spaces an element of charm.
- ❖ More than 200 species exist worldwide.
- ❖ Love them or hate them, they won't be going anywhere anytime soon.

"I'm so glad I live in a world where there are Octobers."

— L.M. Montgomery

Follow These Tips For Workstation Safety

Most of us spend a lot of time at the computer—and that puts us at risk for injuries to the neck, back, and arms. Every so often, then, it's worthwhile to review some basic precautions for working safely:

- ◆ Use a chair with a seat height, angle of recline, and tilt that can be adjusted.
- ◆ Set your shoulders in a relaxed position, rather than hunched up or rounded.
- ◆ Place your feet flat on the floor or flat on a footrest.
- ◆ Hold your wrists as straight as possible, rather than angled sharply up, down, or to the side.
- ◆ Place the monitor directly in front of you.
- ◆ Position the monitor 18 to 28 inches from your eyes. Set the height of the monitor so that its top is approximately an inch below your eye level.
- ◆ Support your arm when you are using the mouse.
- ◆ Adjust your lighting to reduce glare on your work surface or the monitor.

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What's The Answer?

Can A Hobby Increase Creativity?

When Did Squirrels Invade Our Cities?

What's A Great Recipe For Pumpkin Cheesecake?

How Can I Start A Fast?



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