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## What's Inside?

- Happy Father's Day-Thanks For Being You -

- A Little Father's Day History-
- A Fast Way to Rehydrate-
- June Events-
- Money Saving Coupons-
- & Much More!



## What's the Answer?

- What Matters Most?
- What Did Federal Agents Find In A Gun Shop?
- What Does "Aaarf" Really Mean?



The Answers To These And Many Other  
Questions Are Inside.



A Free, Friendly, Fun Monthly Newsletter From Your Friends At **auto world WEST LOOP**

## What Matters Most

When I think back on my life as a dad so far, here are the things I remember:

Hearing my kids first cries and holding them tight, scared to death I might drop them, but knowing I never would.

First steps, first words. The pain of leaving on trips. Budget vacations.

Skinned knees, bloody noses, something in my eye!, and somehow someone fell off of a car. My poor son.

Teaching them how to ride their bikes and fly kites. Time will not scatter these memories. And if in the end, these moments with my kids are what's going to matter the most, I must make the most of our time together today.

To the dads reading this, I hope your memories will be filled with the energy and excitement of life with your kids. Happy Father's Day!

## What was the editor thinking?

Can you trust what you read in the paper? Here are some headlines that actually appeared in the nation's press:

- "Police arrest everyone on February 22nd"
- "Federal agents raid gun shop, find weapons"
- "Statistics show that teen pregnancy drops off significantly after age 25"
- "Threat disrupts plans to meet about threats"
- "Man accused of killing lawyer receives a new attorney"

## June Events

June 1 <sup>st</sup>	Hurricane Season Begins
June 14 <sup>th</sup>	National Flag Day
June 15 <sup>th</sup>	Father's Day
June 21 <sup>st</sup>	Summer Begins
June 21 <sup>st</sup>	National Ask Day
June 4-10 <sup>th</sup>	National Pet Appreciation Week
June 1-30 <sup>th</sup>	Children Awareness Month

## A Little Father's Day History

Sonora Louise Smart Dodd first brought up the idea of a father's day in 1909. She wanted a special day to honor her father, William Smart. When Sonora's mother died in childbirth with her sixth child, William was left to raise the newborn and five other children by himself on a farm in Washington State. As an adult, Sonora realized how strong and unselfish her dad had been raising his kids as a single parent.

Sonora wanted Father's Day to be celebrated on the first Sunday in June, because it was close to her dad's birthday. Instead, the first Father's Day celebration took place on June 19, 1910 in Spokane, Washington. In 1966, President Lyndon Johnson made the third Sunday of June Father's Day. It wasn't until 1972 that President Richard Nixon made Father's Day a national holiday - about 60 years after Mother's Day had been made a national holiday.

## Favorite Sayings by Dads

- Go ask your mother!
- Just wait until I get you home!
- When I was your age....
- My father used to tell me...
- I used to walk to school in the snow!
- Be home early.

Looking for the perfect gift? Dads say some of the best Father's Day gifts have been tools, electronics and homemade gifts. Try to stay away from ties, socks, and go for something more fun!

## 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 **713-623-4418**. [Gerry@AutoWorldHouston.com](mailto:Gerry@AutoWorldHouston.com)

**June** is vacation month and a good month to be car care aware. A driver's worst nightmare, especially in heavy traffic, is brake failure. It's one of the more common causes of accidents, yet it is predictable and preventable. Learn the early warning signs of brake trouble, such as a squealing or scraping sound, soft pedal action or pulling to one side.

## Two stretches for cubicle fitness

Like athletes, office workers need to condition themselves for the rigors of their job. Here are two easy exercises to keep in shape at your desk:

Stretch #1 (helps to loosen muscles in your hands, wrists, and forearms)

- Separate and stretch your fingers until you feel tension.
- Hold for 10 seconds.
- Relax.
- Bend your fingers at the knuckles.
- Hold for 10 seconds.
- Separate and stretch your fingers again and hold for 10 seconds.

Stretch #2 (helps stretch muscles in your arms and upper back)

- Interlace fingers.
- Turn palms away from you as you straighten arms in front of you at chest or shoulder height.
- Feel gentle stretch in arms and through upper part of shoulder blades.
- Hold for 10 to 20 seconds.
- Relax before repeating entire stretch.

## What 'arf' and 'grrrr' really mean

Dogs have a vocabulary. Maybe not a very extensive one, but they can apparently differentiate between specific kinds of barks and growls, according to researchers at Eötvös Lorand University in Budapest, Hungary.

The team of behavioral biologists played recordings of barking and growling from 20 dogs to 12 other dogs that had been given a bone to chew. The recordings represented three different situations: dogs playing tug-of-war with their owners, growling at an approaching stranger, and threatening another dog for food.

The tug-of-war barks prompted four of the 12 animals to draw away from the bone, and the "stranger" growl made two of them move back.

All 12 dogs withdrew when hearing the threatening growl. Most of the dogs returned to their bone after a while. The growls thus appear to communicate distinct messages that dogs understand and react to.

There's no word yet on how they respond to "Your call is very important to us . . ."

## Men and women: Different planets, but the same health issues

Women and men are different, and that's a good thing. But they share many of the same health problems. From Mayo Clinic comes this list of the top five health threats for women:

5. Alzheimer's disease
4. COPD: Chronic obstructive pulmonary disease, a group of chronic lung conditions, including bronchitis and emphysema
3. Stroke
2. Cancer
1. Heart disease

For men, the list is similar:

5. COPD
4. Stroke
3. Injuries
2. Cancer
1. Heart disease

## A Fast Way to Rehydrate

After a run or other vigorous exercise outside during hot, humid weather, the first thing to do is to drink a large glass of water and eat a salty snack. Ed Ryan, director of sports medicine for the U.S. Olympic Committee, says this combination will replenish the sodium and chloride electrolytes lost through sweat. Specifically, he recommends an ounce or two of a salty food -- such as pretzels, potato chips, or even French fries -- following a workout. "Proper hydration should outweigh any concern over the fat content of a few fries or chips," he says.

## Driven to distraction

A young man received his first driver's license. To celebrate, he offered to take his father out for a drive. In the garage he opened the front door on the passenger's side, but his father jumped into the back seat.

"Tired of sitting in the front seat after all these years, Dad?" asked the son.

"No," said the father. "I just want to see what it's like to sit back here and kick the driver's seat over and over and over."

**"Whenever I try to recall that long-ago first day at school, only one memory shines through: My father held my hand."** -Marcelene Cox

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- Inspect Suspension & Exhaust
- Check For Oil, Transmission, Power Steering & Coolant Leaks
- Check Condition Of Battery & Charging System
- Inspect lights, Wipers & 20 Other Items

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Price \$129.07**

# Celebrate Dad!

Want to make this Father's Day memorable for yourself, your dad or special someone? Let us help!! With our Father's Day Special you can bring his or your car maintenance up to date ( for an incredibly low price ) and we'll help you maintain your vehicle's value and dependability by offering the following Specials:

<p><b>\$ 5.28 Off</b></p> <p><b>Oil &amp; Filter Change</b></p> <p><small>Expires 6-30-25 Cannot Be Combined With Any Other Offer</small></p>	<p><b>\$ 10.28 Off</b></p> <p><b>Synthetic Oil &amp; Filter Change</b></p> <p><small>Expires 6-30-25 Cannot Be Combined With Any Other Offer</small></p>	<p><b>\$ 21.89 Off</b></p> <p><b>Front Or Rear Brake Service</b></p> <p><small>Expires 6-30-25 Cannot Be Combined With Any Other Offer</small></p>
<p><b>FREE!</b> </p> <p><small>Free Check Engine Light, Code Reading, &amp; Repair Estimate With Approved Repairs. Reg. \$160</small></p> <p><small>Expires 6-30-25 Cannot Be Combined With Any Other Offer Max</small></p>	<p><b>\$ 15.58 Off</b></p> <p><b>Coolant Flush Service</b></p> <p><small>Expires 6-30-25 Cannot Be Combined With Any Other Offer</small></p>	<p><b>\$ 15.05 Off</b></p> <p><b>Air Conditioning Service</b></p> <p><small>Expires 6-30-25 Cannot Be Combined With Any Other Offer</small></p>

**Free Brake Check Always**

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## Thanks For The Kind Words



"If you're looking for an honest mechanic, look no further. I've been to a lot of mechanics and I often would feel like I was being overcharged or treated differently because I'm a woman. I appreciate that I don't feel this way here and I'm provided with quality service at a reasonable price! Thank you!!!" BR



**WE WANT REFERRALS, AND WE'LL PAY YOU \$30 FOR EACH ONE!**

**FLEET REFERRALS CAN BE WORTH UP TO \$500!**

Let your friends and family know about us and when they come in to use our services you get paid!  
If you know of a company that's looking to save time and money on their vehicles, we would love to speak to them to see how we may be able to help them.



The material in this newsletter is for informational purposes only. This newsletter should not be construed as offering professional advice.

**State Inspection/Registration Due In June.**



**\* If your vehicle is registered in Harris County you still need a state inspection to renew your registration. You have to get the emissions part of the inspection.**