



What's Inside?

- Head Restraint Safety Tips -
- Fund Raising Opportunity -
- Happy Mother-In-Law Day! -
- Ways To Rebuild Your Brain -
- Keep Your Eyes In The Goal -
- October Events-
- Money Saving Coupons
& Much More!



What's the Answer?

- *How Many Billion's Does The U.S.A. Spend On Halloween?*
- *Facts About Breast Cancer*
- *How Can You Get Johnny Unitas's Winning Strategy To Work For You?*
- *Will Your Neck Be Protected From Whiplash In An Accident?*

The Answers To These And Many Other Questions Are Inside.

Some Frightfully Good Facts For Halloween Retailers

Boo! Halloween is here once again—and, commercially speaking, the holiday seems to gain popularity as each year passes. Last year, the National Retail Federation released the following projections about the 2012 celebration based on its research:

- An estimated 36 million trick-or-treaters would be knocking on doors for ghostly treats.
- The average U.S. consumer planned on spending \$64.82, adding up to the chain-rattling figure of more than \$5 billion.
- More than 70 percent of consumers were expected to hand out candy. Almost 50 percent said they planned on decorating their yards or homes.
- More than 40 percent planned to carve a pumpkin. Nearly 30 percent said they were planning on throwing or attending a Halloween bash.

Testosterone Helps Prevent Osteoporosis In Men

Men with very low testosterone levels are at an increased risk for thinning bones. They may be able to improve their bone density with testosterone replacement.

Testosterone appears to be an important factor in the development and maintenance of bone strength in men, say researchers at the Mayo Clinic.

October Events

Oct. 5	Child Health Day
Oct. 5	World Teachers Day
Oct. 12	Columbus Day
Oct. 17	Sweetest Day
Oct. 16	National Boss Day
Oct. 25	Mother-In-Law Day!
Oct. 31	Halloween



Oktoberfest

The Oktoberfest, first held in Munich, Germany, is now celebrated in 24 countries around the world as German immigrants continue the tradition in their new communities. In North America, Kitchener-Waterloo in Ontario, Canada, and Cincinnati, Ohio, claim to hold the second largest Oktoberfest, with both cities hosting more than half a million celebrants. Munich still is home to the largest, drawing millions. Other cities with large celebrations include Milwaukee, Wis.; Helen, Ga.; Grand Prairie, Texas; Amana, Iowa; Poughkeepsie, N.Y.; Denver, Colo.; and Fort Lauderdale, Fla.

Oktoberfest activities typically include brass bands playing oompah music; German folk dancing in traditional costumes; German food, such as bratwurst and sausages, sauerkraut, and apple strudel; and, of course, beer. In Munich, the mayor taps the first barrel of beer and shouts "o'zapft is" or "the keg is tapped" to launch the festivities.

Facts about Breast Cancer in the United States

- 1 One in eight women will be diagnosed with breast cancer in their lifetime.
- 2 Breast cancer is the most commonly diagnosed cancer in women.
- 3 Breast cancer is the second leading cause of death among women.
- 4 Each year it is estimated that over 220,000 women in the United States will be diagnosed with breast cancer and more than 40,000 will die.
- 5 Although breast cancer in men is rare, an estimated 2,150 men will be diagnosed with breast cancer and approximately 410 will die each year.

Good News About Breast Cancer Trends

In recent years, perhaps coinciding with the decline in prescriptive hormone replacement therapy after menopause, we have seen a gradual reduction in female breast cancer incidence rates among women aged 50 and older. Death rates from breast cancer have been declining since about 1990, in part to better due to screening and early detection, increased awareness, and continually improving treatment options.

The best way to fight breast cancer is to have a plan that helps you detect the disease in its early stages.



Part of taking care of your vehicle is keeping good belts & hoses on it. If the serpentine belt under your hood fails, you lose power steering, air conditioning, alternator, the water pump and more. If a radiator hose fails the engine overheats and could self-destruct. Be Car Care Aware and let us perform a close inspection of these rubber components.

Rebuild Your Brain

Up until about 12 years ago, it was believed that we were born with a fixed number of brain cells that eventually died out. Now scientists know that brain cells regenerate throughout our lives. And one thing seems clear: To keep the sharpest memory you can for as long as you can, get moving. Aerobically, that is. Studies have shown that people who engage in aerobic exercise perform better cognitively and show increased brain volume. In another study, participants who exercised showed lower rates of dementia. That's because exercise actually encourages neuron generation in the part of the brain that processes memories.



Old As The Hills

If you had to guess the age of the world's oldest living tree, what would you say? Five hundred years? One thousand? Try 9,550. The spruce was discovered in Sweden in the Dalarna province, along with a cluster of about 20 other spruces all more than 8,000 years old. The tree's age was determined by using carbon-14 dating. It would have been a seedling in about 7500 B.C. Before the spruce was found in Sweden, the oldest living continuous standing trees believed to exist were pines in North America which were determined to be about 5,000 years old.



A Winning Strategy

Hall of Fame quarterback Johnny Unitas set many records during his 18-year career. One remains unbroken: During each of 47 consecutive games, Unitas is the only player to have thrown at least one touchdown pass. Unitas' philosophy is best summed up in his own words. Before the start of a game he was often known to inspire teammates with the simple directive, "Talk is cheap. Let's go play."

Eyes On The Goal

Florence Chadwick was an ace swimmer. She set a world record in 1950 when she swam across the English Channel from France in 13 hours and 20 minutes. The following year, she swam from England to France and made history as the first woman to swim the channel from both shores.

But in 1952, Chadwick learned a powerful lesson when she decided to swim the 26 miles between Catalina Island and Palos Verdes, Calif. The water was frigid that day and sharks trailed her. But these factors didn't diminish Chadwick's resolve; something else did.

After 15 hours of swimming in rough waters, there was no sign of the coastline—there was no sign of anything because fog had shrouded the area. With her goal out of sight, Chadwick lost the desire to continue and climbed aboard an escort boat— not realizing that she was less than half a mile from shore.

When asked why she decided to stop, she explained, "It was the fog. If I could have seen land, I could have finished.

But when you can't see your goal, you lose all sense of progress and you begin to give up."

Her failure was only temporary, though, and a few months later, she made another attempt to swim the same waters. On that day, the sun was shining. And with her goal clearly in sight, Chadwick set another new swimming record.

Adjust Head Restraints So They Protect Your Neck

Properly adjusting the head restraints in your vehicle will help to protect you from whiplash injury during a rear collision.

Even as manufacturers improved head restraints in recent years, many drivers don't reap the benefits. In one study, only one-third of restraints were in the proper position, which may give only 48 percent of the designed protection. The Insurance Institute for Highway Safety recommends:

- The head restraint should be even with the top of your head or at least level with your ears.
- There should be just a little space between your head and the head restraint, preferably less than four inches.

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

**For Only
\$99.88*
We Win**

Halloween Special

- Change Oil & Filter
- Rotate Tires & Check Air Pressure
- Check Entire Brake System
- Inspect Belts And Hoses
- Inspect Suspension & Exhaust

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

**Regular
Price \$123.07**

*Most cars, 5 quarts conventional oil, plus tax & fees expires 10-31-26

FALL MONSTER DEALS

Football games and brisk weather (well maybe not so brisk here in Houston)...October is here! We know colder weather is on its way and we would like to help you make sure that your car is performing at its best. And by offering you these Fall Monster Deals, we can do just that. **Bring in your personal voucher below and take \$48.88 off your bill!**





Looks like you got the treat not the trick!!

5719

DATE: 10-5-26

PAY TO THE ORDER OF: Super Duper Customer

\$ 19.88

(Nineteen 88100) ----- DOLLARS

MEMO: Expires 10-31-26 Not valid on state

Gerry Pruneda

Inspections & Ext Warranty repairs One voucher per customer.

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Thanks For The Kind Words



"Check engine light was on so I took it in, They took the time to check it out right away, gas cap was not tight so they cleared the code and sent me on my way, Excellent customer service, Highly recommend, Thanks! G Espinoza



Thank You to our super duper clients who referred their friends and family last month and

Welcome to our new clients for the month of September.

GABRIEL SEGOBIA	KELLY HOANG	LAELAH GARZA
AJAZ HUSSAIN	BABAK KEYGHOBADI	KATHY BARNES
CHRISTIAN ROMERO	DARIAN CASTON	YIGIT BULUT
COREY THOMAS	MICHAEL EL HAGE	NIKKI Dhokia
SWIFT	CHASE GAVIN	ROBERTO MARTINEZ
DAVID OUBRE	MAIYA JACKSON	OLIVIA EWENI
KASSANDRA TAMEZ		

We just couldn't do it without you!
Thank You!



This registration sticker will expire at the end of October.



Did You Know That The Warranty On Your New Vehicle Stays In Effect When Maintenance And Repairs Are Performed Here.