

A Free Monthly Newsletter From Your Friends At Fifth Avenue Auto

Drive Safely This Winter If You Find Yourself In Bad Weather

The safest place during a snowstorm or freezing rain may be your home, but sometimes you can't avoid driving in lousy weather. Stay safe on the road with these tips:

- ✓ **Keep your car in good condition.** Regular maintenance and tune-ups will improve your car's performance in the winter. Make sure your tires are fully inflated, tire pressure tends to decrease in cold weather.
- ✓ **Clear all snow from your vehicle.** Be sure all your windows are clear before you start driving, and that your wiper blades are cleaning properly. Get all the snow off your car, including your hood, roof, and trunk.
- ✓ **Test your vehicle's performance as you head out.** Start out slowly so you can check your wipers, steering, and brakes.
- ✓ **Accelerate and decelerate with care.** Hitting the gas or stomping on the brake can increase your car's tendency to skid.
- ✓ **Don't use cruise control.** You might hit an unexpected icy patch while your foot is away from the pedals.
- ✓ **Watch out for bridges and exit ramps.** Bridges and overpasses freeze more quickly and defrost more slowly than surface roads. Exit ramps may receive less anti-icing treatment.
- ✓ **Keep a safe distance.** Give yourself more room than usual to stop or swerve if the vehicle in front of you encounters an unexpected problem.

One Ring To Rule Them All

The Super Bowl will be played on Feb. 6 next month, and that means two teams will battle it out for glory, big bucks, and the right to wear the coveted Super Bowl ring.

The NFL pays \$5,000 apiece for 150 rings every year, but individual teams are allowed to spend more money if they wish. The winning team may present the rings to players, coaches, executives, the general staff, and anyone else. (Some rings have been given to former players no longer on the team's roster.)



Some fun facts from Wikipedia and ESPN:

- ➔ Only one person so far has been awarded seven Super Bowl rings: Neal Dahlen, who won five with San Francisco (staff and player personnel), and two with Denver as general manager.
- ➔ The largest ring in terms of size went to William "Refrigerator" Perry of the Chicago Bears after the team's Super Bowl XX victory. It's a size 25; a half-dollar can pass through its 1.258-inch diameter.
- ➔ The biggest ring in terms of "bling" is probably the New England Patriots' football-shaped Super Bowl XXXIX ring, which weighs in at 4.06 ounces and sports 124 diamonds.
- ➔ In 2005, New England Patriots owner Robert Kraft was visiting Russian President Vladimir Putin and showed off his Super Bowl ring. The Russian leader, possibly mistaking Kraft's intentions, admired the ring and then walked away with it. Kraft saved the day by declaring the ring a gift, and now it's displayed in the Kremlin library.

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 250-768-4485,

fifthave@shawbiz.ca,

Quotes:

"Sometimes you've got to let everything go, purge yourself. If you are unhappy with anything, whatever is bringing you down, get rid of it. Because you'll find that when you're free, your true creativity, your true self comes out."

- Tina Turner

You may have heard that we had a fire. An electrical issue to the neon along the roof caused it. Fortunately the damage was limited to the roof on the one side of the building and we are still operating on the other side while the roof is getting repaired. Thanks to everyone for the amazing support we received. We truly are blessed to have so many wonderful friends! We wish everyone a happy and prosperous new year!

That Laptop In Your Lap... Well, It May Be Dangerous

The computer age has already spawned a number of ergonomic illnesses. The latest? "Toasted skin syndrome," which doctors say is caused by laptop computers resting too long on a user's legs.

As reported on the CBS News website, a 12-year-old boy and a law student have both been treated for discolorations on the legs following a history of extended laptop use. The boy had played computer games every day for months and developed a sponge-shaped skin blemish on one thigh, and the law student had spent up to six hours a day with her computer in her lap, which led to a mottled discoloration on her leg. The temperature on the bottom of her laptop computer was measured at 125 degrees. Medical journals have recorded 10 causes of laptop - related injuries over the past six years.



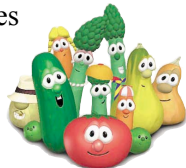
Although the injuries appear to be harmless, experts warn that such exposure could conceivably lead to the development of skin cancers.

Why Eat Your Vegetables?

Mother always said, "Eat your vegetables." The problem is that too many of us still aren't listening to her. According to the Centers for Disease Control and Prevention, only 26 percent of U.S. adults eat three or more servings of vegetables a day, although current recommendations call for four to five servings. The benefits are significant: Eating the right kind of vegetables in the appropriate quantities can cut one's risk of diabetes, heart disease, kidney failure, and other serious illnesses.

What kinds of vegetables should you be eating? Well, all kinds, but here's what you're getting:

- **Fiber.** Beans and other high-fiber vegetables fill the stomach, reducing your cravings for more food while reducing cholesterol levels and improving digestion and regularity.
- **Potassium.** Tomatoes, sweet potatoes, spinach, and winter squash improve blood pressure. They may also reduce the risk of kidney stones and bone loss.
- **Vitamin A.** Carrots, pumpkin, kale, collard greens, and other veggies enhance the health of eyes and skin. Beta-carotene and other carotenoids cut one's risk of macular degeneration, cataracts, coronary artery disease, and stomach cancer.



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.

**Brad Gaynor, Alexander Hourie,
Don Belke**

How NOT To Grab Attention With Your Résumé



Some of the most creative writing you're likely to see can be found on résumés. The jobs site CareerBuilder collected some of the most amusing from hiring managers around the country:

- ✓ One candidate claimed to be a direct descendant of the Vikings.
- ✓ Another job-seeker's e-mail address had "lovesbeer" in it.
- ✓ An optimistic job candidate's letter informed the manager, "I'll have your job in five years."
- ✓ A candidate provided a 24-page résumé covering a career of just five years.
- ✓ An ambitious candidate declared himself to be "the LeBron James of table games."
- ✓ And a job-seeker sent the company a video in which he attempted to hypnotize the HR manager into hiring him.

Water, Water Everywhere

In what may be good news for thirsty space travelers in the future, scientists have discovered evidence of water ice on two asteroids. As reported by the Science Daily website, just six months after observing evidence of water ice and organic molecules on the asteroid 24 Themis, a pair of research teams has determined that the same materials are present on a second space rock, 65 Cybele. Both asteroids drift in the region of space between the orbits of Mars and Jupiter.



The discovery suggests that our solar system has more water ice than previously expected, supporting theories that asteroids might have brought water and organic compounds to Earth in ancient times, providing some of the building blocks for terrestrial life.

DID YOU KNOW? We can now offer a free transferable lifetime warranty on most major components of your vehicle. To qualify all we have to do is service the covered components on a regular schedule and your vehicle must be under 60,000km (platinum plan) or 120,000km (gold plan). For more info give us a call 250-768-4485 or check out our web site www.fifthaveauto.com.

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

David and Tracey Cochrane
because I just feel so good after interacting with these guys!

Sweat Equity? Not Between Women And Men

It's just not fair. Women have to work harder than men to start sweating when they exercise, and even then, men sweat more efficiently. Research at Japan's Osaka International University and Kobe University studied men and women while cycling in a controlled climate for an hour. As their intensity levels increased, male cyclists perspired more easily than their female counterparts.

Sweating is important to regulating the body's heat. Scientists speculate that less efficient sweating in women may have evolved as a survival strategy for females, who generally have less bodily fluids than men. Slow sweating may have decreased their chances of dehydration in hot climates. Men may have evolved to sweat more freely in order to be productive while working or hunting.

Thanks For The Kind Words

"I have always been impressed with the level of honesty, integrity and exceptional quality service that goes above and beyond industry standards. It has been consistent throughout the eight years that I have been dealing with Fifth Ave Auto. The peace of mind knowing that my vehicle, (and I), are well taken care of, is priceless. Thanks guys!"

- K. Mcquire

What Were These Idiots Thinking?

There are ways to get ahead at work, and ways to get fired. And there are stupid ways to get fired. From the Women's Day website come these prime examples:

- ◆ One employee spent her days working at the computer-except she wasn't working. Instead she was writing a journal about how she wasn't doing anything. It worked, until her boss discovered the journal. She didn't get unemployment benefits because a judge noted she had refused to do her job.
- ◆ An intern called in to say he had a family emergency. Then he posted pictures on his Facebook profile showing the Halloween party he'd gone to. His manager fired him by e-mail, attaching the photo with his farewell message.



Do You Want To Win A Free Lube, Oil & Filter Change?

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 FREE Gift Certificate for a Lube, Oil & Filter Change from us! Here is this month's trivia question: How much does the NFL pay for a Super Bowl ring?

(Hint: the answer is somewhere in this newsletter)

- a) \$5,000.00 c) \$6,000.00
- b) \$10,000.00 d) \$12,000.00

Call right now with your answer!

Last month's trivia challenge was, *What percent of college students have their own TV in their dorm room?* b) 73 percent. Congratulations to last month's lucky winner!

Dave Maxwell

Try This When You're Bored

Greater minds have tested this and found that you simply cannot fold a square piece of paper that's dry, more than 7 times in half! No doubt everyone will be trying this when you tell them. My theory is that it's the incredible shrinking man theory (a great black and white movie from the fifties, by the way). Things can only get so small and then they are down to their atomic size. Your piece of paper folding puzzle won't be that tiny, but give it a try. It's very amusing, believe me.

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Want some cash from us in 2011?



Send a friend, family member or associate to us as a new client and they will receive \$10.00 off their bill and we will send you a \$10.00 bill! Most of our new clients come from our existing happy clients. To be honest, we'd rather give you the money & service clients like you than spend the money on things like radio or newspaper ads.

