

Keep Going

If you're looking for inspiration that will keep you working on your fitness goals this year, remember the name Jeannie Rice. She's an Ohio woman and an avid runner at age 70.

What Rice likes most about running is that it "is a sport that you can pause and resume at any point throughout your life, and it's not dependent on other people."

She started running several years ago to lose the weight she had gained during a trip abroad. She soon discovered that she enjoyed running and was pretty good at it, so she began training to compete in races. The following year, she ran a marathon and finished with a time of 3:45. She finished her second marathon in 3:16 and has run races worldwide since then.

She runs each morning at 5:30 a.m. with a group of younger runners. She says training with them makes her a stronger, faster runner. She also runs shorter races such as 5Ks and 10Ks to work on her speed.

Her love of running and dedication to how she trains has paid off. In October 2018, Rice ran the Chicago marathon. By her tally it was the 116th time she'd participated in such an event. When she reached the finish line she'd set a new world record of 3:27:50 for her age group.

Jeannie Rice knows she may not be running at her current speeds when she's 80, but she'll keep going for as long as she can.

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...

519-455-5351
or
www.rickyatchets.com

Meditation And Yoga Practice On The Rise

More and more people are practicing meditation and yoga, according to the CNBC website. The Centers for Disease Control and Prevention's National Center for Health Statistics reports that the number of U.S. children and adults practicing "mindfulness" exercise has jumped significantly in the past five years.

Researchers studied how many people practiced meditation or yoga or visited a chiropractor within the past year. Yoga was the most common technique among adults, with 14.3 percent practicing it in 2017, up from 9.5 percent in 2012. Meditation came in a close second, with 14.2 percent of American adults saying they meditated within the past year, an increase from 4.1 percent in 2012. Also, 10.3 percent of adults visited a chiropractor, up from 9.1 percent in 2012.

Yoga among teens and younger children rose from 3.1 percent in 2012 to 8.4 percent in 2017, and meditation by adolescents increased from 0.6 percent to 5.4 percent over the same period.

The researchers did not report on any reasons driving the growth beyond noting that some teachers have started incorporating yoga and meditation in their lesson plans.



February Events

- February 3rd Super Bowl Sunday
- February 4th Thank A Mailman Day
- February 11th Family Day
- February 14th Valentine's Day
- February 22nd Be Humble Day
- February 24th National Tortilla Chip Day



Super Bowl Special  **Save \$25.00**

Bring This Coupon In This February & Take \$25.00 OFF Any Repair Or Service Over \$200!

Expires 2/28/18
Must present coupon
Cannot be combined
with other offers

Branson's Rules For Success

Billionaire entrepreneur Sir Richard Branson is undeniably successful. He's built eight billion-dollar companies, established a nonprofit foundation, and written six books. He also plays a lot of tennis. What's his secret? He's got several, and they've been compiled on CNBC's MakeIt website:

- **Follow your dreams.** "Those people who spend their time working on things they love are usually the ones enjoying life the most," Branson says.
- **Do some good.** "If you aren't making a positive difference to other people's lives, then you shouldn't be in business."
- **Believe in your ideas.** "If you aren't proud of your idea and believe in your plans, why should anybody else?"
- **Have fun.** "If you're not having fun, then it's probably time to try something else."
- **Don't give up.** "On every adventure I have been on—whether setting up a business, flying around the world in a balloon, or racing across the ocean in a boat—there have been moments when the easy thing to do would be to give up," Branson has written. However, he never gives in.
- **Keep setting challenges.** "Write down every single idea you have, no matter how big or small," he once blogged. Then challenge yourself to follow through.
- **Delegate.** "If you find people who can take on tasks you aren't good at, it frees you up to plan for the future."
- **Take care of your team.** "If your staff are having fun and genuinely care about other people, they will enjoy their work more and do a better job."
- **Get away from your office.** "Rather than sitting in front of a screen all your life, switch off the TV or the computer and go out into the world," he says.

**NEVER
GIVE UP!**



• **Prove critics wrong.** "Some people will react to success by trying to hang onto your coattails," Branson warns. "The best thing you can do is to not only ignore them, but to prove them wrong in every single way."

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.

Special thanks this month goes to...

Anne McEwan

Bad Dog

A man is walking past a pet store when he sees a sign that reads, "Talking dog for sale!"

Curious, he walks into the store and finds the dog lounging on a cushion. "You wouldn't happen to be the talking dog mentioned on the sign, would you?" the man asks.

"Guilty as charged," the dog responds.

"Wow, you really can talk," the man says.

"Yep. That's why they call me man's best friend," the dog says.

"Well, why don't you tell me a little about yourself?" the man asks.

"Oh, where should I begin?" the dog sighs. "I've led such a full life. I got my start when I was just pup touring with a Shakespeare theatre group. I made my way out to California to get into the movie business and learned to surf instead. I was pretty good at it, too, but then I tried snowboarding. Now that is my sport. I was even in training for the Winter Olympics, but I broke my leg and that put an end to that career. I'm all better now, and I guess you could say I'm doing a bit of soul searching and trying to figure out what's next. For now I spend my days reading to kids at the preschool and then entertaining the seniors at the nursing home."

"That's remarkable," the man says. He looks over at the shop owner and asks, "Why would you part with such a talented animal?"

The owner shakes his head, rolls his eyes, and says, "I can't stand a liar."



XOXO

Love Us? Let Us Know!

XOXO

Great online reviews and your referrals mean the world to our locally-owned business. We jump for joy when our clients "show the love." If you've had a great experience with us... leave us a review on Google, Facebook, Yelp, or anywhere else. As always, if your experience is less than spectacular - let us know and make it up by giving us a call.

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 Laycock



Thanks For The Kind Words

"ATTENTIVE, KNOWLEDGEABLE, AND VERY AFFORDABLE. I WOULDN'T TRUST MY VEHICLE'S NEEDS TO ANYONE ELSE. THE CREW MADE A CONCERTED EFFORT TO SQUEEZE ME INTO THEIR ALREADY PACKED SCHEDULE, AND GOT IT DONE BEFORE CLOSING. MUCH APPRECIATED, RICKY RATCHETS AUTO REPAIR."

Alan Asgari - London

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Bake Something!

If you're snowed in and looking for a fun activity to do with your family, consider baking a cake or some other sweet treat that is just as fun to make as it is to eat. There's no better time than the present to teach your kids the basics of baking. Show them how to choose, measure, and mix ingredients as you follow the steps of a recipe that will transform the components into something yummy.



Working in the kitchen is also a great way to show the importance of being organized and tidying up while you cook, keeping hands and surfaces clean, and addressing safety do's and don'ts to avoid accidents and injuries.

If what you're making takes a while in the oven or requires a cool-down period before you can decorate it and eat, you might want to have a game or activity ready to help pass the time.

Visit the Homebaking Organization website for tip sheets, recipes, and other resources at

<http://www.homebaking.org/familyfun/>

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

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 Tim Card from us! Here is this month's question... What practices are on the rise for all ages in the United States?

(Hint: the answer is somewhere in this newsletter)

- a) Yoga and Meditation
- b) Cursive Handwriting
- c) Running Marathons
- d) Tuba Playing

Call right now with your answer!

Last month's trivia challenge was, Coffee can lower the risk of death by what disease??

Answer: B) Kidney Disease

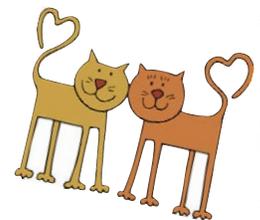
Congratulations to last month's winner...

David Symons

Jakes Jokes:



- Q: What did the cat say to his valentine? A: You're puuurfect for me!
- Q: What do you call two birds in love? A: Tweethearts!
- Q: Why do skunks love Valentines Day? A: They are very scent-imental!
- Q: What does Aquaman use to paint? A: Watercolors!
- Q: What did one pickle say to the other? A: You mean a great dill to me!



Our Valentine's Special

It's That Time Again When We Need To Give A Little Extra Love To Your Vehicle!



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Fuel Injection
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Expires 2.28.2019

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Just remember to bring this coupon
when you come in for service.
We look forward to seeing you soon!!

