

A Free Monthly Newsletter From Your Friends At Ricky Ratchets Auto Repair

## Make Sure To Wash Those Fruits And Veggies

Follow these tips for making sure your produce is untainted:

- ★ **Start with a clean slate.** Wipe down your kitchen counter, scrub your knives and cutting boards, and wash your hands before cleaning your food.
- ★ **Water is best.** Don't use soap or detergents to wash your produce; they can seep into the items and potentially make people sick. Use cool water and wash for 30 to 60 seconds in most cases. Some nutritionists say that a mixture of three parts water and one part white vinegar or lemon juice is even more effective, as long as you thoroughly rinse the produce when you're done.
- ★ **Wash peeled food, too.** Dirt and microbes can hide in the crevices of such fruits and orange and bananas, so even though you don't eat the skin, washing it prevents the spread of harmful material from the peel to the fruit through contact with your fingers.
- ★ **Don't wash and store.** Wait until you're ready to eat the item in question. If you wash it and then stick it in the refrigerator, it will retain moisture and spoil faster.
- ★ **Use a brush.** For firmer fruits and vegetables such as apples and potatoes, a stiff vegetable brush can do a good job of removing dirt and particles you don't want to eat.



## Quotes

*"Numbers constitute the only universal language."*  
—Nathaneal West

*"Vulnerability is the birthplace of innovation, creativity, and change."*  
—Brené Brown

*"If you try to fail and succeed, which have you done?"*  
—George Carlin

*"Some days are just bad days, that's all. You have to experience sadness to know happiness, and I remind myself that not every day is going to be a good day, that's just the way it is!"*  
—Dita Von Teese

## June Events

<b>June 1st</b>	Dare Day
<b>June 10th</b>	Iced Tea Day
<b>June 12th</b>	Peanut Butter Cookie Day
<b>June 13th</b>	Sewing Machine Day
<b>June 16th</b>	Father's Day
<b>June 18th</b>	International Sushi Day
<b>June 21st</b>	National Selfie Day
<b>June 26th</b>	Beautician's Day
<b>June 29th</b>	Hug Holiday

## 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 get in touch with us...

Call us at  
**(519) 455-5351**  
Or visit our website at  
[www.rickyratchets.com](http://www.rickyratchets.com)



## JUNE IS DAD APPRECIATION MONTH

**You Will Receive A FREE \$20.00 Ratchet Buck When You Have Any Service Or Repair Over \$100.00 Before Tax Performed With Us During The Month Of June**

Expires 6/30/19- Must Present Coupon  
Cannot Be Combined With Other Offers



## *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.

**Samantha Brown, Tom Woods, Jake Henry,  
& John Grant**

## **Target Career Success When You're Just Starting Out**

Career success is an important goal—and it can seem daunting when you're just starting out. You can move forward with this advice from the Brian Tracy International website:

- ◆ Choose the right job. Money is important, but so is fulfillment. Look at your values. If financial success is No. 1, fine, but consider other variables, like family, travel, work/life balance, and so forth.
- ◆ Take ownership. Don't depend on others for your success, and don't make excuses for your failures. Take responsibility for everything you do.
- ◆ Don't let yourself get stuck. You always have options. Don't fall into the trap of thinking you can't change jobs—or careers—if you're not making the progress you want.
- ◆ Stay positive. A positive attitude will keep you going when times are dark. It will also make you the kind of person people want to work with and support.
- ◆ Set goals. "Career success" isn't a goal; it's a wish. Set clear, concrete, and realistic objectives for your success—become a manager in two years, for example, or get a VP job in 10.
- ◆ Listen to feedback. Don't work in a vacuum. Ask people for feedback on your performance, and take it to heart. What you learn can make the difference between success and failure in the long term.

## *A New Species Of Orca? Time And Tests Will Tell*

A new species of orcas—also known as killer whales has been discovered off the coast of Chile, the U.S. News & World Report website reports. Fishermen and tourists had long talked about an orca that looked different from others, and had even taken pictures, but scientists hadn't found any.

Recently, however, a team of researchers reported finding dozens of the sea creatures off southern Chile. The orca's signature white eye patch is smaller and less noticeable than the eye patch on other species, their heads are a bit more rounded and less sleek, and their dorsal fins are narrower and pointed. They're 20–25 feet long, somewhat smaller than other orcas.

The research team listened to local fisherman who had seen the whales poaching their fish, and they waited weeks before a group of about 25 approached their boat, apparently expecting to be fed. The scientists used a crossbow to collect tissue samples for DNA testing, noting that the whales' skin is so tough that the arrows didn't hurt them.

Some experts are unconvinced that this is a completely new species, and scientists will have to wait for DNA results to confirm the discovery.

## *Take The Risk Out Of Exercising*

Often we're so eager to start getting into shape that we overdo it, exercising too hard and too fast. Whether you're going to the gym or exercising at home, the American Council on Exercise offers these tips before you start your workout:

- ★ **Stretch sufficiently.** Not stretching before your workout is one of the biggest mistakes you can make. Stretching at least five minutes before you exercise can reduce stress in the muscles and help prevent injuries. Stretching afterward is every bit as important; it helps your muscles recover.
- ★ **Warm up.** A warmup of five minutes or more will deliver needed blood and oxygen to your muscles.
- ★ **Drink a lot of water.** Don't wait until you feel thirsty or dehydrated. Drink water throughout your workout.



**SAVE  
\$20.00**

## **COOLING SYSTEM SERVICE**

With Summer Temperatures On The Way, You Can't Afford To Miss Out On This Important Service! We will check your thermostat, heater & coolant hoses, pressure check, cooling system, drain & refill radiator with new coolant.



Must Present Coupon    Cannot Be Combined With Other Offers    Expires 6/30/19

## ***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

**Peter & Kate Appelman**



## ***Thank You For The Kind Words***

"I just took my vehicle to Ricky Ratchets today for the first time and was extremely satisfied with my experience. Wonderful customer service from the owners as well as staff! I will certainly be back for all future services."

~ Krista Warmington London, On.

## **One Health Risk Of Dog Ownership**

Having a dog can be good for your mental and physical health. Dogs offer companionship to their owners and encourage more physical activity. However, as the Time magazine website reports, dogs can also pose a health risk, especially to older owners. The medical journal JAMA has shared research showing that fractures connected to dog walking are becoming more common among older adults.

An examination of emergency room logs found that in 2014, close to 1,700 adults 65 and older around the country had to go to emergency rooms for injuries related to walking their leashed dogs. By 2017, the number had risen to almost 4,500. Fractures can happen when dog walkers fall as a result of dogs lunging while on the leash. The research found that almost 30 percent of those injured senior citizens were admitted to the hospital, nearly 20 percent with fractures to the hip. Hip fractures can contribute to disability and other long-term decreases in quality of life—as well as a mortality rate of close to 30 percent. Keeping a dog for health benefits is a positive choice, but just be careful to exercise caution on daily walks.

## ***Do You Want To Win A Free \$25.00 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 FREE \$25.00 Tim Card from us! Here is this month's question... What are orcas also known as?

*(Hint: the answer is somewhere in this newsletter)*

- a) Whales
- b) Killer Whales
- c) Blue Whales
- d) Beluga Whales

***Call right now with your answer!***

Last month's trivia challenge was, Which popular animated character is causing U.S. toddlers to pick up a British accent? Answer: A) Peppa The Pig. Congratulations to last month's lucky winner!

**Kris Gilbertson**

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## **Jake's Jokes:**

- Q: What do you call an underwater car? A: A Scubaru!
- Q: Why did the farmer quit his job? A: Things keep cropping up!
- Q: Why did the cow go to the dance? A: To hear the mooosic!
- Q: Where do sheep go on vacation? A: The Baaa-amas!
- Q: How do you make a hot dog stand? A: Take its chair away!



# Celebrate Dad This Month

This Father's Day, don't forget the 'Dad' in your life. We have a couple 'Dad worthy' coupons that will not only bring his needed car maintenance up to date, but also save him lots of money too!



## Dad's A/C Repair Special

A/C Repair Can Be Costly!

SAVE On Your Next A/C Repair Service

- |  |              |
|--|--------------|
| <input type="checkbox"/> \$50 - \$100  | SAVE \$10.00 |
| <input type="checkbox"/> \$100 - \$200 | SAVE \$20.00 |
| <input type="checkbox"/> OVER \$200    | SAVE \$30.00 |



## Father's Day Alignment Special

- 4-Wheel Alignment
- Check Front & Rear Suspension
- Check Brakes
- Free Vehicle Consultation

*Only \$139.95*

*We'll get your  
car riding smoothly  
again!!*

Call us today at (5195) 455-5351

***DADS! IT'S YOUR TURN!!!***

***DON'T FORGET TO ENTER OUR FATHER'S DAY DRAW FOR A GIFT  
PACK AND CT GIFT CARD - VALUE \$100***

***Offer Expires & Draw Date June 28th, 2019.***



# FOR SALE

**Do You or Does Someone You Know Need A CERTIFIED Vehicle?? We Can Help!!**



1.6L 4CYL AUTO 4DR FINISHED IN GREY WITH GREY CLOTH INTERIOR. LOTS OF OPTIONS! A/C AND SUNROOF. GREAT LITTLE CAR!  
**2009 PONTIAC G3 WAVE SE**  
 179,000 KMS  
**\$4900.00**



3.5L V6 FINISHED IN BLACK WITH BLACK LEATHER INTERIOR AND WOODGRAIN TRIM. FULLY LOADED! WELL MAINTAINED!  
**2009 FORD TAURUS LTD AWD**  
 193,000 KMS  
**\$ 4,800.00**



3.8L 6 CYL AUTO FINISHED IN BLACK WITH GREY LEATHER INTERIOR. NICELY LOADED VAN. WELL-MAINTAINED, GOOD DRIVING VEHICLE. LOTS OF ROOM!  
**2008 CHRYSLER TOWN & COUNTRY**  
 232,000 KMS  
**\$ 4,995.00**



AWD. 4 CYL. 4 DOOR AUTO. FINISHED IN WHITE WITH DARK CLOTH INTERIOR LOADED WITH OPTIONS! VERY CLEAN!  
**2011 NISSAN ROGUE S**  
 100,000 KMS  
**\$10,995.00**

**Getting a new vehicle? We**  
**BUY GOOD USED VEHICLES!**  
  
**Need another vehicle? We**  
**SELL GOOD USED VEHICLES!**  
  
**We Accept Vehicle Donations For The**  
**Heart And Stroke Foundation - Get A**  
**Charitable Donation Receipt**  
**For Your Taxes!**



FLORIDA CAR! NO RUST! 49,000 MILES. NEW TOP. NEW TIRES. REPAINTED 4 YEARS AGO. WORKING A/C. JUST RIGHT FOR A CRUISE!  
**1991 FORD MUSTANG CONVERTIBLE!**  
 78,900 KMS  
**\$18,500.00**



4 CYL 4 DR AUTO FWD. FINISHED IN BLACK WITH CLOTH INTERIOR. LOADED! ECONOMICAL SUV. GREAT BODY!  
**2011 FORD ESCAPE XLT-FWD**  
 122,000 KMS  
**\$9995.00**



2.5L 4CYL MANUAL FINISHED IN BLUE WITH BLACK CLOTH INTERIOR. NO RUST UNDER THIS ONE! NEW BRAKES AND ROTORS! WELL MAINTAINED.  
**2012 MAZDA 5**  
 250,00 KMS  
**\$3995.00**



**2001 FLEETWOOD TERRY LIGHTWEIGHT ALUMINUM FRAME CAMPER TRAILER**  
 FRONT DOUBLE BED. NEWER FLOORS  
 SLEEPS 7  
**\$8,400.00**



4.6 L ALL STOCK. NEVER WINTER DRIVEN! WHITE WITH RED/BLK LEATHER INTERIOR AND GOOD BLACK TOP. DRIVES LIKE NEW!  
**2009 MUSTANG GT CONVERTIBLE**  
 103,000 KMS  
**\$16,995.00**



351 WINDSOR - LOW MILEAGE REMAN. FINISHED IN BLUE WITH BLACK TOP, BLUE INTERIOR. LOTS OF OPTIONS FOR SOMEONE TO DO THIS ONE UP!  
**1969 FORD MUSTANG CONVERTIBLE**  
 256,000 KMS  
**CONTACT FOR MORE INFO**



3.9L 6 CYL 4DR AUTO - FINISHED IN SILVER WITH CLEAN PLUSH GREY INTERIOR. LOADED WITH POWER OPTIONS AND COLD A/C! YOU WILL NOT BE DISAPPOINTED!  
**2011 CHEV MALIBU-POLICE**  
 165,00 KMS  
**\$ 6495.00**

**\*\*\*\*PRICE DOES NOT INCLUDE TAX OR LICENSING FEES\*\*\*\***