

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

March Events

March 1st	World Compliment Day
March 2nd	Dr. Suess's Birthday
March 3rd	World Wildlife Day
March 8th	International Women's Day
March 8th	Daylight Savings Time Begins
March 17th	St. Patrick's Day
March 21st	World Down Syndrome Day
March 25th	International Waffle Day



Know How To Use Your Most Powerful Tool

Anyone who's worked with power tools knows the importance of handling them with care. As a member of a team or manager of a department, you have a powerful tool in your kit—your mouth. Used properly it can reinforce positive behavior and build loyalty. Used carelessly it can demolish self-esteem and destroy camaraderie. Remember these basic safety rules:

- ★ **Choose the right tool for the job.** Beware of making rude comments to your colleagues or using public reprimands in situations calling for private instruction. Remember, a few well-chosen words do best to convey your message in a professional manner.
- ★ **Make sure you are grounded.** Carelessly using your power tool when you're tired, frustrated, anxious, overwhelmed, or otherwise off balance can be hazardous and cause shocks.
- ★ **Avoid using in a volatile atmosphere.** The more unstable the situation, the greater the chance that you'll spark an explosion. Exercise extreme caution when you must employ your tool in these situations.
- ★ **Unplug when not needed.** If you're not sure it will help, don't activate it.

Genetic Tweak Makes Earthworms Live Longer

We can't make people immortal—yet—but scientists have discovered some genetic tweaks that can extend the lives of earthworms by 500%, according to the Science Alert website.

The earthworms in the study live only two or three weeks, making them good candidates for experiments involving genetic and metabolic processes that they share with humans. Scientists have already discovered that changing the worms' insulin signaling pathway can increase their lifespan 100%. Similarly, alterations to a pathway called TOR (target of rapamycin) results in a 30% extension.

A new study has found that genetically shifting both pathways appears to cause an effect four to five times higher than the single genetic procedure—a synergistic approach that pulls a combination of networks together for the long term.

It's unclear whether the research will ever result in expanded human lifespans, as humans live longer than a few weeks, making experimentation more difficult (and ethically problematical). For now, scientists will have to rely on shorter-lived species like worms, fruit flies, and mice—although in the last year scientists were able to extend the life of mice and reduce their chances of cancer by working with their telomeres.

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...

Call us at (519) 455-5351

Or visit our website at

www.rickyratchets.com



St. Patrick's Day Special! **\$10.00 Off Any Service For The Month Of March**

Expires 3/31/20 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.

Tommy O'Shea & All Of The Staff At Fanshawe College & Western University who regularly refer their colleagues.

Eliminate These Excuses For Poor Safety

Why do people neglect safety at work? According to safety expert Ronn Lehmann in an article on the Prairie Business website, it's for these reasons:

- ▶ They don't know what to do.
- ▶ They don't know how to do it.
- ▶ They don't have the tools to do it safely.
- ▶ They don't want to.
- ▶ They don't think they have to.
- ▶ They think they are working safely.

You can address the above issues with three key strategies:

- ➔ **Know your values.** Safety should be a primary value in every organization. Be sure everyone knows that safety is a top priority.
- ➔ **Be a role model.** Don't skimp on safety measures yourself if you want others to follow the right procedures. Set the example.
- ➔ **Communicate.** Talk about safety issues and concerns in your organization, and encourage employees and co-workers to do the same without fear of reprisal.



Obesity Affects Teen Brains

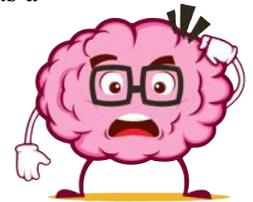
Obesity is a problem at any age, but a new study suggests it has specific risks for teenagers. As the *U.S. News & World Report* website explains, advanced MRI techniques show that obese teens tend to have less integrity in the white matter of their brains (white matter contains fibers that connect different parts of the brain).

The lower white matter integrity was observed in the region of the brain associated with emotional control and reward seeking.

The study looked at 120 teenagers, and its findings are considered preliminary. Researchers speculate that excess body fat damages the brain through inflammation. The study found a correlation between higher levels of inflammatory substances in the blood and lower white matter integrity. Excess body fat can contribute to inflammation.

The teens whose brains were affected tended to have higher levels of leptin, which is involved in appetite control, in their blood, as well as insulin, which regulates the body's blood sugar.

Doctors point out that obesity has many causes and shouldn't be dismissed as a simple lack of willpower about eating. It's unclear at this point whether obesity is responsible for the change in white matter integrity, or vice versa—or a combination of both.



Only Half Got Raises In 2019

If you got a raise in salary last year, count yourself lucky. A Bankrate poll in December found that 50% of U.S. workers didn't receive a raise in 2019, despite a boom in hiring that saw U.S. employers adding positions for 110 straight months and unemployment the lowest it's been in 50 years.

Still, the 49% of employees who did get a pay bump was up from 38% in 2018, and is the highest percentage since 2016. Reasons for their increased income included a straight raise (28%), finding a better-paying job (12%), or both (10%). Thirty-eight percent received higher compensation for their performance, and 31% were promoted or given greater job responsibilities. Cost of living increases were less of a factor, with just 26% of workers getting a raise for that reason alone.



Improve Vehicle Performance Fuel Economy & Help Reduce Emissions!

Spring is the time we usually clean out the garage or the yard of residue from the winter. It's also a good time to give your engine's fuel system a good cleaning. Our carbon cleaning system will help restore power and smooth running condition. Our system cleans your injectors, fuel rail, and valves.

Spring Savings

SAVE
\$20.00

Must Present Coupon Cannot Be Combined With Other Offers Expires 3/31/20

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

Kristin Gibson



Thanks For The Kind Words

"I went to Ricky Ratchets because my regular mechanic was on holiday, but I needed work done on my car and couldn't wait. I'd never been to Ricky's before, and had no idea how it would go. I'm so glad I went! The staff were great. They listened to my explanation of the issues, and when I said I had a tight budget, they worked with me to ensure my car was safe to drive while staying within that budget. They were fair, friendly, and honest. The work was done in good time, and my car feels safe to drive again. I wouldn't hesitate to recommend Ricky Ratchets!"

- Barb Holmes, Kintore, ON

A Snapshot Of Social Media Use In The Past Year

Adult use of social media stayed the same in the past year compared with 2018, according to the Pew Research Center. Facebook and YouTube are most popular, with 69% of respondents saying they visit Facebook and 73% enjoying the video sharing site. Among younger adults 18-29, Instagram and Snapchat lead the pack; 67% use Instagram and 69% frequent Snapchat.

Among other platforms:

- ★ **Pinterest.** More women than men use Pinterest, 42% to 15%.
- ★ **LinkedIn.** Half of college graduates and people in high-income households use LinkedIn, with 10% or fewer of people without some college or in lower-income households doing so.
- ★ **WhatsApp.** The messaging app is particularly popular among Hispanics, 42% of whom use it, compared with 24% of African Americans and 13% of non-Hispanic white people.

Do You Want To Win A Free \$25.00 Pizza Hut Gift 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 Pizza Hut Gift Card from us! Here is this month's question... What is the most popular social media site for adults?

(Hint: the answer is somewhere in this newsletter)

- a) Facebook
- b) Youtube
- c) Instagram
- d) Snapchat

Call right now with your answer!

Last month's trivia challenge was, *Since 1978 how much has the average bird's wingspan grew by?*

Answer: A) 1.3%

Congratulations to last month's winner...

Patricia Hogg

The material contained in this newsletter is for informational purposes only and is based upon sources believed to be reliable and authoritative; however, it has not been independently verified by us. This newsletter should not be construed as offering professional advice. For guidance on any specific matter, please consult a qualified professional. ©2017 CMG

Jake's Jokes:

Q: What do you call a big Irish spider? A: Paddy long legs!

Q: How can you spot a jealous shamrock? A: It will be green with envy!

Q: What do you get if you cross poison ivy with a four leaf clover? A: A rash of good luck!

Q: What did the leprechaun do for a living? A: He was a short-order cook!

FOR SALE

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



2.0 4CYL 4DR AUTO FINISHED IN RED WITH GREY CLOTH INTERIOR. ONE OWNER! NO ACCIDENTS!

2011 NISSAN SENTRA
64,000 KMS
\$ 8,800.00



COMFY SEATS! 7 PASSENGER! POWER SLIDING DOORS. V6 AUTO LOW PRICED LUXURY!

2002 HONDA ODYSSEY EX
305,000 KMS
\$3,900.00



4CYL 4DR AUTO FINISHED IN GREEN SAND WITH CHARCOAL CLOTH INTERIOR. ONE OWNER! LOTS OF OPTIONS!

ECONOMICAL CAR!
2008 MAZDA 3
252,000 KMS
\$3,595.00



BURGUNDY METALLIC PAINT AND CLEAN CHARCOAL GREY CLOTH INTERIOR SEATS 5 COMFORTABLY! LOTS OF OPTIONS! 3.5L V6 AUTO OVERDRIVE

2008 HONDA RIDGELINE
218,00 KMS
\$8,800.00

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!



GREAT COMMUTER OR FIRST CAR! ECONOMICAL. POWER WINDOWS, POWER LOCKS

2009 FORD FOCUS SES
163,000 KMS
\$4,900.00



4DR 4WD 1.6L TURBO. FINISHED IN BLACK METALLIC WITH A BLACK LEATHER INTERIOR. 4 CYL AUTO WITH INTELLIGENT 4X4

2013 FORD ESCAPE SE
98,000 KMS
\$12,995.00



2.0L 4 CYL 4 DR MANUAL SHIFT LOADED WITH OPTIONS INCL COLD A/C, POWER WINDOWS, POWER MIRRORS, HEATED SEATS, AND MORE!

2010 KIA SOUL
188,500 KMS
\$4,995.00



CONVERTIBLE 6 CYL AUTO FINISHED IN RED WITH TAN CLOTH INTERIOR. WINTER STORED! SUMMER FUN!

1996 MUSTANG
176,000 KMS
\$5,995.00



3.4L V6 AUTO 4 DR FWD FINISHED IN GREY WITH LT GREY CLOTH INTERIOR. LOTS OF OPTIONS! RUNS WELL, DRIVES NICE!

2007 CHEVROLET EQUINOX LS
238,000 KMS
\$4,900.00



2.0 4 CYL 4DR AUTO FINISHED IN BLACK WITH CLEAN PLUSH GREY INTERIOR. NEW TIRES. NEW PADS/ROTOR. NO RUST!

2009 NISSAN SENTRA
149,000 KMS
\$5,495.00



FWD 3.5L V6 AUTO 4DR SUV FINISHED IN BLACK WITH GREY CLOTH INTERIOR WELL-MAINTAINED, OIL GUARDED EVERY YEAR LOTS OF OPTIONS!

2010 DODGE JOURNEY SXT
231,000 KMS
\$ 4,995.00

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