

September

FUEL for THOUGHT™

2020

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

September Events

September 7th	Labour Day
September 11th	911 Remembrance
September 13th	Grandparent's Day
September 19th	National Dance Day
September 21st	World Gratitude Day
September 22nd	Business Women's Day
September 28th	Ask A Stupid Question Day



Pigs May Help Damaged Lungs Repair Themselves

Lung transplants can save lives, but there aren't enough healthy lungs available for donation to everyone who needs one. One problem is that many potential lungs are too damaged to use. A new experimental technique may change that and save more lives.

According to the Science Alert website, a damaged lung can be restored to function by sharing its circulatory system with a pig. The procedure copies a similar process of placing a lung in a sterile dome and attaching it to a ventilator, pump, and filters. However, that only works for about eight hours, which doesn't allow sufficient time for the lung to repair itself.

In experiments, researchers previously were able to restore damaged pig lungs by attaching them to other pigs. Recently, scientists tried the same thing with damaged human lungs that had been rejected for transplant. To make a long story short, most of the lungs (except for a control one) showed significant improvement in cellular viability, tissue quality, inflammatory response, and respiratory function. One damaged lung, after sharing blood with a pig for 24 hours, started to repair itself—not a full recovery, but more than researchers expected.

The process isn't ready for clinical use, but it shows promise for the future. One option is that patients themselves could provide circulation to a damaged lung before it's transplanted into their body.



Choose The Right Mindset For Creative Success

Your mindset influences your ability to think creatively and succeed in whatever you do. Here are four basic mindsets to cultivate, from the MakeIt website:

- ✓ **Growth mindset.** Believe that you can change, develop, and improve your talents, your abilities, and your intelligence. This will make you more willing and able to learn new skills.
- ✓ **Open mindset.** Be open to new ideas and willing to take seriously suggestions from other people. Ask questions, invite feedback, look for new perspectives, and think as positively as possible.
- ✓ **Promotion mindset.** Focus on winning and achieving goals. Someone with a promotion mindset will have a clear goal and actively shoot for it. People with a prevention mindset—the opposite—focus on “not losing” instead of achieving.
- ✓ **Outward mindset.** See other people as equals. Notice their value, and you'll be more trusted. Engage with all kinds of people, whatever their position or rank. Give their needs and desires the same level of importance as your own.

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

BACK TO SCHOOL LABOUR SAVINGS

Expires 09/30/20
Must Present Coupon
Cannot Be Combined With Other Offers

0-\$50.00	Take 5% Off Labour
\$51.00-\$100.00	Take 7% Off Labour
\$101.00-\$150.00	Take 10% Off Labour
\$151.00-\$200.00	Take 12% Off Labour
\$201.00 & Up	Take 15% Off Labour

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.

Jenny Brandt & Brad McIntyre

Don't Sabotage Your Success With Chronic Lateness

Are you always running late? Maybe you're legitimately busy, but chronic lateness may spring from other factors. The danger is that being late all the time will give you a reputation for being undependable and/or careless. Take better control of your time by considering these psychological causes behind being constantly behind schedule:

- ▶ **Adrenalin.** For some people, rushing to every meeting and event provides excitement. If you're enjoying the chase too much, look for other activities to fill your need for thrills. Skydiving, anyone?
- ▶ **Control.** Making other people wait for you—instead of the other way around—is one way to keep the reins tight. People like customers and your boss don't like being kept waiting, though. Remind yourself that other people's time is important, too.
- ▶ **Validation.** Being busy can be one measure of success—"Look at all the important tasks I've got to do!" But if you overextend yourself, you'll burn out. Teach yourself to track other metrics that don't overwhelm your day.
- ▶ **Anger.** Sometimes we "punish" people by forcing them to waste time waiting for us. This rarely solves any problems and may exacerbate them. If you've got an issue, talk it out openly. You'll both save a lot of time.



Happy Marriages Spur Creativity

A happy marriage leads to greater innovation on the job, according to a study by the Hong Kong Baptist University, reported on Fox Business.

The study analyzed how workers' personal relationships affect their innovation and creativity. Researchers found a "positive spillover of psychological resources into their work"—and the effect is magnified when employees' spouses are happy as well. Employees in unhappy relationship experience depleted psychological resources.

One caveat: The researchers found that with people who are already naturally creative, the impact of a happy relationship had less of an effect.

The researchers suggest that employers offer family-friendly policies, such as anniversary leave, relationship counseling services, and work/life balance initiatives.

Age-Appropriate Chores For Children

Assigning chores to children is about more than making them work. It teaches them that in a family, everyone works together. Yahoo Life suggests these tasks for specific age groups:

Age 2–5: Sequencing. Have kids put their laundry in a hamper, clean up their toys, and put dishes in the sink after meals.

Age 6–7: Helping. They can feed your pets, assist with meal preparation, and set the table.

Age 8–9: Placement. At this age children should be responsible for managing their sports and athletic equipment, emptying the dishwasher, and folding and putting away their own laundry.

Age 10–11: Independence. Have kids this age make their own breakfast and lunch, take the trash out and bring empty cans back in, and vacuum their bedroom.

Age 12–15: Priorities. They should take on their own laundry, wash the car, do yard work, and clean their own bedroom.

Age 16+: Life. Prepare kids for grownup life by teaching them how to iron, sew buttons on clothes, cook meals, and take care of car maintenance.



IS IT YOUR BIRTHDAY THIS MONTH?

**We'd like to Celebrate your Birthday with you!
Just stop by and show us your Drivers License and
you'll receive \$20.00 FREE in Ratchet Bucks!**

Expires 09/30/20

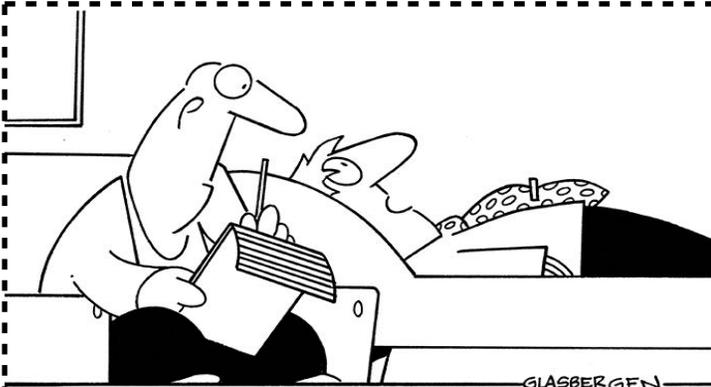


Congratulations To Our Client Of The Month!

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

Janet Marks



"I might be a workaholic. Sometimes I sprinkle toner on my toast instead of cinnamon."

Thank You For The Kind Words

"Consistent, reliable, personable, exceptional people and quality of service. Local experts that raise the bar to a level no others can compete. I'm grateful to their above average staff - and their ability to keep me safe. Thank you for letting me be a customer!"

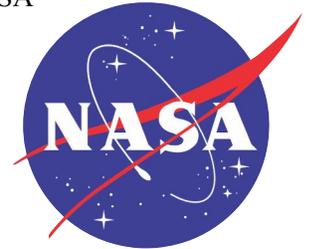
- S. Brown, London, ON

The Case Of The Runaway Moon

Titan, the largest moon of the ringed planet Saturn, is moving out. Not just that, but at a faster speed than anyone previously realized. CNN reports that Titan is moving away from Saturn at a rate of four inches per year—100 times faster than previously thought—due to the moon's gravity pulling at the planet and creating a temporary bulge. Other moons in the solar system also migrate, but at a slower rate. Earth's moon, for example, is pulling away some 1.5 inches per year.

Titan, larger than the planet Mercury, orbits Saturn at a distance of 759,000 miles. Titan is the only moon known to have a considerable atmosphere and, aside from Earth, is the only planetary body in the solar system with liquid rivers and lakes on its surface.

Titan will be visited by a NASA probe, Dragonfly, in 2034. The drone will fly through the moon's thick atmosphere and visit an impact crater formed tens of thousands of years ago, where scientists believe they might find ingredients for life.



Do You Want To Win A Free \$20.00 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 \$20.00 Tim Card from us! Here is this month's question... What year will Saturn's moon "Titan" be visited by a NASA probe?

(Hint: the answer is somewhere in this newsletter)

- a) 2028
- b) 2037
- c) 2045
- d) 2034

Call right now with your answer!

Last month's trivia challenge was, How long was the first millipede?

Answer: A) 1 Inch

Congratulations to last month's winner...

Russ Lang

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: Why is school easy for cave men? A: There was no history to study!

Q: What flies around the kindergarten room at night? A: The alpha-BAT.

Q: What tools are best for doing math? A: MultiPLIERS.

Q: Why did the kids cross the play ground? A: To get to the other slide!





ULTIMATE MOVIE WORD SEARCH

K Z S H R E K H Y A W A D E H S U L F E C S X
 C N I S R E T S N O M S T O B O R K E N Z D A
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 R O F V C K C C R A L P H A A N D O M E G A M

A BUGS LIFE
 ALADDIN
 ALPHA AND OMEGA
 ASTRO BOY
 BOLT
 BRAVE
 CARS
 DESPICABLE ME
 EPIC
 FINDING NEMO
 FLUSHED AWAY

FRANKENWEENIE
 HAPPY FEET
 HERCULES
 ICE AGE
 KNOHEO AND JULIET
 KUNG FU PANDA
 MADAGASCAR
 MEGAMIND
 MONSTER HOUSE
 MONSTERS INC
 PARANORMAN

PLANES
 POCAHONTAS
 PUSS IN BOOTS
 RIO
 ROBOTS
 SHREK
 SLEEPING BEAUTY
 SNOW WHITE
 THE CROODS
 THE INCREDIBLES
 THE LION KING

THE LORAX
 TOY STORY
 TURBO
 UP
 WALL-E
 WRECK IT RALPH