

August
2010

Tuned In

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www.SansonesService.com



We have a new member at our family here at Sansone's and actually she really is family. Our daughter Tina will be Chucks new assistant in the front office. She expressed her interest in our family automotive business so we decided to bring her on

board.

She will be helping Chuck with answering phones, computer input, picking up parts, running customers home etcHelp make the day run smoother.

This is not Tina's first job after all she is almost 20 years old but prior to this she was a hunter/jumper assistant horse trainer and really did enjoy it ,but she figured that there is more opportunity in the automotive field, so hopefully this will be something she can make a career out of since she really enjoys cars and the whole automotive atmosphere!

Thanks everyone!

Mac



Your Eye Muscle

The muscle that lets your eye blink is the fastest muscle in your body. It allows you to blink 5 times a second. On average, you blink 15 000 times a day. That's about 10 times per minute, or more than five million times a year. Women blink more than men.

Sow a thought, and you reap an act
Sow an act, and you reap a habit.
Sow a habit, and you reap a character.
Sow a character, and you reap a destiny

A little girl asked her mother, "How did the human race appear?" The mother answered, "God made Adam and Eve and they had children, and so all mankind was made."

Two days later the girl asked her father the same question. The father answered, "Many years ago there were monkeys from which the human race evolved."

The confused girl returned to her mother and said, "Mom, how is it possible that you told me the human race was created by God, and Dad said they developed from monkeys?"

The mother answered, "Well, dear, it is very simple. I told you about my side of the family and your father told you about his."



Five-fingered bowling? Why not?

You may still be able to enjoy knocking over the pins at a bowling alley even if your wrists or hands have become weak from trauma or disease.

According to pro shop owners, many bowlers with special hand and wrist afflictions are using a technique made popular in the 1940s. They are ordering custom bowling balls with five, not three, finger holes.

Five fingered bowling can give the hurler an added boost, the pros say. But the technique probably won't be seen on the pro tour soon. Seems the five-fingered method tends to throw a very subtle curve into follow throughs. The curve may keep a bowler off the pro tour maybe, but probably not off the weekend leagues.

*We're happy to service all
other Asian and Domestic
models too!*



HAMBURGER AND STEAK GET A REPRIEVE

Researchers at Harvard School of Public Health now say a dinner with steak, hamburger, or other natural meats is actually a good choice.

In their natural form, meats are lower in salt, higher in protein and have fewer calories than processed meats. Researchers found that bacon, ham, sausages, cold cuts and hot dogs have four times as much salt per ounce.

The American Heart Association says both have about the same amount of cholesterol. But rather than focus on cholesterol, the new Harvard studies show that salt is a greater heart risk.

Thanks **MERCI** **Gracias**

The Greatest Compliment We Can Ever Receive Is A Referral From Our Clients To Their Family And Friends.

Mark Hostetler, Clair Veyveris,
Ron Kennedy

Thank you for your referrals! Our business is mainly based on referrals from people just like you!

HEAT STROKE IN PETS

As with many things, prevention is your best defense against heat stroke. Make sure to keep pets indoors as much as possible and do not leave in cars for any amount of time. Since heat stroke can be fatal, quick medical attention is critical. The main goal of treatment for heat stroke is to reduce the body temperature to a more appropriate level while avoiding over cooling. Body temperature can be decreased by placing towels that have been soaked in cold water on the animal, moving the animal to a cooler environment, using fans to help cool the animal, etc. IV fluids and other medications may be necessary to help stabilize the animal as well. Frequent temperature checks are necessary to assure that the body temperature does not fall below normal.

CONGRATULATIONS TO OUR CLIENT OF THE MONTH

Every month, we choose very special clients of the month, we very much value your continued support and your business...we couldn't do it without you!

You've earned your **FREE OIL AND FILTER**

Ron Kennedy—Thank you for your kind words and all of your referrals!

Thank you for the Thank you!

My Hondas have been serviced for over 10 years by Sansone's. I trust them. Just got a oil change with the friendly and knowledgeable staff. When I moved to Henderson, my clutch was slipping and I told Sansones to put in a clutch. They tested the clutch and adjusted it for no charge. I drove the car another 9 months before it needed a new clutch. With this honest treatment, I have been going there and recommending them to my friends.



CAR CARE TIP OF THE MONTH...What not to leave in your car in the Summer

Don't leave children, pets or electronics in a parked car in the summer heat. Temperatures inside a car can climb to more than 160 degrees. The heat can damage all laptop computers, music players, cameras and cell phones. Sports equipment also can be ruined--tennis racquet strings can weaken and so can the graphite shafts of golf clubs. Forgotten makeup products, like lipsticks, can melt and stain the car's upholstery.



You can cultivate an optimistic point of view

Every few days, we see the words of economic prognosticators who say the state of the economy is improving. They are giving us a dose of realistic optimism.

That point of view can be learned, but first you have to know what optimism is not: It isn't being always cheerful and thinking everything is wonderful. Rather, healthy optimism is being in touch with reality and its possibilities.

In his new book, *The Pursuit of Perfect*, Tal Ben-Shahar describes realistic optimists as those who can make the best of whatever happens.

As an individual, Ben-Shahar, a Harvard professor, uses what he calls "PRP exercises" when he feels down.

P: He gives himself permission to be human. Not everyone can be the best at whatever they do and all the time.

R: His reconstruction is about learning what works for him and what doesn't. He learns from the past.

P: The second P is for perspective. It involves acknowledging that in the grand scheme of life, one event doesn't matter that much. By being optimistic, he experiences less health-threatening stress. He can tolerate circumstances, accept them and deal with them constructively.

His attitude goes along with the new field of positive psychology. People are taught to strengthen their strengths instead of their weaknesses. Instead of focusing on righting wrongs in their lives, they are taught to just move forward.

Optimism is contagious, so try to associate with happy, positive people. A study at the University of California, San Diego shows the happiness contagion works even in the largest social network of all. They found that those who smiled in their Facebook photos tended to have friends who smiled. People who smile tend to be more optimistic

QUICK COOKING TIPS



Quick Tomato Paste Cubes : Spoon tomato paste into ice cube trays. Freeze overnight. Transfer into plastic bags and freeze. Frozen cubes can be dropped right into whatever you are cooking.

Overripe Tomatoes Dip them in cold water, add some salt and leave overnight. They will be fresh and firm to the touch the next day.

CHANCE TO WIN A \$50 GIFT CARD TO



Who Blinks More Men or Women?

If you know the answer call us now at 456-5549 with your answer for your chance to win !



The Winner Of Last Month's Trivia Question

Tina Mericle

The answer was: 4.5 Years

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IF YOU EVER HAVE A QUESTION
OR CONCERN
PLEASE GIVE US A CALL
456-5549

WE ARE ALWAYS HERE FOR YOU!



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