

What Is A Moment Really Worth?

On the bulletin board of a California company, someone once posted this sign to remind everyone of how time is relative, but the value of time is priceless:

- ❖ To realize the value of **one year**: Ask the student who has failed his final exam.
- ❖ To realize the value of **one month**: Ask the mother who has given birth to a premature baby.
- ❖ To realize the value of **one week**: Ask the editor of a weekly newspaper.
- ❖ To realize the value of **one day**: Ask the daily wage laborer who has 10 kids to feed.
- ❖ To realize the value of **an hour**: Ask the lovers who are waiting to meet.
- ❖ To realize the value of **a minute**: Ask the person who has missed the train, the bus, or the plane.
- ❖ To realize the value of **a second**: Ask the person who has survived an accident.
- ❖ To realize the value of **a millisecond**: Ask the person who has won a silver medal in the Olympics.

'Double' Your Brain Power

Here's a simple exercise for your brain: Pick a small number and then double it in your mind - no paper, no calculator. How far can you get?

Take the number 7, for example: 7, 14, 28, 56, 112, 224, 448, 896 . . .

Most people can get close to 10 doublings. Try reaching 20 to really test your concentration.



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 give us a call at **661-949-8484**, email us at

doug@qhauto.com or visit us at

www.qhauto.com

Tips For Staying Awake At The Wheel

A nap can be pleasant and relaxing—unless you're at the wheel of a car when it happens. The U.S. Department of Transportation estimates that sleep-related driving accidents cause 40,000 injuries and 150 deaths every year. Don't be one of them.

Follow these tips for staying awake and alert on the road:

- **Get enough sleep.** If you know you'll be driving a long distance, plan to get the sleep you need ahead of time. Take a nap before you leave if you'll be driving late—but avoid driving late at night if at all possible, as you'll be naturally sleepy anyway no matter how rested you feel.
- **Take breaks.** Don't try to drive for hours at a time. Stop about every two hours for 10-15 minutes of rest, brisk exercise, and stretching.
- **Get proper nutrition.** Stay hydrated—drink lots of water. Coffee, tea, and energy drinks may provide a temporary boost, but remember that they can wear off quickly and leave you with less energy than before. The same goes for candy. Eat fruit, sunflower seeds, or high-carb granola bars, and don't gobble them down in a few bites. Eating slowly forces you to keep your attention level up.
- **Don't get too comfortable.** Open the window to keep cold air blowing on your face, or adjust your seat just enough to be noticeable as you drive (but not enough to distract you). Listen to loud music—maybe music you don't like—or talk radio, as long as it doesn't get you too upset.
- **Pull over.** If all else fails, find a safe spot to pull over and take a nap. Fifteen or 20 minutes may be enough to get you through the rest of your trip safely.

November Events

November 2nd	Election Day
November 6th	Sadie Hawkins Day
November 18th	Great American Smokeout
November 25th	Thanksgiving Day
November 21-27	National Games & Puzzles Week



Did You Know?

You don't have to go back to the Dealer for service or maintenance on your new or used vehicle! Federal Law (Magnusen-Moss Act 1975) prohibits new car dealers from implying or denying warranty service because routine scheduled maintenance was performed at an independent repair facility. We can handle your maintenance and repair needs. Just give us a call to schedule any of your preventative maintenance needs.

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.

Eva Anderson, Rosa Jackson, Mario Rosales, Patricia StPierre, Dan Weil

Make Your Kid's First Visit Home From College A Success

Did your son or daughter head out to begin college in September? Congratulations. Is he or she coming home for the first time soon? Plan ahead for a pleasant visit.

First, remember that your child has just embarked on that first big journey to becoming an independent person. And it's likely that he or she has changed significantly in a short period of time. You've probably changed, too.

Your child will probably want to spend time visiting friends. Don't be surprised, or feel rejected—this is normal behavior for a new college student. But it's reasonable for you to expect your child to spend some quality time with you and your family, too. Try to be flexible during this first visit. Right now your son or daughter is shifting from childhood to adulthood, and your job is to help gently nudge him or her toward independence while keeping the lines of communication and love flowing from home.

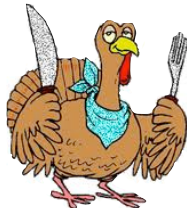
If your child tries to escape with his friends immediately, sit down and talk about how much it would mean to you to talk and visit during his or her time at home. Don't make any demands—just be sincere in your request to spend some time together.

Your child is out in the world and needs a little space, but that shouldn't mean that he or she disappears completely from your radar screen.

Let Me Count The Ways...

The top five most popular ways to serve leftover Thanksgiving turkey:

1. Sandwich
2. Soup or stew
3. Salad
4. Casserole
5. Stir-fry



In Dreams, You Can Control Your Reality

The summer hit movie *Inception* explored the idea of controlling one's dreams. Although that featured collapsing cities and struggles in zero gravity, the concept of guiding your own dreams isn't so outlandish. "Lucid dreaming" can allow you to fly, conquer nightmares, and solve real-life problems.

Here's how to take control of your nighttime visions:

- ◆ **Keep a dream journal.** The first step to controlling dreams is remembering them. Keep a journal close to your bed, and write down any dream you have as soon as you wake up (or keep a digital voice recorder handy). Look for recurring themes—people, situations, etc. This trains your brain to become more aware of dream activity.
- ◆ **Do a "dream check."** Throughout the day, pause and ask yourself, "Am I dreaming?" This trains your mind to start asking the same question while you're asleep.
- ◆ **Nap.** Some studies suggest the best time to attempt a lucid dream is during a nap taken a few hours after getting up in the morning. If you wake up during a dream, stay quiet and try to return to the dream as you drift off again.
- ◆ **Perform a reality check.** After some practice, you'll start being aware of the fact that you're in a dream. To confirm this, try some experiments: Look at a clock, turn away, then look again. In dreams, the time will change. Or look at yourself in a mirror; in a dream, the image you see will be distorted or blurry.
- ◆ **Take off!** Once you're aware that you're dreaming, try taking charge of the environment. Jump up and down to see if you can fly, for example. If you're having a nightmare, confront the danger instead of running away; this can reduce the fear you feel when you wake up.

What Not To Say At Work

You may think these sarcastic comments from time to time, but you'd probably not say them out loud at work:

- ▶ "I don't know what your problem is, but I'll bet it's hard to pronounce."
- ▶ "I'll try being nicer if you'll try being smarter."
- ▶ "I'm out of my mind, but feel free to leave a message . . ."
- ▶ "I'm sorry—I was visualizing duct tape over your mouth."



Is Your Vehicle Ready To Go "Over The River & Through The Woods"?

The Holidays Are Just Around The Corner And We Want To Make Sure Your Vehicle Can Go All Those "Extra Miles".

For The Month Of November, We Will Be Running A Pre-Holiday Special!

You Will Get A 21-point Inspection, Oil Change, Lube & Filter For Only \$39.99 +tax & hw!



**(Must Present Coupon)
Expires 11/30/10**

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

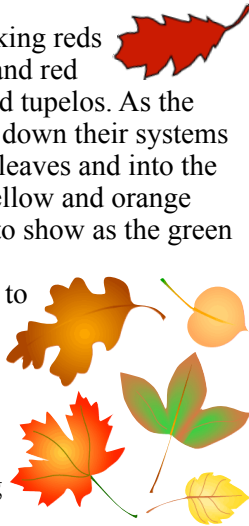
Allison Moss

How Do Fall Leaves Do It?

Why do trees put on their spectacular fall show every year? Think of them as animals going into hibernation.

Leaves produce a chemical called anthocyanin that accounts for the striking reds and purples often found in the sugar and red maples, northern red oaks, sumacs and tupelos. As the weather gets cold, trees start shutting down their systems for winter. Nutrients move out of the leaves and into the tree trunk, branches and roots. The yellow and orange tones always present in leaves begin to show as the green of chlorophyll begins to disappear.

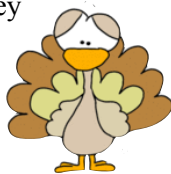
Eventually, trees shed their leaves to prepare for the deep sleep. As leaves continue to lose color and moisture, the wind picks them up and scatters them onto the ground. Fallen leaves help contain warmth and moisture throughout the winter, thus protecting grasses and other plants until spring.



Talking Turkey

Here are some interesting facts about turkeys:

- Turkeys are native to North and Central America; fossilized remains of the birds date back 10 million years.
- Domesticated turkeys cannot fly. Wild turkeys can fly short distances at 55 miles per hour; they can run at speeds of 25 miles per hour.
- Wild turkeys live in hardwood forests with grassy areas. They roost in trees.



Voyager 1 Sets Records For Space Flight

Boldly going where no one has gone before, the spacecraft Voyager 1 will reach the outer limits of our solar system and enter interstellar space in about five years, *Popular Science* reports. The space probe, launched during the Carter administration, has been flying through space for over 12,000 days, passing within 217,000 miles of the planet Jupiter in 1979 and swinging by Saturn and its largest moon, Titan, in 1980.

Powered by long-lasting nuclear batteries, Voyager 1 is expected to remain operational until the year 2020—when it will be more than 1.3 billion miles from Earth, making it (and its partner spacecraft, Voyager 2) the two most distant manmade objects in the universe.

Do You Want To Win A Free Lube, Oil & Filter Change?

Take the trivia challenge and you just might win!

Each month we'll give you a new trivia question. 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 Gift Certificate for a Lube, Oil & Filter Change from us! Here is this month's trivia question: What is the most popular way to serve leftover Thanksgiving turkey?

(Hint: the answer is somewhere in this newsletter)

- | | |
|-------------|--------------|
| a) Stir-fry | c) Casserole |
| b) Sandwich | d) Salad |

Call right now with your answer!

The answer to last month's trivia challenge was, *What percent of Baby Boomers use Social Media?* d) 25%. Congratulations to last month's lucky winner!

Derek Sharp

Is Acne Cool?

According to Proactive celebrity endorsers it is! From Katy Perry to Jessica Simpson, Sean "Diddy" Combs to Avril Lavigne and the newest spokesperson, Justin Bieber, all seem almost proud to talk about their embarrassing acne. Celebrities have such an intense impact on society, especially the youth; we can't help but wonder if teens will soon be hiding in their rooms rubbing butter on their faces so they can have zits like Katy Perry.

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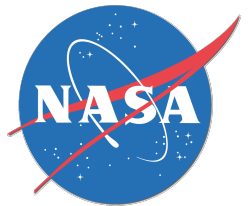
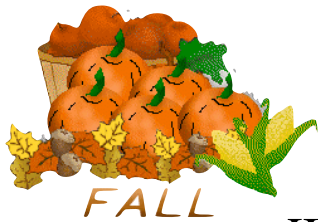
Quality and Honesty that is *proven* since 1993

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What's The Answer?



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Can You Really Control Your Dreams?

The Answers To These And Many More Questions Are Inside

