

A Free Monthly Newsletter From Your Friends At QH Automotive

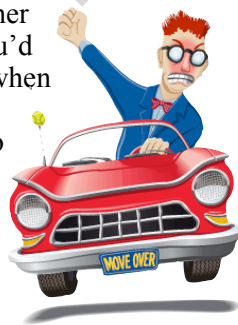
Don't Become A Real 'Road Warrior'

Is road rage a medical condition? Some therapists think so. They call it "intermittent explosive disorder," and group it with other kinds of angry outbursts that include threats and aggressive actions out of proportion to their cause.

Whether it's a psychiatric illness or just a bad temper, road rage can ruin your journey. Being on the receiving end of it is unpleasant, but being a perpetrator is dangerous to you and other drivers. If you tend to drive very aggressively, making rude gestures and honking loudly at others on the road, you may need to get a grip.

Try some of these techniques to stay calm and safe at the wheel:

- ★ **Get enough sleep.** Fatigue makes most of us irritable and more likely to lose control of our emotions. Make sure you're taking enough time to get a good night's sleep on a regular basis, and you'll be more relaxed throughout your drive and the rest of your day.
- ★ **Plan your trip.** A quick trip to the store can trigger a road rage incident if you're in a rush because you need to get somewhere else in a hurry. Take a few minutes to figure out how much time you really need, and decide on the route that will get you to your destination with minimal stress.
- ★ **Listen to relaxing music.** Loud, throbbing rock music can elevate your feelings. It may not be an actual cause of road rage, but listening to something quiet and calming will probably help you deal with bumps in the road more easily.
- ★ **Loosen up.** Don't tense your whole body when you drive. Keep your arms and shoulders loose. Remember to breathe deeply and evenly to stay focused.
- ★ **Don't take things personally.** Other drivers may not drive as fast as you'd like, or don't hit the gas instantly when the light turns green, but they're probably not intentionally trying to slow you down. Keep some perspective on what happens to you on the road, and don't assume they're all out to get you.



Time For Spring? Or More Winter? Ask The Groundhog

Everyone knows that on Feb. 2, a groundhog coming out of its burrow to look for its shadow will either signal an early end to winter or predict another six weeks of snow and cold weather. The science may not be accurate, but Groundhog Day has become a major event in many U.S. towns and cities.

How did it start? Many historians believe that Groundhog Day is related to Candlemas Day, a medieval Christian celebration that falls on Feb. 2. An old sailor's saying from English lore states:

*If Candlemas Day is clear and bright,
winter will have another bite.*

*If Candlemas Day brings cloud and rain,
winter is gone and will not come again.*



Another possible source for the belief may be the fact that the first official day of spring in the Northern Hemisphere's western lands comes almost seven weeks after Feb. 2, while under the early Julian calendar, the spring equinox fell on March 16, exactly six weeks after Feb. 2. Groundhog Day may reflect the confusion created by dueling calendars.

February Events

February 1st	National Freedom Day
February 2nd	Groundhog Day
February 14th	Valentine's Day
February 21st	Presidents' Day



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

The Big Game Special

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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.

**Christine Zito, Howard Wilson,
Gonzalo Diaz, Mario Rosales**

Keep This Data Offline To Stay Safe Online

Protecting your home, your money, and your identity means being careful online. Here's a list of information you should never share with your 1,240 Facebook friends and Twitter followers:

- ✓ **Your full birthdate.** Providing the month, day, and year can give potential identity thieves valuable data they can use to steal your personal information and wreak havoc with your financial profile.
- ✓ **Vacation plans.** Don't let burglars know exactly when your house or apartment will be empty for two weeks. Share vacation news after you return.
- ✓ **Information on children.** Identity thieves can use the data to set up alternative identities that you might not notice immediately. Some experts recommend never posting a child's name in a caption.
- ✓ **Your address.** This is probably obvious, but it bears repeating, along with the other "well, duh!" items you should leave offline, like your mother's maiden name, password hints, and any part of your Social Security number.



Faster Than You Think?

Two friends were sitting on a park bench when they saw a man out for a walk with a turtle on a leash. Intrigued, one of the friends said, "That's a nice pet you've got there."

"Yeah," the man sighed. "I used to have another one, but he ran away."



Celebrate Valentine's Day With These Famous Couples

Valentine's Day celebrates love and happiness, and although real life offers plenty of true stories with happily-ever-after endings, many of us look to literature for inspiring tales of passion's power. Get in the mood for love by rereading the novels, plays, and poetry about these famous lovers (not all of whom lived happily ever after):

- ♥ **Romeo and Juliet.** Shakespeare's tragic tale of young love: Teenagers from feuding families meet, fall in love, marry, and ultimately end their lives rather than live without each other.
- ♥ **Tristan and Isolde.** A medieval tale of doomed love. Tristan falls in love with Isolde, who is betrothed to his uncle, Mark, King of Cornwall. Despite their enduring love, they are forced to marry others.
- ♥ **Odysseus and Penelope.** A happy ending for this one. Penelope remains faithful to her absent husband for 20 long years; Odysseus persists in his quest to return home after the Trojan War. Both overcome temptations and obstacles to be reunited at last.
- ♥ **Jane Eyre and Mr. Rochester.** Charlotte Brontë's classic 19th-century novel tells the tale of a young governess and a gruff, lonely landowner with a dark secret. But love triumphs in the end.
- ♥ **Ralph and Alice Kramden.** OK, not a book, play, or poem, but a classic TV show. Despite bickering, working-class struggles, and the occasional threat to send Alice "to the moon!" the couple stayed together with love and devotion—and lots of laughter—for years and years.

Perspective On 'Useful' Talents

A woman hired a bricklayer to build a wall outside her upscale home.

Talking with him while he worked, she was amazed to discover he was the brother of a brilliant concert violinist whom she'd recently seen perform.

"Oh, you're so lucky to have such a talented brother," she said.

Then, fearing the man might be sensitive about his manual labor job, she added: "Of course, we can't all be equally talented."

"You said it, lady," the man responded earnestly. "Take my brother. When it comes to doing something important like building a house, he's useless."



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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

Patti Groninga

Use The '24-Hour Rule' To Stay Focused

Renowned pro football coach Don Shula's successful career was based, in part, on a policy of looking forward to the next challenge instead of dwelling on his previous victories or failures. Shula's "24-hour rule" exemplified that.

The coach allowed himself, his fellow coaches, and his players 24 hours at the maximum to celebrate a victory or agonize over a defeat. Shula encouraged them to feel the emotions of success or failure as deeply as they could.

After 24 hours, though, the team was expected to stop talking and thinking about the experience and focus their concentration on preparing for the next game.

The lesson? Keep your failures and victories in perspective, and you'll do better over the long run.

**24
hours**

Could You Repeat The Question?

Tourists, apparently, ask some truly oddball questions. Here's a selected sample of wacky queries compiled by the Travel Industry Association of America:

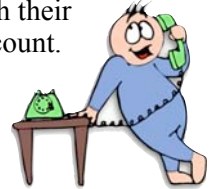
- How come all the war battles were fought in national parks?
- Is that the same moon we see in Vermont?
- Are the Amish in season?
- If it rains will the fireworks be held inside?
- When do the caribou turn into moose?



Call Up Your Car From . . . Anywhere

Want to warm up your car on cold winter mornings without leaving the house? There's an app for that. Autobot, a smart-phone application from Malvizon Technologies, will enable drivers to lock and unlock their doors, raise and lower their windows, start the vehicle, check engine functions, and locate the car if it's stolen (or if they wonder where their teenage children are). They'll also be able to sync car information with their home computer using a cloud-based account.

The Autobot will work with any automobile manufactured after 1996, says Malvizon, and should be available to customers in 2012.



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

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 day does Presidents' Day fall on this month?

(Hint: the answer is somewhere in this newsletter)

- a) February 7th c) February 14th
- b) February 28th d) February 21st

Call right now with your answer!

Last month's trivia challenge was, How much does the NFL pay for a Super Bowl ring? a) \$5,000.00. Congratulations to last month's lucky winner!

Joe Green

Redecorate For Zippo!

You can refresh your home décor without spending a dime. If you want to spend a little, then add painting and a few recovered cushions and curtains to your scheme. What free redecorating entails is a little rearranging so that the space will look different, throwing out clutter, polishing and perhaps touching up the paint on items, and repurposing. Group your sofas and chairs to provide a conversation or media watching area, straighten up and simplify your artwork, and group souvenirs or other decorative objects into threes (but don't go overboard!). Try and tie in all of your furnishings with a simple theme.

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What's Inside?

- Stay Safe Online -
- A Perspective On 'Useful' Talents -
- Redecorate For Zippo -
- Celebrate Valentine's Day With These Famous Couples -
- Win A FREE Lube, Oil & Filter Change -
- February Events -
- Money Saving Offers -
& Much More!



What's The Answer?



- Is Road Rage A Medical Condition?*
- Will There Be 6 More Weeks Of Winter?*
- Are You Keeping Yourself Safe Online?*
- Can You Really Call Your Car?*
- Do You Use The '24-Hour Rule'?*

*The Answers To These And Many
More Questions Are Inside*

