

# Braking News!



Thank you for being our customer

*Keeping Your Mind in Tip-Top Shape...Not Just Your Car!*

(630) 554-8911

## June Events

Jun 7: Donut Day  
 Jun 6: Belmont Stakes  
 Jun 10: Iced Tea Day  
 Jun 11: Corn on the Cob Day  
 Jun 14: Flag Day  
 Jun 21: Father's Day  
 Jun 21: First Day of Summer  
 Jun 21: Go Skateboarding Day  
 Jun 27: Happy Birthday Song Day

## The Funny Bone Just My Luck...

I was in the local BBQ joint last week. I suddenly realized that I desperately needed to pass gas. The music was really, really loud, so I timed my gas with the beat of the music. After a couple of songs, I started to feel better. I finished my drink and noticed that everybody was staring at me ... Then I suddenly remembered that I was listening to my ipod.

## Teachers are tricky...

"Steven, the teacher said, "I happen to know that the reason you didn't come to school yesterday was that you were out playing football."  
 "That's a rotten lie!" Steven protested. "And I have the fish to prove it!"

## Your Dead Battery in Winter Is Actually Caused by Summer Heat

Cold weather is often fingered as the culprit when car batteries die, but actually warm temperatures do the most damage to them. High temperatures quicken corrosion of internal plates and vaporize the electrolyte faster. But car batteries usually go dead in cold weather mostly because damage done during the summer doesn't show up until the battery is more taxed. A cold battery has reduced cranking power, and cold temperatures thicken motor oil, making it harder to turn the engine over. Modern electrical and fuel systems can mask a weak battery by starting an engine with a minimum of cranking, but when a weak battery is further compromised by cold conditions, it's more likely to fail.

*Article compiled from ConsumerReports.org*



## Do Warehouse Stores Save You Money?

According to the USDA, you can save 12% on meat, 11% on dairy and about 6% on grain products.

But there are exceptions. Oscar Meyer bacon was found to be cheaper at the regular grocery store. Likewise, apples, tomatoes, dark green veggies and avocados were all cheaper at the standard grocery store.



Warehouse stores are great for parties because you can save a bunch on bulk meat or chicken purchases. Also, non-perishables, like napkins, toothpaste, soap and laundry detergent can be good deals. And an even better option is to split your membership with a friend and go shopping together so you can share the large quantities.

## Have a Question About Your Car?

Just give us a call! We always enjoy hearing from our valued customers.

Whether you have a question about vehicle maintenance, a repair question, or just want to call to say Hello, we'd love to hear from you.

Feel free to give us a call at **(630) 554-8911** or send us an email at [keithscarcare1@gmail.com](mailto:keithscarcare1@gmail.com)

or find us on Facebook,



**Our Car Care Club is Open for Membership RIGHT NOW! And IT IS HOT!**

See store for details ...

**Thanks for the Kind Words**

"I just wanted to take a moment to compliment the excellent service I received at Keith's Car Care. The staff was professional, friendly, and took the time to clearly explain what my car needed without any pressure. The work was done efficiently, and everything was handled with care and honesty. It's not always easy to find a repair shop you can trust, but this experience really stood out. Thank you for the great service—I'll definitely be coming back and recommending you to others

**Gregory P.**

**You Are The BEST!**

Thank you to all of our amazing Employees that have worked for us over the years.

Our business depends on the positive comments that are made regarding the services you perform. This month we take a moment to thank the employee who has received the greatest number of complements over the past month

**Artie Taylor**

**Client of the Month**

Each month, we are thrilled to select one special client who has touched our hearts and brought a smile to all of us. Thank you to this month's Client of the Month! Thank you for your support of our business and we look forward to seeing you soon!

This month's Client of the Month is

**Nikul Patel**



**Shrimp Kabobs with Lemon Wedges and Cilantro**

- 1/2 cup loosely packed cilantro leaves, chopped
- 1/2 cup extra-virgin olive oil
- 2 pounds large shrimp (about 40)
- 4 lemons, each cut into 8 wedges
- 1 teaspoon coarse salt
- 1/4 teaspoon freshly ground pepper



Combine cilantro and olive oil in a large bowl. Set aside. Peel shrimp to first knuckle; devein. Rinse; pat dry. Place in bowl with cilantro-oil mixture, and coat. Thread 4 shrimp, alternating with lemon wedges, on 8 skewers. Gently brush with a little of the olive oil remaining in the bowl. Season with salt and pepper. Arrange skewers, off direct heat, on a medium-hot grill. Grill, rotating skewers and brushing with olive oil as necessary to prevent sticking, until cooked through, about 6 minutes, depending on heat of grill. Lemons should be soft and slightly charred. Serve with choice of condiments.

**Summer Puzzler**

- BEACH
- BOAT
- HOT
- ICED TEA
- JUNE
- LAKE
- LAUGH
- NAP
- PICNIC
- RAFT
- SAND
- SCREEN
- SKI
- SUMMER
- SUN
- SURF
- SWEAT
- SWIM
- TUBE
- WATER
- SAIL



T S K I E B T N R E  
 F L K C T R O U N I  
 R S A N D A E A N B  
 U N A K N A P T T L  
 S U M M E R S C A S  
 A E T D E C I U E W  
 I G M C R N G B W I  
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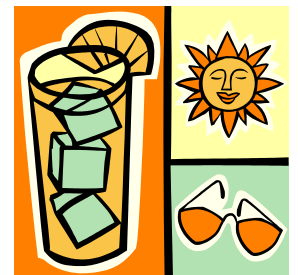
**3 Strange Food Phobias**

**Alektorophobia: Fear of chicken.** Alektorophobes are not reassured by the comment, "It tastes like chicken." This subset of people might feel better if an unfamiliar food tastes like beef, thank you very much.

**Consecotaleophobia: Fear of chopsticks.** Long, slender, and to some, utterly terrifying, these age-old conveyors of sushi (or dumplings or Szechuan beef) to mouth are best left in the takeout bag. Good thing forks and fingers can take their place at the table.

**Thermophobia. Fear of hot things.** For people who suffer from thermophobia, a hot meal sounds like a dreadful proposition.

**Want to Win???**  
**Make sure to call in with the answer to the trivia question on page 3!**  
 (Hint: the answer's in this month's newsletter!)



## Know Your Steak Cuts for Those Summer Cookouts

**Skirt Steak:** Cut from the underbelly, this long and lean steak is famous for its beefy flavor and juicy, toothsome texture. It can be dry if cooked past medium, so keep the heat high and the cooking time short—grill, cast-iron pan or broiler all work well.

**Denver Cut/Beef Chuck Blade Center Steak:** Chuck steaks aren't known for being tender and juicy, but this chuck blade is. That's because the butcher cuts it from a particularly tender muscle found in the chuck roll area of the animal. Decent marbling means that it can be marinated and then grilled or pan-seared, or savor it with very minimal cooking.

**Beef Short Ribs (English Style):** Braising is the classic treatment for these flavorful ribs that come from the ends of the rib roast.

**Tri-Tip Steak:** Lean tri-tip comes from the sirloin, that meaty area located between the loin (midsection) and round (hindquarters) of the animal. A grill or screaming-hot cast-iron skillet on the stovetop will sear the outside and leave the center a juicy medium-rare.

**Flat Iron Steak:** Good marbling and full beef flavor means it's tender enough for grilling but also robust enough for long, slow braising or roasting. A line of sinew sometimes runs horizontally through the cut; it will melt during slow-cooking, but should be cut out by your butcher if you want to grill the steak.

*"Lovers" - that word wigs me out unless it's between meat and pizza."*  
~ Tina Fey as Liz Lemon

## Fake It Til You Make It ... With Smiling!

You smile because you're happy, but did you know that sometimes you're happy because you're smiling? Researchers divided participants into three conditions: neutral expression, standard smile (like the Pan-Am smile, a voluntary contraction of the muscles meant to project happiness even when you're not quite feeling it), and the Duchenne smile, a genuine expression of pleasure that often involves the eyes (also known as "smizing"). They held their participants' faces in place with chopsticks and asked them to complete a series of stress-inducing tasks. Their heart rates were monitored, and they were asked to periodically self-report their stress levels.

At the end of the day, the Duchenne smilers demonstrated the most positive effect, but even the Pan-Am group was less stressed than their neutral-faced compatriots. So next time you're feeling down, give the world a smile, and the whole world might smile back at you.

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

Become a Fan of  
 Keith's Car Care  
 on:

facebook

Join Keith Car Care's  
 Circle of Friends on:

Google

## This month

We are thrilled to Recognize one of our very special Friends and client, who has touched our hearts and brought a smile to all of us. Thank you for your support of our business over the last 30+ years.

Congratulations on your upcoming retirement

Dwight Nelson

Educator Extraordinaire

THANK YOU FOR  
 YOUR BUSINESS

## The Funny Bone



Sometimes you just  
 need a nap!

This free issue of *Braking News* is being sent to you from your friends at

# Braking News

  
**Keith's**  
**Car Care**  
 P.O. Box 69  
 Oswego, IL 60543  
 (630) 554-8911



*See inside for additional savings!*

## IN THIS ISSUE

It's Summer Heat That Kills Your Battery  
 Do Warehouse Stores Save You Money?  
 Shrimp Kabobs w/ Lemon & Cilantro  
 3 Strange Food Phobias  
 Know Your Steak Cuts for Cook-Outs  
 Fake It 'Til You Make It ... With Smiling!  
 June Events  
 Money Saving Offers  
 And More!!!

  
**Keith's**  
**Car Care**

78 Stonehill Road, Oswego, IL 60543, (630) 554-8911  
 (Most cars and light trucks, One coupon per visit, Not valid with any other offer or special)



## Dad Can Take it Easy Labor Sale

max discount \$100

0-\$50.00  
 \$51.00-\$100.00  
 \$101.00-\$150.00  
 \$151.00-\$200.00  
 \$201.00 & Up

Take 5% Off Labor  
 Take 8% Off Labor  
 Take 10% Off Labor  
 Take 13% Off Labor  
 Take 15% Off Labor



Must present coupon Expires 6/30/26

SAVE  
 \$25.00



## \$25.00 OFF

ANY A/C Repair or Service  
 It's HOT out there! We'll Keep You Cool!!



Expires 6/30/26 - Must Present Coupon - Cannot Be Combined with another Offer

SAVE  
 \$35.00

## The Summer HEAT Special!

- Oil, Lube & Filter Change
- Complete Brake Inspection
- Tire Rotation & Air Pressure Check
- Inspect Belts & Hoses
- Inspect Under Vehicle, Suspension & Exhaust

- Check For Leaks of Oil, Transmission, Power Steering & Coolant
- Inspect Condition Of Battery & Charging System
- Inspect All Safety Lights and Wiper Blades
- Check Anti-Freeze for Proper Levels
- Non synth. oil and stock filters

Must Present Coupon



Expires 6/30/2026