

Braking News!

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



Thank
you for
being
our
customer

(630) 554-8911

August Events

Back-To-School Month

Aug 2: National Friendship Day

Aug 13: Left-handers Day

Aug 19: Aviation Day

Aug 31: National Trail Mix Day

The Funny Bone

A plane was taking off from Kennedy Airport. After it reached a comfortable cruising altitude, the captain made an announcement over the intercom: "Ladies and gentlemen, this is your captain speaking. Welcome to Flight 293, non-stop from New York to Los Angeles. The weather ahead is good and, therefore, we should have a smooth and - AHHHHHH!"

Silence followed, and after a few minutes the captain came back on the intercom and said: "Ladies and gentlemen, I am so sorry if I scared you earlier; but, while I was talking, the flight attendant spilled a cup of hot coffee in my lap. You should see the front of my pants!"

A passenger in coach shouted, "That's nothing. He should see the back of mine!"

Hard To Believe: How You Drive Can Affect Your Incidence of Skin Cancer

Summer is upon us, which means more of the country is driving with the window down, elbow resting on the door. Researchers at the University of Washington in Seattle have found that Americans have a tendency to develop the worst forms of skin cancer on the left side of their bodies, especially on the upper arm.

This report adds to a growing body of evidence that driving can increase a motorist's exposure to ultra-violet (UV) light, which is linked to skin cancer. In countries like the U.S., where drivers sit on the left side of their car, studies have found more cancers form on the left side. Other research, including a 1986 report from Australia, found that in countries where the steering wheel is situated on the other side of the vehicle, there are more cancers and pre-cancerous growths on people's right sides. That's pretty compelling evidence that driving has a big impact on incidence of skin cancer.



The solution is rather simple. Auto glass today filters out most of the bad UV that can cause skin cancer, so driving with windows up and the air conditioner on is a better choice. A layer of glass tinting applied by an after-market detailing shop is one answer, especially for those who drive for a living and are in a vehicle all day long. Most people would not think of applying sun screen if they intend to be in the car all day. But a bit of prevention could be worth a lot of cure.

Article provided by AOL Autos

9 Foods You Can Swap Out to Fight Belly Fat

1. Rolled oats or bran cereal for breadcrumbs
2. Avocado for butter (and cookies have a green tinge – WEIRD!)
3. Cauliflower for rice
4. Spinach for iceberg lettuce
5. Sliced zucchini for lasagna noodles
6. Nuts and seeds for pretzels
7. Yogurt for sour cream
8. Beans for enriched flour or shortening (even in brownies!)
9. Dark chocolate for milk chocolate



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**,
send us an email at keithscarcare1@gmail.com or
on **Facebook !**



**Saturday
Hours
8am – 1pm**

Are You Missing Football?

What is you vote

Hammond or Arlington Heights?

Thanks for the Kind Words

Competent, attention to detail, reasonably priced and going above and beyond in their service from towing to car care, these attributes describe Keith's Car Care. Highly recommended.

Bob F.

You Are The BEST!

Thank you to all of our amazing clients that have referred us business time after time. Our business

depends on the positive comments and referrals from people just like you. Every month we take a moment to thank the client that has sent us the greatest number of referrals over the past month!

White Eagle Auto Body

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

Kathy Mc Gloon



Timely Terrific Trail Mix

- 1 cup combination diced dried fruit, such as prunes, apricots, pears and apples
- 1/2 cup raisins and/or dried cherries or cranberries
- 1 1/2 cups unsalted sunflower seeds
- 1 cup unsalted walnuts or unsalted almonds or dry-roasted peanuts

Directions:

Mix it all up! Makes 4 cups.



BACKPACK
BEDTIME
CALCULATOR
ENGLISH
ERASER
FOOTBALL
HOMEWORK
MUSIC
NOSUMMER
PENCIL



RECESS
RULER
SCHOOL
SCIENCE
SPORTS
STUDY
TEACHER
WAKEUP
ART
BELL
DESK
MATH
BUS
BAND
BOOKS

Back To School Puzzler

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

Getting Kids Back in the Swing of Doing Homework

Healthy habits take time to learn – be patient
Allow your children to have opportunities to fail
Words don't teach critical lessons, consequences do
Don't ditch the fun

Establish the structure of success: "Work, then play. Everyday."

Do not nag, argue or lecture about homework

To promote independent learning and thinking, teach independence

Say Goodbye to "Homework", use "study" because it's life-long

Study outside the box – create a friendly-area, not a boring desk

Make proximity your friend, study with them!

Present a mini-mock lesson – let them teach you!

Set up a reward system



Are you Prepared for summer storms ??
Set the 4 things you should Know
on page 3



Secrets of Getting Cheap Airfares

There are secrets to flying cheap that savvy travelers know! Like when to fly. Flying midweek on Tuesdays, Wednesdays and Thursdays is an effortless way to save money: you'll find emptier and cheaper seats because most people want weekend flights. Early morning and late night flights are relatively cheaper as they are odd times to fly at for many people – and who doesn't love that red-eye flight!

Or when to book your flights. The sweet spot for booking flights is 60 to 21 days prior to your departures. Earlier means the airlines aren't being competitive for that flight yet and closer to your travel date means the airline has the upper hand! The absolute BEST day to book flights is on Wednesday because airlines cut their fares mid-week when less people are searching. Another hint: book your flight after the 7th of every month, as booking is busier right after payday on the first and 15th.

So how do you keep travel planning from becoming your full-time job? Use a fare watcher! There are many travel websites like Travelocity, Orbitz and Expedia which offer the 'fare watcher' services. You enter your destination pairs and it notifies you via email as soon as the fares go low.



***“Remember, no man is a failure who has friends.”
- Clarence (the angel) in It's a Wonderful Life***

Making the Most of Friendship Day

Here are some ways to make Friendship Day EVERY DAY!

- Send out greeting cards or e-cards, or send small gifts of flowers or candy to brighten friend's day.
- Plan a day out with friends, meet them for lunch or dinner, or treat them to a movie.
- Invite all your friends over for a Friendship party - no need to wait for a birthday or holiday! Just make sure it's informal, relax and enjoy!
- Hug someone, preferably your friend!
- Make a point to call every one of your friends on Friendship Day to let them know you care.
- Call all those old friends you haven't spoken to in ages. Remember the girl scout motto: "Make new friends and keep the old, one is silver and the other gold"!
- Ring up a radio station and dedicate a song to Friendship Day and your friends!
- Grab a camera or visit a photo machine and take some photos of you & your friends enjoying yourselves.

EMROSTSTICKSED
FEBELDBEIHU
YOSHOMCOSTRAB
DROODINAIUEOUA
UEHTEKLRMAPYW
TCDIBGCMTCAR
SECSNAURLHKRC
BSAEPFLCNEOUU
DSEKOEALUROLT
LICNEPTPOSBER
BANDOHOMWORK
BTRESARETAHT
MATHERKCABDER

**Become a Fan of
Keith's Car Care
on:**

facebook

Storm Central~Prepping For The Possibilities

Whether you're vacationing this summer or just find yourself in the path of the crazy storms; it's so important to plan now to protect yourself, your families, your businesses and property. Here's a few quick planning tips to help you be prepared:

1. Have a Family Plan: Have supplies on hand and know where to meet each other in case you find yourselves separated.
2. Have an Emergency Kit: Place non-perishable foods, medicines, personal hygiene products, important documents and phone numbers in easy-to-carry containers. They will serve you well no matter what kind of hazard or emergency you may face.
3. Prepare Your Home: Knowing your insurance policies, floodplain maps, evacuation zones and high-wind provisions before hand, can really save you time during an emergency. Make sure to access your property to ensure that landscaping and trees do not become a wind hazard. Reinforce windows and garage doors as they are typically the first thing to fail during a storm.
4. Prepare Your Vehicle: Fill up with gasoline before leaving town or when a storm may be in your area. Ensure your vehicle's fluid levels are adequate and that your tires are properly inflated. Have water and non-perishable foods for you and your passengers in case you become stranded. If you are ever stranded, stay with your vehicle, use your emergency flashers and tie a white cloth on the antenna or door.

**Make Sure Your Car is Safe
for Back-To-School with a
Vehicle Inspection!**

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

Braking News



P.O. Box 69
Oswego, IL 60543
(630) 554-8911



Book appointments
online at
www.keithscarcare.com

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78 Stonehill Road, Oswego, IL 60543, (630) 554-8911



National Trail Mix Day

And we're gonna celebrate all month! Share some delicious healthy snacks with us in August, just for coming in!

FREE

Expires 8/31/26

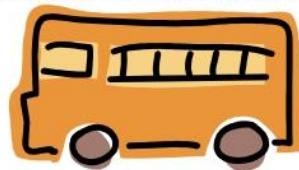
Back To School
Labor Sale



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

valid with regular priced service or repair Max discount \$100



Expires 8/31/26