

## Prepare Your Child For The First Day Of School

Getting your children off on the right foot when they start school helps set the tone for their academic success. These suggestions from the American Academy of Pediatrics can help you prepare your kids for their first day of school and a successful school year:

- ◆ **Calm their fears.** Let them know that feeling nervous about the first day of school is normal. Encourage them to talk about their feelings, and listen sympathetically.
- ◆ **Focus on the positives.** Be upbeat about what to expect without building up unrealistic hopes about how great the school year will be. Remind them that they'll make friends and that teachers are there to help them.
- ◆ **Visit the school.** This helps young children become familiar and comfortable with the school. If possible, try to meet with your kids' teachers.
- ◆ **Enlist a neighborhood child to serve as a buddy.** If your neighborhood has children who attend the same school as your child, get them to travel together. On the first few days of school, though, walk with your children to the bus stop or to school.
- ◆ **Review safety rules.** Go over safety measures regarding traffic and strangers.



## Find The Harmony Between Your Work And Your Family

Many of us struggle to balance the demands of our jobs and our family. Work is important, but so is a healthy personal life. Stay productive at work and happy at home with this advice:

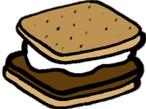
- \* **Start your day with gratitude.** Between shutting off the alarm and leaping out of bed, spend a few minutes thinking about what you have to be grateful for—your family, good health, a paying job, etc. This will put you in a better frame of mind to start your day.
- \* **Go on a date.** Take your spouse out on a date once a week or so. Concentrate on each other, not on work or the stresses of family life. If you're not married, make a point of going out with friends on a regular basis.
- \* **Use your lunch hour.** Get away from your desk when you eat lunch. Don't just spend it running errands, either. Go out with friends, or your spouse if possible. Work out or just take a walk. You'll return feeling refreshed and ready for the rest of the day.
- \* **Set clear boundaries.** When you're at work, concentrate on your job. When you're at home, focus on the people around you. Don't let one affect the other, or you'll never get a chance to recharge from either.
- \* **Find a hobby.** Many people have trouble disconnecting from work because they have nothing interesting to do outside the office. Review your interests, talk to your family and friends, and try different activities until you find something you really like that will pull you out of the workplace mindset.



## COLLEGE BOUND?

Is this you? Schedule your car for an appointment early. If your vehicle has any needs, depending if it is a safety issue, we will let you know if it should be done before you leave or if you can wait until you return for the holidays. Safety is Top Priority!. There is nothing like Peace of Mind... One less thing to worry about so you can keep your mind on those books!

## August Events

August 1st	Air Force Day	
August 3rd	National Watermelon Day	
August 8th	World Elephant Day	
August 10th	National S'mores Day	
August 13th	Left Handers' Day	
August 26th	National Dog Day	
August 30th	National Marshmallow Toasting Day	



## DOG DAYS OF SUMMER SPECIAL

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**Ainsley Benner, Joyce Adkins, Kevin Shellock,  
David Long, William Melin, Carl Ohrberg,  
Martha Cleaves, Jay Joseph,  
Malik Nielsen & Christine & Dan Condiles**

## Get To Sleep Faster With These Techniques

A good night's sleep is essential to good health. Sometimes dropping off to dreamland doesn't come easily, though. When sleep is elusive, try these tips to get the rest you need:

- **Relax during the day.** Don't wait until bedtime to calm yourself down. Get into the habit of relaxation throughout the day with meditation, progressive muscle relaxation, deep breathing, and other techniques. Your body will learn how to relax more quickly and easily when you get into bed.
- **Develop a bedtime routine.** Most of us can't automatically switch off at night. Make a deliberate effort to wind down at the end of the day by turning off the computer and TV, relaxing with a good book, taking a warm bath or shower, dimming the lights, and doing anything else that helps you detach from the day.
- **Breathe yourself to sleep.** In bed, try this breathing exercise: Inhale through your nose, filling your chest for about four seconds, then exhale through your mouth. Or try counting—not sheep, but your breaths: Inhale for four seconds, hold it for seven seconds, then breathe out for a count of eight. Both of these will ease your heart rate and blood pressure.



## Air Force Day, August 1st

Established in 1947 by President Harry S. Truman "in recognition of the personnel of the victorious Army Air Forces and all those who have developed and maintained our nation's air strength."



## Where The @ Came From

These days, most people recognize the @ symbol as part of every email address, but it didn't start out that way. According to historians, the @ symbol was created by monks during the Middle Ages, when each copy of a book had to be painstakingly transcribed by hand. The task went to monks, who developed ways to reduce the number of pen strokes for common words. The result was to loop the "t" in the word at around the "a."

The @ symbol doesn't have a single, universal name, but some cultures have given odd names to it:

- *klammeraffe*: German for "hanging monkey"
- *apenstaartje*: Dutch for "monkey's tail"
- *snabel*: Danish for "elephant's trunk"
- *kissanhnta*: Finnish for "cat's tail"
- *papaki*: Greek for "little duck"
- *kukac*: Hungarian for "worm"
- *dalphaengi*: Korean for "snail"
- *grisehale*: Norwegian for "pig's tail"
- *sobachka*: Russian for "little dog"



## Little-Known Facts About Books And Language

The world of books, reading, and words is full of surprises. Take a look at some of these stories about writers and other creative people:

- ❖ **Green Eggs & Ham.** This Dr. Seuss classic was written on a bet. Publisher Bennett Cerf wagered \$50 that Ted Geisel couldn't write a children's book using fewer than 50 different words. Geisel won.
- ❖ **Thomas Jefferson.** The third U.S. president (and writer of the Declaration of Independence) invented more than 100 "American" words to distinguish U.S. writing from British usage.
- ❖ **Gone with the Wind.** Margaret Mitchell began work on her first (and only) novel after recovering from an auto accident. During her convalescence, she read so many books from the local library that her husband got tired of going back and forth, so he suggested she try writing a book of her own.
- ❖ **Amazon.** The first book sold on the now dominant website was *Fluid Concepts and Creative Analogies*, by Douglas Hofstadter. Its subject: whether machines could be taught to think like people.



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## SAAB Still Has 450,000 Cars on US Roads

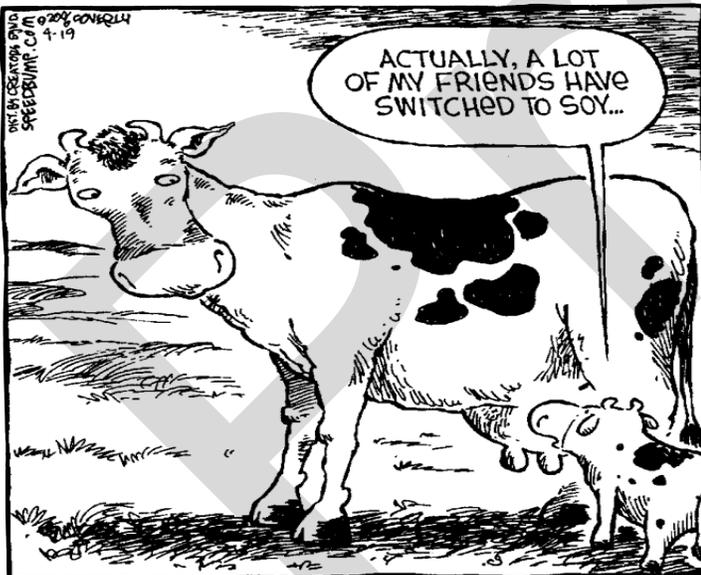
With SAAB having nearly a half million vehicles in operation, SAAB parts are still readily available and part sales are now up to industry standards from June 2012's all time low. New part lines are being added while business continues to grow. SAAB Automobile Parts North America is a division of Orio OB owned by the Swedish gov't's finance ministry.

This past June in Tianjin China a ground breaking ceremony took place. NEVS (National Electric Vehicle Sweden AB) who purchased SAAB in August 2012 will be focusing on new energy vehicles. Research and development will be managed from it's headquarters in Trollhattan Sweden.

### Smart Quotes From The Universe Of Science Fiction

Science fiction and fantasy may be full of spaceships, aliens, wizards, and magic, but it also offers a good deal of wisdom to ordinary humans. Check out these popular quotes from the classics:

- ★ Obi-Wan Kenobi: "In my experience, there is no such thing as luck."
- ★ Iron Man: "Sometimes you gotta run before you can walk."
- ★ Doctor Who: "Never ignore a coincidence. Unless you're busy. In which case, always ignore a coincidence."
- ★ The Hitchhiker's Guide to the Galaxy: "Don't panic."



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## ARE YOU MR. FUSSY?



Sometimes being a perfectionist can be good, and sometimes not. Does your car have dents from parking lots, your kids, a hail storm, and every time you see one it works on your last nerve? If they do bother you, maybe we can help and or suggest the next time you are in for service to have a free evaluation with an estimate. Just let us know at the time when you make your appointment. Some dings can be done at a fraction of the cost that it would cost at an auto body shop. Some dents are more difficult depending on where they are located. We will inform you about the evaluation and you can then decide if you are interested or not, but at least you know and can make your own decision at your own convenience.



### Fill The Hole

A little girl ran up to her mother. "Mommy, my stomach hurts."

"That's because your stomach is empty," the mother said. "You have to put something in it." So she fixed her child a snack.

A few hours later the father came home. "I have the worst headache," he said.

"That's because your head is empty," his daughter said. "You have to put something in it."



### Thanks For The Kind Words

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-Kevin



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