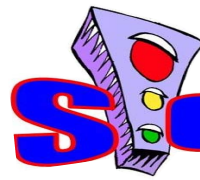


This free issue of *Signals* is being sent to you from your friends at

Signal Garage Auto Care

84 E Moreland Ave
West St Paul, MN 55118
(651) 457-2668



SIGNALS

2050 Grand Ave
St Paul, MN 55105
(651) 690-1487

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JANUARY 2012

IN THIS ISSUE

- Happy Birthday Chevrolet
- Say Cheese...
- Who is the customer of the month
- 12 separate discounts
- Kids solve problems
- Protect your back
- Funny stuff
- "Boys Need Their Moms" corner & More!

www.signalgarage.com



Answer the Trivia and Who Knows...

You Might Be The Lucky One To Have A Cup of Coffee On Us....

Let's Have Fun!

(Find who won last month on page 2)

Get Your Car 
To "GET UP & GO"
Page 2 And Save

Female Friendly Shop®



Save on a Battery if you need one

FREE
Battery
Check
Page 3

New Year Special

We've taken a BIG service and inspection valued @ \$125 And discounted it to ...-Page 4



www.signalgarage.com



A Newsletter From Your Partners at
Signal Garage Auto Care
 West Saint Paul 651-457-2668
 Grand Ave 651-690-1487

2012 Marks our 42nd anniversary

Fred, Heidi's father, moved Signal Garage to its current location (84 E Moreland) in 1970.

In 1998 when Fred was ready to retire, Heidi and I bought the business end set out on a quest to become leaders in the industry in every aspect of the business.

By focusing on our clients' needs we keep improving in every way, from cleanliness, to quality of work, to offering the best warranty in the industry.

As a family owned local business we've made a commitment to be involved with a variety of community organizations. From schools to churches to food shelters, humane society and more, we hope the fruits of our efforts make a real difference in our neighbors' lives.

In 2010 Dave Ydstie became our partner at the West St. Paul location and has taken the lead in our day to day operations..

In 2011 our son Avi and I set out on a new adventure and opened our new "baby". Signal Garage Auto Care on Grand and Cleveland in Saint Paul opened in February and is doing very well thanks to all our newly found (and some old) neighbors, friends and clients.

We want to thank you from the bottom of our hearts and on behalf off everyone in our organization for your business and the trust you put in us.

Winter Thing Wordoku

			L			
F	A	W		N		
	L					N W
		L		E		O
S	N					K E
	E		O		F	
N	K					S
				W		L E A
			A			

To solve a Wordoku puzzle Simply make sure that each 3x3 square region has just one of the nine letters used in the puzzle with only one occurrence of each letter in the square. Each column and row of the large grid must have only one instance of each letter. The difficulty rating for this puzzle is "easy."

Note: The title is a clue to the word in the shaded row of letters and spaces.

Thanks So Much...
 Special thanks goes out to all of our friends / clients who take the time to refer our company to their friends and neighbors! Our business is built on great customers like you and it grows thanks to your favorable comments and referrals. We just couldn't do it without you!
 This month a special **THANK YOU** goes to:
Patrick Summers, Gina Oberton, Blair Madsen, Kathleen Toensing, Rachel Provence, Gerald Decker, Shawn Wood, and James Tremulka

From Our Kitchen to Yours
Egg & Cheese Pastry

- 8 eggs
- ½ cup milk
- ¼ cup Parmesan cheese
- 4 oz cream cheese
- ½ t salt
- Dash white pepper
- Dash black pepper
- 1/8 t paprika
- 1/8 t garlic powder
- 2 8-oz crescent roll packages

Preheat oven to 375

Open one crescent roll package and use a roller to make a large dough sheet (about 9X12), put it on a backing sheet.

Melt cream cheese in milk, mix all ingredients except for one egg white.

Make scrambled ages from the mix. When it is cooked and still moist pour it on the dough. Make another dough sheet from the second package and cover the eggs.

Seal the edges by applying a little water to the dough edges and pinch.

Cut a few slices on the top for the steam.

Brush the egg white saved earlier on the top, spread some sesame seeds and bake for about 25 minutes or until golden in color.

Variations: Add onion, tomatoes, fresh peppers (any color) cooked meat (bacon, sausage, ham) and shredded cheese.



Got Questions???

Do you have any questions regarding your Automobile?

We love to hear from our clients. Just call us at: **651-457-2668 in West St Paul or 651-690-1487 on Grand Avenue** or email to info@signalgarage.com.

We'd Love To Find The Answer For You!

FOR ONLY \$49.95 WE WILL

New Year Special

- Change Oil & Filter – Up to 5 qt. synthetic blend oil
- Check Entire Braking System
- Rotate Tires, Check Air Pressure
- Inspect Belts & Hoses
- Inspect Under Vehicle, Suspension
- Check For Tune-Up
- Check For Oil, Transmission, Power Steering, Coolant, and brake fluid Leaks
- Check Condition Of Battery & Charging System
- Inspect Lights, Wipers & 20 Other Items
- Check Air heater For Proper heating
- Check Exhaust system

Regular Price \$124.59

* Expires 1/31/12
 * Not valid with other of-



"A man, as a general rule, owes very little to what he is born with - a man is what he makes of himself." [Alexander Graham Bell](#)



Chinese New Year January 23, 2012

The Year of the Dragon

According to the Chinese Zodiac, the Year of 2012 is the Year of the Dragon, which begins on January 23, 2012 and ends on February 9, 2013. The Dragon, a creature of myth and legend, is the fifth sign of the Chinese Zodiac, which consists of 12 Animal signs.

In ancient China, the celestial Dragon represented an emperor and power. Today, it is thought of as the ultimate symbol for success and happiness.

May the celestial Dragon bring good luck to you during its special year.

What you should know about your back

If you have ever said, "Oh, my aching back!" you are in good company. About 90 percent of Americans will suffer from back pain at some point in their lives.

Knowing facts about your back could keep you from injury or help your aching back feel better.

- * An inactive lifestyle is one of the main causes of back injuries. Inactivity weakens key muscles increasing your risk.
- * Only about one in six back problems starts with heavy lifting. Weak muscles are more often the cause.
- * Strength training and aerobic exercise are among the most effective treatments for back pain. Do exercises that don't make the pain worse.
- * Only one in 20 back problems require surgery. Always get a second opinion before opting for surgery.
- * Doctors quoted in Prevention say the old advice about sleeping on a hard mattress doesn't apply. Sleep on a mattress with a little more cushioning.

- Most episodes of back pain clear up within a month.

Say cheese after dinner

Eating a piece of cheese after dinner is healthier for your mouth than eating a sweet dessert, says the American Society for Dental Aesthetics.

Cheese neutralizes oral acids and helps remove bacteria. It also contains calcium and phosphorus that re-mineralize tooth enamel.

**The lighter side -
It Is The Law...**



Minnesota:

All bathtubs must have feet

Red cars may not drive down Lake Street

E	O	N	K	L	W	S	A	F
F	A	W	E	N	S	O	L	K
K	L	S	F	O	A	E	N	W
W	F	L	A	K	E	N	O	S
S	N	O	W	F	L	A	K	E
A	E	K	O	S	N	F	W	L
N	K	A	L	E	F	W	S	O
O	S	F	N	W	K	L	E	A
L	W	E	S	A	O	K	F	N

FREE BATTERY SPECIAL

Don't let the cold weather kill your battery. Bring your vehicle in for a **FREE BATTERY INSPECTION!**

New Battery \$10 Off

Congrats' Roco Preese
You Are Signal's Client Of The Month!

Every month, we choose a special customer as our Client Of The Month. We just want to say **THANK YOU!** Roco is the manager at Davanis across the street from the Grand Ave store and he's been referring many clients.

We Appreciate The Nice Comments...

- I appreciate the friendly FAST service I receive whenever I bring my wife's car or my vehicle in for service! I also appreciate the AAA discounts **Larry Josephs W. St Paul**
- My 2003 Expedition was shifting funny. They could of easily tried to scam me like lots of garages do...But they had it all taken care of in a couple of days...VERY FAST VERY FRIENDLY AND FAIR PRICES. **Mike Morris - So. St. Paul**
- After using the dealership for the past 5 years on my Passat for oil changes I decided to make a switch. Signal Garage was listed in Consumer Checkbook which I use, they are very close to my home and at least half the cost of the dealership... **Diane Hanzal W. St. Paul**
- I was able to get an appointment the day after I called for an oil change. The staff were professional, courteous and knowledgeable. I am so glad that Signal is in the neighborhood! **Dorothy Slegman St. Paul**
- Fantastic service. Friendly, knowledgeable professionals. **Todd and Judy Marshal - St. Paul**

Teaching kids (Continued from page 2)
as not watching TV today.

Show how to weigh decisions: Michele Borba, author of Don't Give Me That Attitude (Jossey-Bass) says that when a child wants you to make a decision, show her how to weigh the pros and cons, then decide for herself.

Teach kids to make choices based on reason instead of fearing friends' disapproval.

Show how to deal with failure. Acknowledge hurt feelings and show that failure isn't fatal. Teach him phrases such as "nobody's perfect," "everybody makes mistakes," and "you win some, you lose some." Have him practice so he can easily say them to his pals.

The material included in this newsletter is for informational purposes only and is based upon sources believed to be reliable and authoritative; however, we have not independently verified it. This newsletter should not be construed as offering professional advice. For guidance on any specific matter, please consult a qualified professional.

Expires 1-31-12
Not valid with any other offer

The lighter side

...from parents (with their original spelling) collected by schools from all over the country:

- Please excuse Lisa for being absent. She was sick and I had her shot.
- John has been absent because he had two teeth taken out of his face.
- Megan could not come to school today because she has been bothered by very close veins.
- Please excuse Ray Friday from school. He has very loose vowels.
- Dear School: Please excuse John being absent on Jan. 28, 29,30, 31, 32, and also 33.
- Please excuse Mary for being absent yesterday. She was in bed with gramps.



- I kept Billie home because she had to go Christmas shopping because I don't know what size she wears.
- Chris will not be in school cus he has an acre in his side.
- Sally won't be in school a week from Friday. We have to attend her funeral.



"Mom, what comes first for celebrities? Botox or detox?"



Happy 100th birthday, Chevrolet

Over 200 million Chevrolets have been sold since the brand was founded, and today one Chevy is sold every 8 seconds around the world.

The company was founded in Detroit in November 1911, by racer Louis Chevrolet and General Motors founder William C. Durant. The Chevys they produced quickly earned a reputation for performance, durability and value.

After 1911, Chevy's timeline includes:

- 1918: GM buys the company, and its cars compete successfully with Ford's Model T.
- 1933: the 9 millionth Chevy is built, a nine-fold increase from 1932.
- 1937: Chevrolet Plant #4 in Flint, Mich., is among those hit by the United Auto Workers slowdown strike.
- 1950s:Chevy sponsored Dinah TV show.
- 1953: The Corvette sports car with a fiberglass body is introduced. After many changes over time, it remains Chevy's ultimate muscle car.
- 1956: The Chevrolet Bel Air was introduced.
- 1963: One out of every 10 cars sold in the United States is a Chevrolet.
- 1965: Almost 11 million Impalas are sold, a single model record for a car.
- 1970s: The last era in which GM could boast it sold the best-selling car, the Impala.
- 1984: The first Chevy Nova was produced at the GM-Toyota joint venture plant in Fremont, Calif.
- 1999: When SUVs were all the range, the Trailblazer became a hot ride.
- 2009: China becomes the brand's third-largest market, after the United States and Brazil.
- 2010: Production begins for the plug-in hybrid Chevy Volt.
- 2011: Chevy Spark all-electric car announced.



CHEVROLET

Has Your Car Lost Its "Get Up & Go"?

Complete Fuel Injection Service

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Now ONLY \$129.95

Save \$30

* Expires 1-31-12
* Not Valid with other discounts

•Rough Idling?
•Hesitation?
•Loss of Performance?
•Knocking?
•Reduced Fuel Economy?*



Teaching kids to solve problems

Gradually teaching a child to be a self-sufficient person is one of a parent's most important tasks. Some ways to start:

Teach brainstorming: When there is a problem, have him come up with solutions. Then help him choose one.

Encourage kids to take responsibility: Let them know they have to do their homework. Show them how to organize their schedule so they can plan for music lessons, field trips, and tests. Use a calendar on the wall or a Palm Pilot.

Teach bargaining skills. Show how to resolve heated arguments. Teach them to walk away until they are calm. Show how to negotiate. Flip a coin to see who goes first; set a timer for three minutes in which to argue; make sure each one listens to the other.

Create a penalty for not solving the argument, such **(Continued Page 3)**



December Trivia:

Who's going to get FREE coffee?

The first 12 callers to answer this trivia question correctly will be put into a drawing to win a certificate for **A \$10 Gift Card to Caribou Coffee!**

Here's the question:

In what year Signal Garage moved to its current location in West St Paul?:

- A. 1960 B. 1970
- C. 1980 D. 1990

Next month we'll announce the lucky winner, who knows it might be you...

(Hint; the answer is in this newsletter)

Last month's winner is:

Brian Mak- West St. Paul