

AutoServ Dealerships

Special points of interest:

- St. Patty's Day is March 17
- Daylight Saving starts March 10
- Toothpaste is great for many things!
- Be sure to go onto the Anthem website to see what benefits you may be missing

St. Patrick's Day March 17

May the road rise to meet you.

May the wind be always at your back.

May the sun shine warm upon your face.

The rain fall soft upon your fields.

And until we meet again,

May God hold you in the palm of his hand.



Happy St. Patrick's Day!

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National Observances March 2013

American Red Cross Month

www.redcross.org

National Nutrition Month

www.eatright.org

Workplace Eye Health and Safety Month

www.preventblindness.org

National Kidney Month

www.kidney.org

Brain Injury Awareness Month

www.biausa.org

National Colorectal Awareness Month

www.preventcancer.org/colorectal

National Athletic Trainer's Month

www.nata.org



Daylight Saving Time Starts—March 10

Spring forward, Fall back!!

Most of the **United States** begins Daylight Saving Time at 2:00 a.m. on the second Sunday in March and reverts to standard time on the first Sunday in November.

AutoServ is encouraging people to change the batteries in their smoke detectors when they change their clocks because Daylight Saving Time provides a convenient reminder!

Did you know.....Wackiest Motor Vehicle laws

The ice cream man is banned in Indianola, Iowa

In New York, it's illegal to take your clothes off in your car

The fine for hitting a pedestrian in Sarasota, Florida is only \$78

Did you know?

Before Johnson & Johnson put toothpaste in tubes in 1873, it was sold in glass jars. What prompted the switch: an effort to make the product easier to use while traveling.

Clever Uses forToothpaste

1. **Soothe a Bug Bite** Apply a pea-size dollop of minty toothpaste to the spot. It contains an ingredient that has a cooling effect on your skin.
2. **Freshen your fingers** Get that garlicky smell off your hands by squirting some paste into a damp cloth and lather up.
3. **Nix crayon stains** Use a rag and some toothpaste to clear away marks.
4. **Display artwork** Hang posters with a more paint-friendly adhesive. To remove artwork, carefully peel the piece off the wall and clean with a damp cloth.
5. **Polish jewelry** Rub toothpaste on your jewelry with a soft brush and rinse well with warm water. Don't use on pearls or delicate items.

Confused by all the different diets? Talk to a registered dietician for food and nutrition solutions for your lifestyle.

Top 10 Healthy Chips

If you are going to eat chips, here are the healthiest ones to eat!

- Popchips, Salt and Pepper
- Mediterranean Snack Food Co., Baked Lentil Chips
- Laurel Hill, Multigrain Tor-

tilla Chips

- TERRA Chips, Plain Sweet Potato Chips
- Food Should Taste Good, Blue Corn Tortilla Chips
- Kettle Brand Baked Chips, Sea Salt

- Beanitos, Chipotle BBQ Black Bean Chips
- Sunchips, Original
- Corazonas, Black Bean and Cheese Tortilla Chips
- Humbles Baked Hummus Chips, Seseme Garlic

Foods You Should Never Buy Again

Parmigiano-Romano Cheese: A few shavings is nice on pasta or vegetables but its very expensive so look for other varieties that are cheaper.

Smoked and Cured Meats: cured meat in any form is linked to cancer, disease, high blood pressure and migraines.

“Blueberry Items” : Most blueberry-flavored items in the grocery store don't actually have

real blueberries. Buy your own berries and add them to your food.

Multi-Grain Bread: Check the ingredient list and make sure whole wheat is the first and main ingredient - otherwise you are getting a few grains mixed into white bread.

Reduced Fat Peanut Butter: When they take out the fat they need to add something back to

make the food taste good! And in this case its lots of sugar! Spread regular on your sandwich for more of the good fats and protein.

Bottled Tea: Brew your iced tea at home and you'll save big bucks and your waistline—bottled teas can have more grams of sugar than a soda.

~Cooking Light Magazine Feb 2013



Regular or Diet Soda: Which is Better For You?

Cons of Regular Soda: It's full of added sugars, usually in the form of high-fructose corn syrup. The American Heart Association (AHA) recommends limiting all sugars to no more than about 6 teaspoons a day if you're a woman, no more than 9 teaspoons if you're a man. A 12-ounce can of cola has about 8 teaspoons—which translates to about 130 calories. So one soda won't make or break your diet, particularly if you make room for it by cutting out something else, but if you drink too many, these calories can add up to major weight gain .

Pros of Regular Soda: If you're trying to avoid artificial sugar substitutes, you won't find them in there.

Cons of Diet Soda: It contains sugar substitutes, which some people prefer to avoid. Some studies show that [consuming no-calorie sweeteners may actually make you hungrier](#)

Pros of Diet Soda: Sodas with no-calorie sweeteners don't directly add calories to your diet; they also may be better for your teeth, since bacteria can't live on artificial sweeteners—they need sugars.

So which is better? Only you can decide. Personally, looking at this pro/con list makes me thirsty for... some seltzer.

~Eating Well. com

Cooking Light's 12 Healthy Habits

March

Get cooking

Cook at least 3 meals or more per week than you are now, even if that means cooking breakfast or lunch (for freezing, maybe).



GREAT NEWS!!!!

If you are part of Anthem Insurance that AutoServ provides and you want to save money on health club fees, here is your chance. The Sokol Fit Club is registered with the State of NH and we can get reimbursed for our gym fees and boot camp class fees as long as you or your family follow certain guidelines. You or your family can get up to \$200 per subscriber per calendar year. You need to exercise at least three (3) times a week for 11 weeks out of a 13-consecutive-week period. You need to fill out log forms and have them initialed until the card is completed. These are minimum levels of activity to ensure that you receive benefits from your efforts. Of course, you'll get the most out of exercising at least three times per week year-round!

For all details see Carolyn!

Colorectal Cancer Awareness Month

It's a time to encourage everyone over the age of 50 to get screened regularly for colorectal cancer. This is cancer of the rectum or colon. It is the second leading cause of cancer-related death for both men and women. People over the age of 50 are at the highest risk.

Risk factors:

- Growths (polyps) inside the colon
- Family history of colorectal cancer
- Smoking
- Health conditions such as Crohn's Disease
- Being African-American

Here's the good news: You can reduce your risk if you get screened starting at age 50. You can also reduce your risk by:

- Getting active
- Eating healthy
- Quitting smoking

There are often no signs or symptoms of colorectal cancer. If left undetected, the cancer can spread throughout the body.

www.preventcancer.org



GET SCREENED TODAY!