



# AutoServ

## National Nutrition Month

The theme for 2017 is "Put Your Best Fork Forward", which acts as a reminder that each bite counts. Making just small shifts in our food choices, can add up over time. The *2015-2020 Dietary Guidelines for Americans* suggest starting with small changes in order to make healthier lasting changes you can enjoy. This year's theme for National Nutrition Month® inspires us to start with small changes in our eating habits – one forkful at a time. So whether you are planning meals to prepare at home or making selections when eating out, *Put Your Best Fork Forward* to help find your healthy eating style.

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*Special points of interest:*

- March 17 is St. Patrick's Day
- Wear your favorite green items of clothes that day!

As a family, commit to trying a new fruit or vegetable each week during National Nutrition Month.

Attached to this newsletter are great fact sheets and much information to help you **CHEW THE FACTS!**

### Have Fun With Your Passwords

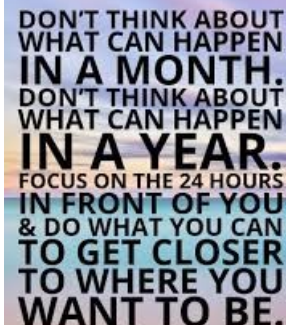
Rather than using your usual string of words to unlock device screens (you know you always forget them), have your passwords do double duty. Make you more secure and more happy!

Choose mantra words like "serenity", "peace", and "patience".

Every time you log in, you will get a hit of inspiration. Add numbers, characters and random capital letters to make them unique.



BE SO  
HAPPY  
THAT WHEN  
OTHERS LOOK  
AT YOU  
THEY BECOME  
HAPPY TOO.



DON'T THINK ABOUT  
WHAT CAN HAPPEN  
IN A MONTH.  
DON'T THINK ABOUT  
WHAT CAN HAPPEN  
IN A YEAR.  
FOCUS ON THE 24 HOURS  
IN FRONT OF YOU  
& DO WHAT YOU CAN  
TO GET CLOSER  
TO WHERE YOU  
WANT TO BE.

## Face Book Reviews—Congratulations to our employees!

“Excellent experience wonderful staff. My salesman Michael huckins was amazing . I have credit challenges and they were able to get me what I wanted at a price I wanted. This was a great experience considering the first time I brought a car elsewhere it was not a great experience”

“We had a great experience with Eric Binder. We love our Nissan Frontier. We would highly recommend seeing Eric if you are interested in a new vehicle.”

“They were wonderful to work with! Harry Nedeau and Dan and found me a truck with everything i needed within my financ-

McNulty were great. They got me a super deal ing range. Thank you Autoserv!”

“I just want to give a huge shout out and thank you to John in the service department. I recently brought my 2008 Jeep Compass in for some repair work this weekend and John was my first and only point of contact throughout the process of the service I needed to have done. He was honest and forthright through out the whole process and was upfront about anything that may come up that could potentially add added cost to the final bill. I never felt I was baited or pressured into any repairs, but rather had the opportunity to know in advance, and was able to decide to move on from there. He kept to the timeline of when things would be done and had my car back to me the day and time I was expecting it. When all was said and done, I was well with in the budget of what I was able to spend and had great service along the way. In an economy where it's more important to be frugal and seek the best options financially, John really gave me peace of mind that I made the right decision and got a fair deal in the process. Thanks for everything John and I hope you continue to keep making a positive difference for everyone like you did for me. “

Michael Zaccheo works 100% for his customers! Great experience working with him, and we look forward to our next car buying adventure with Michael!

Having my car serviced there was a breeze! Melissa, my service person was extremely helpful and attentive. I never stress about having to bring my car in because I know it's in good hands.

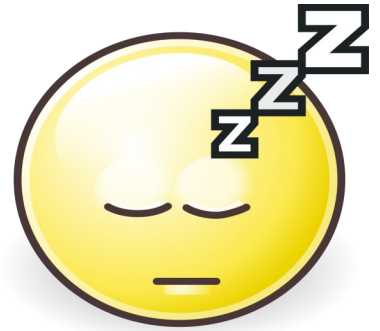
## ***REMINDERS: AutoServ Employee Benefits/Events***

- **Ski Tickets :** We can get discounts on Gunstock and Loon tickets.
- **Verizon Wireless Employee Discounts.** If you have Verizon for your service, come see Carolyn for instructions!
- **Rafting For Wishes**—support your AutoServ team!

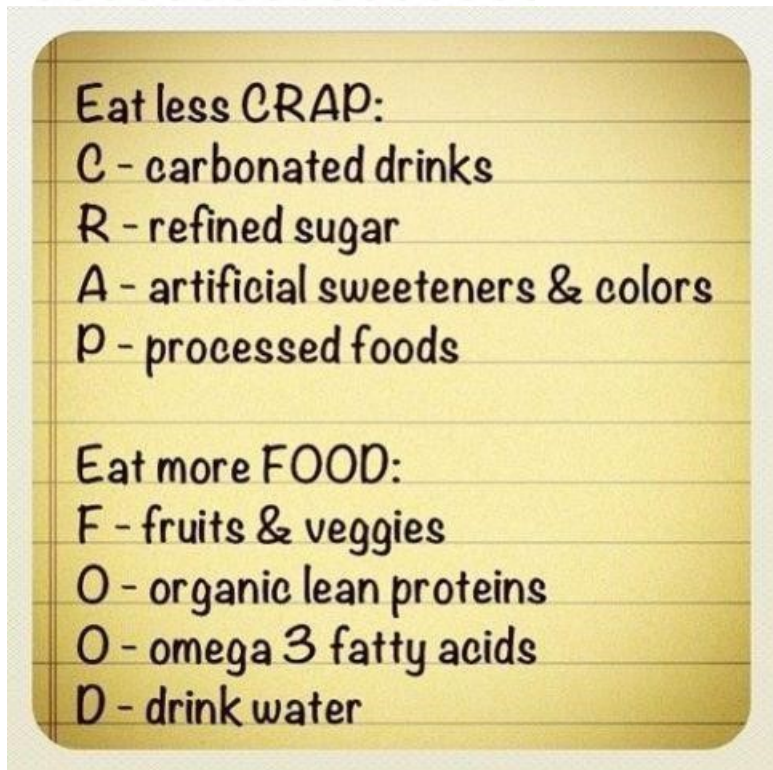
- **Brooks Brothers Corporate** We get discounts on in store and online.
- **Day of Caring** Thursday September 7. We will need a team to work at the Carey House.
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## 17 Things that Lower Risk Of Stroke

- Eat more tomatoes
- Get checked a A-Fib
- Break a Sweat
- Less Salt
- An apple a day
- Drink coffee in Moderation
- Amy up your Antioxidants
- Weigh Surgery Risks
- Lower Blood Pressure
- Less Anxiety
- Meditate
- Avoid Bad Air
- Take Meds as Directed
- Brush and Floss
- Stop Smoking
- Vitamin D
- Clean out your neck arteries



**37 MILLION**  
**American adults**  
**snore on a**  
**regular basis**



# 100

That's how many fewer calories people ate when they ordered lunch ahead of time rather than right before eating.

Nothing is impossible. The word itself says *I'm possible.*

Audrey Hepburn

## ANNIVERSARIES

James McIntire	17 years
Debbie Barros	17 years
Ken Becker	15 years
Peter Colby	7 years
Ray Smet	7 years
Harry Nedeau	6 years
David Verboncoeur	5 years
Bryan Odum	5 years
Wayne Buckley	4 years
Laura Hardy	3 years
Bill Visser	3 years
Adam Huckins	3 years
Chris White	3 years

Josh Ellis 2 year

Deb Daddio 2 year

## BIRTHDAY'S

Melanie Anderson	3/1	Steve Bass-Wagner	3/21
Rob Briggs	3/21	Laurie Crisafi	3/13
Heather George	3/31	Dale Hollins	3/16
Andrew Hosmer	3/7	Tim Laro	3/8
Marty Maher	3/18	Adam Mailhot-Lemieux	3/17
James McIntire	3/9	Dan Steadman	3/14
Bill Wixson	3/30		



## Weird Things You are Allowed To Bring On Planes

- **ICE SKATES** You can't bring box cutters or razors, but the blades on your ice skates are fine.
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- **SERVICE MONKEYS** That's right. You can have a service monkey. Mostly used for spinal cord injury patients.
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- **SCREW DRIVERS, WRENCHES and PLYERS** As long as they are less than 7 inches! You might feel the need to tighten something mid-flight!
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- **ANTLERS** Bringing antlers on a plane is allowed on almost all American airline carriers