



WHAT'S NEW AT HANK'S

HANK'S REPRESENTED AT RMIIA EVENT

Carole Walker, Executive Director of the Rocky Mountain Insurance Information Association (RMIIA), appears here with Zolcar being portrayed by a UFO (unidentifiable finance officer) from Hank's at the RMIIA Annual Summer Event in August. Michelle McDowell, Andrey Vecchiarelli and Zolcar attended the event and distributed coupons for a variety of Hank's services including free car washes, discounted alignments, discounted clear bras, and a free exterior detail service. Michelle will be attending the Annual RMIIA Event this fall.



CPR/FIRST AID CLASS HELD AT HANK'S

The following people received their certification in CPR and First Aid after a training class held at Hank's West on Monday, August 29. These employees should be the point of contact in the event of an emergency:

- | | |
|----------------------------|-------------------------|
| Alex Pedross | Joe Ambrosio |
| Andrey Vecchiarelli | Joel Ward |
| Brian Capone | Mark Barnes |
| Jan Whitley | Steve Brantley |
| Jason Stephens | Tanya Richardson |
| Jay King | |

Congratulations and thank you all for your willingness to help others in the event of an emergency.

**SAVE
THE
DATE**



**Santa
Party**

**Thursday,
Dec 8th**

6:30 pm

**Wheat Ridge
Rec Center –**

**Watch for
more details...**

In This Issue:

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WELLNESS PROGRAM

SIGN UP DEADLINE—**SEPTEMBER 30, 2011**

Hank's is offering a Wellness Program to all its employees. This is a free benefit and all that is required is that the employee take an on-line health assessment and participate in 1 coaching session. This only takes 20 minutes and is completely confidential. Once the assessment is completed, a coaching session has to be scheduled so that the coach can walk the employee through the results. The employee and their family will have access to the Wellness website. There is a wealth of information on this website from nutritional information to how to handle any health concerns.

As we are all aware, health care costs keep rising and the only way to curtail this is to be proactive in our own health. This program is designed to do that and our hope is that it will help us to slow down the rising cost of any health care coverage that you are currently on (either through Hank's, your spouse's coverage or your own individual policy). Improving your health can add years to your life and improve the overall quality of your life.

Hank's will also be purchasing pedometers for those employees who sign up and complete one coaching session. The pedometers will be used in a contest. Throughout the year we plan on doing fun activities and "challenges" to make staying active easy. Participants may have a chance to win a paid well-day off!

To do the assessment (employees only):

1. Go to www.trotterwellness.com
2. Click on Member Login
3. Click on Register and fill in the required personal information
4. In the Registration Code box put in habw287012 then click Continue

You will be directed to the assessment. Once you have completed the assessment you will have access to a 14 page report outlining your current health and readiness for change.

Two (2) days after completing the assessment you can go on-line again to schedule your coaching session. Again – this is all confidential and very user friendly. Get started today on a healthier lifestyle.

Contact Jan at 720-898-6297 or jwhitley@hanksautobody.com.

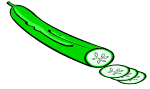
GET YOUR PAYSTUB VIA EMAIL!

Sign up to have your pay stub sent directly to your e-mail. Send your e-mail address to Melissa Madewell at mmadewell@hanksautobody.com to begin receiving your pay stubs electronically.

**SAVE PAPER AND TIME!
BE GREEN!**



FOOD FOR THOUGHT



THE MAGIC OF CUCUMBERS

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.
3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!
- 6.. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!
7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation
8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.
11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.
13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

HEALTHY BREAKFAST RECIPE

This recipe provides lots of nutrients and is a delicious way to begin the day!

Prepare Bob's Red Mill Gluten Free Mighty Tasty hot cereal (or any Bob's Red Mill hot cereal) using 2 parts water, 1 part almond or hemp milk and 1 pinch Real Salt or Celtic Sea Salt (these salts contain all the good-for-you minerals that are missing from regular table salt).

Stir in the following:

1/4-1/2 t. ground cinnamon

Handful of chopped walnuts

Handful of fresh or frozen berries

1-2 T. ground flax seed

1-2 T. ground sesame seed (tahini)

1-2 T. shredded coconut

1-2 chopped dried apricots or dates

1-2 t. ghee (clarified butter) or coconut oil

CHARACTER FIRST!®

Make Thrift a Family Tradition

by Marti Vickery on July 18, 2011 from cfthemagazine.com

Growing up on a dairy farm in the glacier-sculpted hills of upstate New York, I became familiar with thrift at an early age.

My parents met in grade school and later became high school sweethearts. Dad joined the U.S. Navy and graduated from Cornell University with a degree in architecture.

But life doesn't always follow the scripts we have in

*"I'm calling in scared. I am 'afraid' that I am not coming to work today."
-from http://madtbone.tripod.com/work_excuses_2.htm*

Need Some Time Off?

Go to HRconnection.com

Log on to HRconnection.com to request time off, check your vacation balance, update your personal information and get information about what is happening within the company. If you have any questions about logging in to HRconnection, contact Jan at 720.898.6297 or jwhitley@hanksautobody.com.

our minds. My paternal grandparents needed Dad's help on the family farm. "Just for six or eight months, Ray," they said. Twenty years later, Mom and Dad were balancing farm life with six children and serving in the U.S. Navy Reserves.

Mom shared **the gift of thrift** with all of us. We recycled before it was the trend. The oldest sisters' clothes were altered, updated, and shared with the younger ones. Gift wrap was carefully removed and stored for future use. We used coupons. If there were leftovers from an evening meal, they were reinvented, not thrown out. Holiday gifts were

homemade, and birthday cakes were made in the kitchen. Back-to-School shoes came from a small local shop. Our pantry shelves were never bare. Hard work and detailed planning enabled us to can jars of vegetables and fruits harvested from our garden.

Kitchen

- Stale crackers or potato chips? Spread them evenly onto a baking sheet and toast them until crisp. Place in a re-sealable plastic bag and crush to use on top of a favorite casserole, or roll chicken legs in the crumbs for tasty, crispy chicken!
- Stretch your grocery dollars. Purchase some powdered milk, and use it for recipes that require milk. Make a gallon of milk go a bit farther by adding one quart of the prepared powdered milk to three quarts of regular milk.

Office

- Need a new desk? Frequent your local thrift store or "going-out-of-business" sales. One fabulous and functional desk was formerly a bedroom door, painted, lacquered, and attached to a pair of two-drawer filing cabinets.
- Rescue an old buffet, refinish it, and make it into a new storage/credenza/work space.

Entertainment

- Ride a bicycle!
- If it works for your family, discontinue monthly cable/ satellite television services.
- Don't rent expensive movies. Look for classics, old comedies, musicals, documentaries, or last years' block busters at your public library. Play some cards or board games, or read books. Rediscover the simple things!



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FAMILY HEALTH AND WELL-BEING

Continued from previous page

Bed, Bath, and Way Beyond

- When you can't shake any more shampoo out, add a bit of water and shake vigorously for one or two more lathers.
- Paint with neutral colors and choose classic fixtures. It's much easier on your wallet to add trendy hand towels, colorful clearance window treatments, or shower curtains than to fully re-do the bath.
- Purchase fun new bedding on sale and create the look of a mini makeover in your bedroom.

Lawn and Garden

- Buy summer items at the end of the season and winter items when you are longing for a patio umbrella. I can't stress this one enough.
- Save your grass clippings and leaves. They can be used for mulch in the flower beds or to start a compost pile.
- Several varieties of flowers are natural bug repellents. The marigold and geranium are a couple of potent options.
- Plant several flowering annuals together for dazzling container gardens. An herbal container garden is a fragrant way to greet visitors and add flavor to home recipes.



"I have found no greater satisfaction than achieving success through honest dealing and strict adherence to the view that, for you to gain, those you deal with should gain as well."

~ Alan Greenspan

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Child safety seats for cars
www.carseatscolorado.com
Or call 303-239-4625



LISTENING is the first thing you should do to completely understand another person's point of view. Here are some ways to listen to the other person's point of view:

- Try to maintain eye contact
 - Nod as often as possible when agreeing
 - Smile and add appropriate humor when applicable
 - Lean closer to the person
 - Make warm gesture
- Source: **How to Win Friends and Influence People in Business**

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The Missing Key

Author Unknown

Xvxn though the typxwritxr on thx lxft is an old modxl, it works vxry wxll, xxxcpt for onx kxy. You'd think that with all thx othxr kxys working, onx kxy would hardly bx noticxd. But just onx kxy out of whack sxxms to ruin thx wholx xffort.

Havx you xvvr said to yoursxlf, "I'm only onx pxrson. No onx will noticx if I don't do my bxst." But it doxs makx a diffxrxncx, bxcausx to bx xffctivx, vxvryonx must do his or hxr bxst.

So if you'rx having onx of thosx days whxn you think you just arxn't vxry important and you'rx txmptxd to slack off, rxmxmbxr this old typxwritxr. You arx a kxy pxrson, and whxn you don't do your bxst, nothing xlsx works out thx way it should.



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www.hanksautobody.com



*Our Family Serving Your Family's
Car Care Needs Since 1950.*

Please contribute to this newsletter! We welcome your ideas, so please let us know what you want to see. Contact Kris at 720.898.6283 or at knewell@hanksautobody.com.

COLORADO TRIVIA QUIZ

1. Colorado was the second state in the nation to pass this important landmark electoral law. What was it?
2. Of all the land area in the country above 10,000 feet, what percentage does Colorado contain?
3. How many mountains in Colorado are over 14,000 ft. in altitude?
4. The highest road in America is located in Colorado. What is the name of the peak on which this road is located?
5. Compared to other states, where does Colorado stand in geographic size?
6. The longest continuous street is in Colorado. Name the street.
7. How many other states were there when Colorado became a state on August 1, 1876?

Check us out at

<http://www.youtube.com/hanksautobody>



- Answers to Colorado Trivia Quiz
1. The right for women to vote.
 2. 75%
 3. Fifty four
 4. Mount Evans
 5. Eighth largest
 6. Colfax Avenue
 7. Thirty seven others

The editors of this newsletter make every effort to include complete and accurate information.