

A Free Monthly Newsletter From Your Friends At Marty's Motors

Labor Day: This End-Of-Summer Holiday Is For You

We look forward to holidays, but they usually mix a lot of work and preparation into our time off. Think Christmas, New Year's, and Easter.

Not this time. The Labor Day Weekend is yours, a time to do whatever YOU want. You can snooze in a hammock, putter around the house and yard, see a parade, or go on a picnic (of course that takes some preparation!).

If you have kids, they might want to take advantage of the last day the city swimming pool is open. Though most schools have already started, this day gives summer its proper sendoff.

And with three days to play, there's plenty of time left over for friends and maybe even a cookout.

On Labor Day, we honor the monumental contributions the workers of America have made. They are responsible for the strength, prosperity, and well-being of our nation.

In the beginning, Labor Day was a day of rest for people who worked physically in factories, shops, and construction. They were honored. Now, we all take credit for making our country what it is, no matter where or how we work. We're all part of it and proud to be.

So take a break, take a trip, refresh your body and mind. Whatever you do, stay safe.



September 11th

This year marks the fifth anniversary of the terrorist attacks that killed more than 3,000 Americans. Memorials to commemorate the victims are planned at the site of the World Trade Center in New York City, at the Pentagon in Washington, D.C., and in a field near Shanksville, Pa., where passengers crashed a hijacked plane to prevent an attack on the nation's capital. The Pentagon memorial is expected to be completed this fall; it will feature lighted benches, reflecting pools, and trees.

The World Trade Center Memorial Foundation in New York City has changed its memorial design several times. Two constants have been the desire to list the names of the victims, as well as include a museum documenting the events of Sept. 11, 2001 and its aftermath. It is expected to be completed by Sept. 11, 2009.

The Flight 93 Memorial in Shanksville, Pa., is projected to be completed two years later. It will include walking paths around the crash site, a tower with wind chimes, and a grove of maple trees.

The Hollywood Sign

When the famous Hollywood sign was erected in 1923 on Mount Lee, the tallest hill in Los Angeles, it read "Hollywoodland." The sign, lit by 4,000 light bulbs, was originally an advertisement for a real estate development in Beachwood Canyon and was only meant

to last 18 months. Official maintenance of the sign ceased in 1939 and it began to deteriorate. When the "H"



toppled down the hill in 1949, the Hollywood Chamber of Commerce took over maintenance of the sign, removing the last four letters and repairing the rest. Because of the expense, the chamber decided not to replace the light bulbs. The sign is more than four stories tall, and each letter is 30 feet wide at its base.

September Events

Labor Day	September 4 th
Grandma Moses Day	September 7 th
Elephant Appreciation Day	September 22 nd
Start Of Fall	September 23 rd
World Tourism Day	September 27 th
Waffle Week	September 3 rd - 9 th
Bottled Water Week	September 17 th - 23 rd
National Chicken Month	September 1 st - 30 th
National Baby Safety Month	September 1 st - 30 th

Do You Have A Question About Car Maintenance That You Want Answered?

We love to hear from all of our good friends and clients who enjoy reading our monthly newsletter. If you have a question about anything related to your vehicle, feel free to give us a call at **510-235-6000** or visit our website at **martysmotors.com**.

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Marty's Motortimes

is a free monthly newsletter
from your friends at

Marty's Motors

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What's Inside?

- Used Car Buying Tips -
- A Holiday Just For You -
- Remembering September 11, 2001 -
 - A Tailgating Tip -
- The History Of The Hollywood Sign -
 - September Events -
 - Money Saving Offers -
 - & Much More!



What's The Answer?

- *Are You Ready To Buy A Used Car?*
- *Is It Better To Exercise On An Empty Stomach?*
- *What Will You Be Doing To Enjoy YOUR Labor Day?*
 - *How Can You Protect Your Data After Your Computer Is Stolen?*



***The Answers To These And Many More
Questions Are Inside***



Congratulations To Our Client Of The Month!

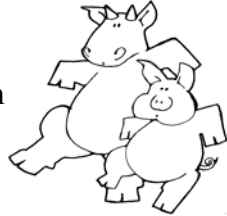
Every month, we choose a very special client of the month. It's our way of acknowledging our great clients and saying thanks to those that support our business with referrals and repeat business.

This month's Client of the Month is

James Oshima,
for his civic services, referrals and positive support of my business

Barnyard Quiz

See if you can match these animals to their gender-specific names - and determine which term applies to the male or female:



Male or Female?

- | | | |
|-------------|-------|-------------------------------------|
| 1. Chickens | _____ | A) Bull (M or F); Cow (M or F) |
| 2. Goats | _____ | B) Rooster (M or F); Hen (M or F) |
| 3. Donkeys | _____ | C) Billy (M or F); Nanny (M or F) |
| 4. Geese | _____ | D) Jack (M or F); Jenny (M or F) |
| 5. Cattle | _____ | E) Gander (M or F); Goose (M or F) |
| 6. Sheep | _____ | F) Stallion (M or F); Mare (M or F) |
| 7. Pigs | _____ | G) Ram (M or F); Ewe (M or F) |
| 8. Horses | _____ | H) Boar (M or F); Sow (M or F) |

For gender: Males are on the left; females on the right.
Answer Key 1B; 2C; 3D; 4E; 5A; 6G; 7H; 8F

A Tailgating Tip

If this fall finds you at a tailgating party, consider ditching the ice in your cooler and instead freezing individual bottles of water. They'll keep your food cold for hours and provide an additional beverage once they melt.

Thanks For The Kind Words

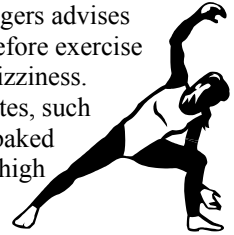
“Reliable, Prompt, Courteous and cooperative”.

- Kathleen Monagle

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

Eating And Exercise

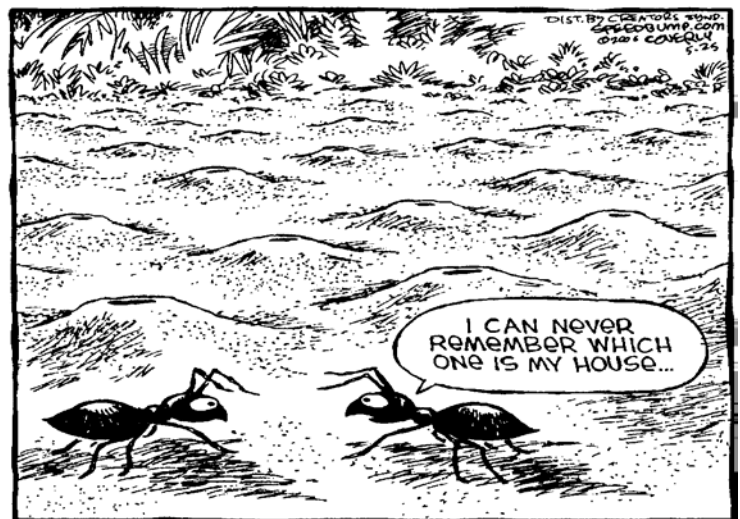
To eat or not to eat (before working out): that is the question. While some studies indicate that exercising on an empty stomach burns more fat, they also show that workouts tend to be much shorter. Nutritionist Sabrina Rogers advises eating a small meal at least an hour before exercise to avoid low blood sugar jitters and dizziness. Choose foods with lots of carbohydrates, such as a piece of fruit, toast or a bagel, a baked potato, or some yogurt. Unlike foods high in protein or fat, these digest more quickly and won't cause discomfort while you're exercising.



We Service Hybrids

At Marty's Motors, we've watched the growth of Hybrid vehicles with excitement, seeing them as a significant step toward the reduction of greenhouse gasses and the improvement of our environment. I decided early in this process to commit our business to the repair and service of Hybrid cars.

Hybrids are a different beast. While they share many components with conventional cars, they also differ in many ways, and require specialized training and equipment. For instance there are parts of the electrical system that operate at voltages high enough to kill a human being. Recognizing this, we continue to train our staff to the specialized skills and equipment necessary to properly service hybrids. By the time this newsletter reaches you, my top technician Cortez will have returned for a two day training on repairing the latest hybrid systems. So you can feel safe to bring us your hybrid vehicles. We can fix them properly AND maintain your warranty.



The Warranty On Your New Vehicle Stays In Effect When Maintenance Is Performed Here.

We are legally authorized to fulfill maintenance obligations on all vehicles, even new ones, & when we use appropriate parts & procedures, the vehicle's manufacturer is bound to honor its warranty obligations. Your vehicle's care starts at 00001 miles.

Ready To Buy A Used Car?

If you're in the market for a used car, be aware that up to 250,000 vehicles that were victims of last years hurricanes may be 'flooding' the market right now.

These vehicles may have been restored to look great, but they may be hiding damage to the engines, electrical systems, or worse – malfunctioning airbags or brakes.

According to Amy Mattinat author of "How To Buy A Great Used Car", and owner of an Auto Repair shop, "There is no *one* sure way to detect a hurricane damaged vehicle, but here are some quick checks that you can do yourself."

- **Exterior:** A water line on the lens or the reflector. Rustier-than-usual fasteners around the doors. Mildew and musty smells in the trunk.
- **Interior:** Check upholstery and carpeting, bolts under the seats, fuse box, and the heater and air conditioner. Check all lights, windshield wipers, cigarette lighter, radio, power mirrors, windows and seats!
- **Vehicle's history:** Inspect the title. Carfax.com could alert you to some types of problems, but is no guarantee.
- **Best Guarantee:** Inspection by a certified mechanic!

For some more Tips to purchasing A Great Used Car, go to www.usedcarexperts.com/tips.

Oktoberfest: Not Just For Germans Anymore

It has been 196 years since Prince Ludwig of Bavaria married Princess Therese of Saxony, but the party rolls on.

The Prince threw a bash for 40,000 guests to celebrate his wedding and the first Oktoberfest. In 1997, however, the modern Munich celebration drew 6.4 million people over its 16-day run. While the Munich festival halls seat only 94,000 people, others celebrate in huge tents.

In the U.S., the Oktoberfests are not quite that big. Generally, they are regional events. The biggest by far is held in Cincinnati, Ohio.

Oktoberfest-Zinzinnati begins on September 16. It showcases the German heritage of Southwest Ohio, as well as tasty samples of German-style music, food, and beer. The first event was held 30 years ago in 1976.

Nearly 600 volunteer contribute their time and energy to serve the 500,000 visitors.

*"Don't wait. The time will never be just right."
~Napoleon Hill*

Thank You! Thank You! Thank You!

Special thanks go out to all of our clients and friends who graciously referred our shop to their friends and neighbors last month! Our business is built based on the positive comments and referrals from people just like you. We just couldn't do it without you.

**Sayaka Matsumoto, Molly O'Rourke,
Annette China, Ellen Gandy, Eve Abbott**

Work Vs. Prison

- ▶ In prison, you spend the majority of your time in an 8-foot-by-10-foot cell. At work, you spend the majority of your time in a 6-foot-by-8-foot cubicle.
- ▶ In prison, you get three meals per day. At work, you get just one break for a meal—and you have to pay for it.
- ▶ In prison, you get time off for good behavior. At work, you get rewarded for good behavior with more work.
- ▶ In prison, a guard locks and unlocks all the doors for you. At work, you must carry around a security card and unlock and open all the doors yourself.
- ▶ In prison, you can watch TV and play games. At work, you get fired for watching TV and playing games.
- ▶ In prison, you get your own toilet. At work, you have to share.
- ▶ In prison, your friends and relatives are allowed to visit you. At work, you can get in trouble for even speaking to your friends or family on the phone.
- ▶ In prison, all expenses are paid by taxpayers with no work required. At work, you get to pay all the expenses, and then you get to have taxes deducted from your paycheck (some of which go to pay the prisoners' expenses).
- ▶ In prison, you spend most of your time looking through bars from the inside wanting to get out. At work, you spend most of your time wanting to get out and go inside bars.

Destroy Your Data

If your laptop or cell phone is stolen, a criminal could have access to your credit card numbers, banking codes, and personal information.

But there are services that can destroy the information. The thief still has your computer, but not your data. The software on a laptop runs continuously in the background. When the computer goes online, the service sends a signal to destroy the data.



Tech columnist Kim Komando recommends contacting zTrace's ZControl (www.zTrace.com). If your laptop is stolen, call, email, or fax zTrace.

For about \$40, zTrace will mark your laptop as stolen. When the thieves go online, files would be deleted. zTrace can also lock the keyboard and mouse and send a message to the thief.

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