

Under The Hood With Tom

is a free monthly newsletter from your friends at

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(858) 450-9494



What's Inside?

- The Day That Belongs To Us All -
- Remembering Patriot Day -
- Fun Ways To Give Cash -
- Harry Potter Word Search -
- Favorite Snack Stat's -
- Win A 3-Day/ 2-Night Mini Vacation -
- September Events -
- Money Saving Offers -
- & Much More!



What's The Answer?



- ***Are Hands-Free Mobile Phones Really Safer?***
- ***How Can You Prevent Soccer Injuries?***
- ***Why Are Flat-Panel TV's Becoming More Affordable?***
- ***Did You Ever Have A Teacher This Tough?***
- ***Are You Driving On Expired Tires?***

The Answers To These And Many Other Questions Are Inside.

N C T O S T R A W G O H E
M Q I R O Y E K T R O P P
C B R O O M S T I C K F A
G C R Q A N H W D U F E N
O U N G U A E H A U N I S
N D I R G I O D P N R Y H
A C U R O U D E L E D E Y
G E I M S D L D H O R L E
A D L E B F N T I H V D L
L O E T F L Y I I T R U S
L W U S L E O R A C D R
F N K U S A N D C F A N U
Y R R A H E C S Q U Y M D
L W A L C N E V A R R R E
W H O G S M E A D E E S G
O E R O T N E M E D H U E



The New and Improved Tom's Master Mechanics Newsletter

Labor Day, A Day Of Rest & Play

It's our day. Labor Day honors us, the working people of America. It is the only holiday that doesn't recognize a national event or individual.

Samuel Gompers, founder of the American Federation of Labor, is quoted as saying, "Labor Day...is devoted to no man, living or dead, to no sect, race, or nation."

The long weekend is the perfect chance for us to say goodbye to summer with barbecues, picnics, playing in the pool, or taking a holiday with the children.

Labor Day in the U.S and Canada is celebrated on the first Monday in September.

While the first Labor Day holiday and parade was held in 1882, President Cleveland initiated the legislation that made

it a public holiday in 1894.

Ours is not the only country to celebrate a Labor Day. Many European countries select May 1, May Day, for their annual tribute.

In Australia, Labour Day is celebrated on different days depending on the area of the country. It's the first Monday in October in New South Wales and South Australia. In other territories, it occurs on May 5.

Here in the U.S., September 5 is your day. Enjoy it! Stay safe.



Remember September 11 Patriot Day, 2005



More than 3,000 innocent people lost their lives when a calm September morning was shattered by terrorists driven by hatred and destruction.

On that day, and in its aftermath, we saw the greatness of America in the bravery of victims; in the heroism of first responders who laid down their lives to save others; in the compassion of people who stepped forward to help those they had never met; and in the generosity of millions of Americans who enriched our country with acts of service and kindness. Since that day, we have seen the greatness of America further demonstrated in the courage of our brave men and women in uniform who have served and sacrificed in Afghanistan, in Iraq, and around the world to advance freedom and prevent terrorist attacks on America.

As we remember September 11, 2001, we reaffirm the vows made in the earliest hours of our grief and anger. As liberty's home and defender, America will not tire, will not falter, and will not fail in fighting for the safety and security of the American people and a world free from terrorism. We will continue to bring our enemies to justice or bring justice to them. This Patriot Day we hold steady to this task.

(Taken from a Patriot Day Proclamation by President George W. Bush)

Tires Get An Expiration Date

Studies by Ford Motor Co. show that tires degrade over time even when they are not being used. They urge drivers to replace tires every six years.

For most drivers, the problem never comes up. Passenger car tires last an average of 44,000 miles and are usually replaced before six years.

Many people, however, assume that unused spare tires, even those that are very old, are as durable as new tires. They may use the spares as full-time replacements for regular tires. People who drive infrequently may also be affected by the new recommendations.

Ford is supported by Safety Research & Strategies, Inc., an auto safety research firm. They have collected a list of 70 accidents involving older tires, which resulted in 52 deaths and 50 serious injuries.

Japan's Toyota Motor Corp. has long warned drivers that tires are a perishable commodity.



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 **(858) 450-9494** or email us at **service@tomsmm.com**

If you would like to send a message to the editor, you can reach her at **deborah@tomsmm.com**.

September Events

Sept. 5 th	Labor Day
Sept. 11 th	Patriot Day
Sept. 11 th	National Grandparents Day
Sept. 16 th	National POW/MIA Recognition Day
Sept. 22 nd	Autumn Begins
Sept. 24-30 th	National Chimney Safety Week
Sept. 1-30 th	Ovarian Cancer Awareness Month
Sept.15-Oct. 15	National Hispanic Heritage Month



CUSTOMER REFERRAL CARD

I would like to introduce you to

_____ who is interested in talking to you about some automotive needs that they have. I'm sure that my friend will experience the same friendly, personal service that has always set Tom's Master Mechanics apart.

Referred by _____

Phone _____

FEEL FREE TO COPY AND HAND OUT THE ABOVE TO YOUR FRIENDS OR COME IN AND PICK UP SOME CARDS TO HAND OUT

Headsets May Increase Risk Of Auto Accidents

While numerous studies show the danger of using cell phones while driving, the National Highway Traffic Safety Administration says that headsets and speaker phones do not improve safety because it's the mental distraction of talking on the phone, not holding it, that's the problem. In fact, some research suggests hands-free devices could actually increase risk by encouraging people to spend more time on their cell phones and drive faster while doing so. In addition, a study by NHTSA found that people spent more time on the distracting task of dialing when they use headsets and voice-activated dialing systems because these methods can take nearly twice as long as punching the buttons directly on the phone. NHTSA recommends that drivers avoid making or receiving calls, except in emergencies.

Safer Soccer

More than 5 million American kids, ages 5 to 18, play soccer in organized leagues, making it the nation's fastest growing team sport.



At the same time soccer participation is growing, so are Emergency Room visits for soccer-related injuries. Typical injuries range from broken bones to sprained ankles and knees.

Doctors at the Institute for Preventative Sports Medicine in Ann Arbor, Mich., say the actual number of injuries is up to eight times higher than a few years ago. Many are preventable. You can help.

- ❖ Check to see that goal posts are padded to prevent injuries from a collision. Goals should be securely fixed to the playing surface.
- ❖ Make sure drills where players "head" the ball are done with lightweight balls.
- ❖ Players should wear well-fitted shin guards and a mouth protector.

Suffering from Sneezing, Asthma, Headaches, Allergies?

It could be the air you are breathing. Our homes are more polluted than the outdoors. If you are interested in breathing easier, check out my website www.ecoquestintl.com/tomderr

More to come....



Freezing Bananas

If you have an abundance of bananas, or if yours have turned black, peel them, wrap them in foil, and pop them in the freezer. They'll keep for four to five months. You can eat them as a frozen treat or use them for baking. Black bananas are riper and therefore sweeter than fresher yellow bananas, making them perfect for cakes and loaf breads. Freeze them two at a time, the equivalent to about one cup.

Harry Potter search

N C T O S T R A W G O H E
M O I R Q Y E K T R O P P
C B R O O M S T I C K F A
G C R Q A M H W D U F E N
O U N G U A E H A U N I S
N D I R G I O D P N R Y H
A C U R O U D E L E D E Y
G E I M S D L D H O R L E
A D L E B F N T I M V D L
L O E T F L Y I I T R U S
L L W U S L E O F A C D R
F N H U S A N D C F A H U
Y R R A H E C S O U Y M D
L W A L C N E V A R R R E
W H O G S M E A D E E S G
O E R O T N E M E D M U E

BROOMSTICK
CASTLE
CURSE
DEMENTOR
DUDLEY
DUMBLEDORE
DURSLEY
GRYFFINDOR
HAGRID
HARRY
HERMIONE
HOGSMEADE
HOGWARTS
HOUSE ELF

HUFFLEPUFF
MAGIC
MCGONAGALL
OWL
PORTKEY
QUIDDITCH
RAVENCLAW
RON
SCAR
SLYTHERIN
SNAPE
VOLDEMORT
WAND

Oil Change Prices on the Rise

Due to rising costs, we've had to raise the price we charge for our oil changes. But if you want to still pay the about the same as you have in the past, you can purchase a coupon book of four oil changes for the price of three. When you come in, ask us about it - or we'll ask you!

More Affordable Flat-Panel TV

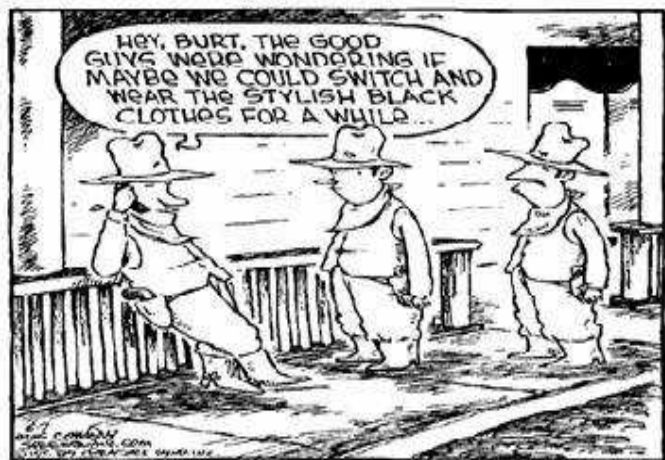
Maybe you've waited long enough for prices to come down on flat-panel television sets. New factories and competition have caused the long-awaited drop in prices. Flat-panels are going on sale, particularly 20- to 32-inch models.

Recently, Circuit City sold a 20- inch Polaroid flat panel for \$450 when similar models sold for \$900 in December. Costco Wholesale Corp. offers a 30-inch Sceptre for \$999 that sold for \$2,000 just a few months ago. Dell is selling a 26-inch for \$1,199 that was priced at \$1,499 in December.

School Discipline

A school teacher injured his back and had to wear a plaster cast around the upper part of his body. It fit under his shirt and was not noticeable at all. On the first day of the term, still with the cast under his shirt, he found himself assigned to the toughest students in school.

Walking confidently into the rowdy classroom, he opened the window as wide as possible and then busied himself with desk work. When a strong breeze made his tie flap, he took the desk stapler and stapled the tie to his chest. He had no trouble with discipline that term.



Mira Mesa Street Fair — October 1st

As in past years we will be at the MMTTC Street Fair. Come visit our booth and enter our drawing to win an Entertainment Book and more. The MMTTC Street Fair runs from 10am to 4:30pm. It is on Camino Ruiz between Mira Mesa Blvd and New Salem St.

Favorite Snacks Stat's

According to the Snack Food Association, these are America's favorites by annual costs and weight:

	Dollar Sales	Pound Volume
Potato chips	\$6.04 billion	1.82 billion
Tortilla chips	\$4.53 billion	1.52 billion
Nuts/Seeds	\$2.35 billion	648 million
Popcorn	\$1.81 billion	565 million
Pretzels	\$1.26 billion	564.5 million



Do You Want To Win A Free 3-day / 2-night Mini-Vacation?

Take the trivia challenge and you just might win!

Each month we'll give you a new trivia question. The first 10 people to call with the correct answer will be eligible to win. At the end of the month we'll draw one lucky name. That winner will receive a certificate good for 3 fun-filled days and 2 exciting nights of deluxe hotel accommodations at one of 18 fantastic locations. Here is this month's trivia question:

"Freezing two bananas is equivalent to how much?"

(Hint: the answer is somewhere in this newsletter)

- a) One Cup
- b) Two Cups
- c) Half Cup
- d) One and Quarter Cup

Call right now with your answer!

Letter from the Editor

Hi everyone! I know it's been a while, but I'm back and ready to conquer another Tom's newsletter. I hope everyone has had a good summer and did at least one thing exciting. I took a couple of mini vacations. One in June to New York to visit my best friend for about a week. Interestingly enough, I ran into someone I went to high school with, so the three of us caught up on the good ol' days. It was fun.

In July I took a little over a week and went on vacation to visit my friends in Puerto Rico. I met them last summer when I went to Israel and this couple just bought their first house and asked me to come visit. Who am I to say no to that? It's so beautiful there. The rainforest is amazing! I definitely want to go back.

And in August, I went to Texas for a weekend. I know that's not that thrilling but my old friend from high school was getting married and I promised to be there. I had a good time regardless of the heat. That state is sooo huge! I flew into Houston and drove an hour and was STILL in Houston. Crazy!

Well, I hope you enjoy this months edition. Feel free to email me if you have suggestions of what you'd like to see in the future. Deborah@tomsmm.com
See ya next month!