

The **Coulter Tempe Times**



"Secrets For Living A Healthy, Wealthy & Happy Life..."



Car Care

Reduce Risk of Injuries from Air Bag Deployment

Below are some tips that will help reduce the risk of being injured due to air bag deployment:

1. Always buckle your safety belt.

All occupants should be properly restrained with either a safety belt or the proper child safety restraint. Lack of restraints or improper use of restraints could cause serious or even fatal injuries. The majority of injuries sustained by air bags when proper restraints are used are minor cuts/abrasions and bruises.

2. Ensure proper seating position.

Drivers should maintain a distance of at least 10" between the center of the steering wheel and their breastbone. The following additional precautions can be taken to further reduce risk of injury: 1) recline the back of the seat slightly and move the seat back as far as possible while still being able to comfortably reach the pedals, 2) if you have an adjustable steering wheel, tilt the steering wheel downward, toward your breastbone and away from the head and neck areas, and 3) for individuals who cannot maintain the 10" distance, ask your vehicle manufacturer about the availability of pedal extenders. As a last resort, if your vehicle comes with an on-off switch for the air bag, turn the switch to off.

3. Never place a rear-facing child seat in front of an air bag.

Never place an infant in a rear-facing child safety seat in the front seat of a vehicle with an active front passenger air bag. When an occasion arises and there is no other option than to place a child in the right front seat, the following additional precautions should be exercised: 1) ensure the child is properly restrained according to their age and size, 2) move the seat as far back as possible, and 3) to the best of your ability, make sure the child sits upright and doesn't lean forward.

4. Children under the age of 13 should sit in the back seat.

Children under the age of 13 are safest sitting properly restrained in the back seat. They should use safety belts, child safety seats, and booster seats appropriate for their age and size.

INTRODUCING THE ALL NEW
2011 CADILLAC CTS COUPE

NOW AVAILABLE!

Mark Your Calendars! Sunday, October 17th Classic Cadillac Car Show

Be Kind To Humankind Week

"Be Kind to Humankind Week" is celebrated annually, August 25-31. This special week was created in 1988 by Lorraine Jara after she read an upsetting newspaper article in her local paper. Two men in a boat equipped with radio antennas passed by two other boaters in need, refusing to help. Jara felt this story needed to be told to raise awareness, reminding community members of the humanity of their neighbors and the importance of helping strangers in need.

Be Kind to Humankind Week is made up of seven special emphasis days: Motorist Consideration Monday, Touch-a-Heart Tuesday, Willing to Lend a Hand Wednesday, Thoughtful Thursday, Forgive Your Foe Friday, Speak Kind Words Saturday, and Sacrifice Our Wants for Others Needs Sunday.

Be Kind To Humankind Week
August 25-31

"Kindness is the language which the deaf can hear and the blind can see."
Mark Twain

Cadillac CTS - Lease for just \$299* a month!

0% for 72 Months on all 2010 Cadillacs!**

**Plus tax. **Excludes SRX.*



SUMMER EVENT **GMC**

0% FOR 72 MONTHS ON 2010 SIERRA



0% FOR 60 MONTHS ON 2010 ACADIA, YUKON & CANYON

3.9% FOR 60 MONTHS ON 2010 LACROSSE

1.9% FOR 60 MONTHS ON 2010 ENCLAVE
OR \$1,500 CASH BACK



CHECK OUT THESE "MONEY SAVING" DEALS Available Only For Subscribers Of

"THE COULTER MOTOR COMPANY TELEGRAM" and their Family & Friends...

NON-PUBLISHED LIST OF VEHICLES AVAILABLE



2009 AUDI Q-5 QUATTRO
AWD, SHARP, 9K MILES,
MUST SEE, GREAT BUY
#17623N \$34,994



2008 BUICK ENCLAVE
17K MILES, GM CERTIFIED
#17801P \$29,992



2007 BUICK LUCERNE
SHARP LOW MILE LUXURY SEDAN
#17806N \$17,992



2010 CADILLAC CTS
RED AND READY, LOW MILES,
CADILLAC CERTIFIED
#17825P \$31,991



2008 CADILLAC DTS
VERY LOW MILE LUXURY SEDAN
#17732N \$23,994



2010 CADILLAC ESCALADE
WHITE DIAMOND, NAVIGATION,
CADILLAC CERTIFIED, 10K MILES
17808P \$51,992



2007 GMC ACADIA
VERY CLEAN & NICELY EQUIPPED
#17721N \$27,994



2006 GMC SIERRA
GREAT WORK TRUCK
#17724U \$10,993



2008 INFINITI G37 JOURNEY
LOADED, VERY LOW MILES,
HURRY TO SEE AND BUY
#17713N \$24,994



2005 JEEP RENEGADE
LIKE NEW 4X4 RENEGADE
#17751U \$15,993



2003 LEXUS ES 300
EXTRA CLEAN LOW MILE
LUXURY SEDAN
#17697U \$12,994



2006 LEXUS GX 470
WOW! ONLY 26K MILES,
LOADED, PERFECT
#17799N \$32,991



2010 PONTIAC G-6
CLEAN, LOW MILE, LOW PRICED,
GM CERTIFIED
#17807P \$15,991



2006 PONTIAC SOLSTICE
HOT SELLING CONVERTIBLE,
FULLY SERVICED AND READY
#17670N \$12,994



2003 TOYOTA AVALON XLS
FULLY LOADED, LOW MILES,
ONLY 26K
#17767U \$16,993

COULTER
MOTOR COMPANY
TEMPE

7780 S. Autoplex Loop
Tempe, AZ 85284
480-940-6000

STORE HOURS:
MON - FRI 8:00 A.M. - 8:00 P.M.
SAT 8:00 A.M. - 6:00 P.M.
SUN 10:00 A.M. - 5:00 P.M.

www.coulter-tempe.com

Customers of the Month

Meet Diane & Jim Kirkpatrick!

Diane and Jim Kirkpatrick have been loyal Coulter Tempe customers for over 12 years. They moved from Chicago 15 years ago and settled in the Ahwatukee Foothills with their 3 grown children, Kelly, Chris, and Tim.

The entire Kirkpatrick family are loyal Coulter Tempe customers. Diane and Jim have a GMC Yukon XL and a Cadillac SRX. Between their children and their spouses, they also count 3 GMC Acadias, a CTS, and a GMC Sierra. Even granddaughter Kelsey just got in on the act with her first car, a Pontiac Torrent.

Diane and Jim are great supporters of their communities, and own and operate Triple R Childcare centers with several locations in the valley. One of our sales managers has a child in their Ahwatukee location and loves the care, attention and education his son is getting there.

Thank you Kirkpatrick family for your loyal support!



The Perennial Private - Beetle Bailey Celebrates 60th Anniversary

It was 1950 when Mort Walker created his Beetle Bailey comic strip. Walker was 24 years old at the time. Little did he know that 60 years later, at age 84, he would still be drawing the world's most recognizable private.

To mark the anniversary this summer, Walker is featuring Beetle, Sarge and the gang in patriotic settings. Beetle will be seen crossing the Delaware, kissing a woman in Times Square on VJ Day, and at Cornwallis' surrender at Yorktown, which led to the end of the Revolutionary War. Beetle-ized Great Moments in Military History will appear on Sundays through December.

Distributed by King Features Syndicate and enjoyed by more than 200 million readers every day, the strip appears in more than 1,800 newspapers around the globe and online.

Beetle was originally a college cutup when he debuted on September 4, 1950. With the start of the Korean War, he accidentally enlisted in the army!

For Minor Burns: Mustard

If you touch something hot, immersing your hand in cold water is the first step. It keeps the burn from getting worse, but the burn still hurts after the water treatment. According to the book *Best Choices From The People's Pharmacy*, and other sources, applying yellow mustard to the burn takes the pain away and encourages healing.



Controlling Arthritis Pain

Specialists for the Arthritis Advisor say these steps can help to keep arthritis pain under control:



- ☑ Lose weight. A 10 pound loss reduces stress on the knee when walking by up to 80 pounds and on each hip by 30 pounds.
- ☑ A diet that includes two cups of vegetables and two cups of fruit per day, plus three ounces of whole grain products is best for arthritis patients.
- ☑ Move. Do a stretching program to maintain joint flexibility and improve balance. Use dumb bells or elastic bands for resistance training every other day.
- ☑ Relax. Try deep-breathing exercises to reduce stress. Progressively relaxing muscles from the feet up is an effective step in pain management.

PUZZLES OF THE MONTH

How To Solve Sudoku Puzzles

To solve a sudoku, you only need logic and patience. No math is required.

Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

		1	3		7			
	7	2	5			9		
5		3			2			4
	1	9	8					
	8						5	
					6	1	3	
6			2			3		7
		7			8	4	9	
			4		3	6		

					9	6		3
			8				7	
3	5							4
	6			4	2			7
	3		6		7		8	
9			1	8			5	
7							3	2
	8				1			
2		3	9					

Each column and row of the large grid must have only one instance of the numbers 1 through 9.

The difficulty rating on these puzzles is easy.

See page 4 for answers.

SUMMER SAVINGS

Money-Saving Car Maintenance Coupons

AIR CONDITIONING INSPECTION

INCLUDES: Check operation temperature, inspect drive belt, A/C hoses & all major A/C components.

A/C Service — Freon Not Included

\$49.95

Expires 09/15/10

SUMMER MAINTENANCE PACKAGE

\$39.95

Including lube, oil, filter, tire rotation, and multi-point inspection. (No synthetic or diesels)

- Lube, oil, filter includes up to 5 quarts of motor oil and oil filter
- Rotate tires and top-off fluids
- Inspect battery, brakes, tires, wipers, belts, hoses, steering, suspension, exhaust undercarriage, and lighting systems.

Expires 09/15/10

TIRE ROTATION & BRAKE INSPECTION

\$18.95

- Rotate tires & check pressures
- Inspect brake pads & shoes
- Dually Trucks Not Included

Expires 09/15/10

DETAIL SPECIAL

\$89.95

We will vacuum interior, shampoo carpets, condition leather/cloth seats, wash exterior, buff and hand-wax exterior, clean all glass and clean tires and wheels.

Expires 09/15/10

COOLING SYSTEM FLUSH

\$139.95

HELPS PROTECT ENGINE AND COOLANT SYSTEM FROM RUST

- Flush system & fill with coolant (up to 1 gal.)
- Check radiator & hoses
- Pressure test for leaks

Expires 09/15/10

FOUR WHEEL ALIGNMENT

\$89.95

- Check steering, suspension, shocks, tie-rods & ball joints
- Set toe-in, camber & caster (where applicable)
- Check tire pressure & inspect tires for cuts, bruises and uneven wear
- Check steering, suspension & wiper blades
- Check exhaust undercarriage, lighting systems, belts & hoses

Expires 09/15/10

TRANSMISSION FLUSH

Improves performance, reduces component failure, increases longevity.

\$158.05

- On 2005 & older vehicles
- 2006 & newer \$198.75
- Flush transmission to remove old fluid
- Replace with new fluid (filter extra, if needed)

Expires 09/15/10

FUEL INJECTION SERVICE

\$105.95

- Cleans fuel injectors
- Helps remove fuel deposit build-up
- Diesels not included

Expires 09/15/10

(not valid with any other coupon or special discount)

The FCC Wants To Ease The Shock Of Family Cell Phone Bills



The Federal Communications Commission is considering new legislation. It would require wireless companies to send a text message to customers who are on the verge of racking up expensive charges for exceeding the plan's data or text-messaging limit. Charges of 45 cents per minute are not uncommon for overages. They can add up to huge costs.

The proposal is similar to one enacted by the European Union. Their customers complained about huge data-roaming charges while traveling.

Right now, the easiest way to save costs is to change your plan. You can do it without extending or terminating your contract.

Ask for a usage summary going back 12 months to see if you could get by on a cheaper plan.

If not, consider switching carriers. Check BillShrink.com and Validas.com or wirelessadvisor.com to determine if you could get a better deal from a different carrier. Overall, AT&T, Verizon, Sprint and T-Mobile have about 220 plans, so you will probably need help to analyze them.

Verizon has a \$99 family plan that features unlimited text messaging.

AT&T has an \$84.99 plan with a limit of 1,500 on text messages and 5 cents a message after that.

T-Mobile has a family plan for \$79.99 a month with unlimited text messaging, but it charges 45 cents a minute for overages.

Until the FCC rules go into effect (if they ever will), ask your carrier if you can receive phone or text alerts when account limits are nearing.

More savings tips:

- ◆ Cancel unwanted services. Scan the bill for charges you can't identify and ask what they are. Cancel services you don't want, such as roadside assistance service for \$3 or \$5.
- ◆ Get free information by calling Google's 800-GOOG-411 to find the number of a person or business.
- ◆ Check your voicemail from a landline if you are almost out of minutes. To do it, dial your cell number from a landline, hit * or # during your outgoing message, then enter your passcode.

A Word of Sincere Thanks

Thanks to YOU the word is spreading! Thanks to all of our wonderful clients and friends who have graciously referred their friends, neighbors, and family members to our dealership recently! Our dealership thrives on the positive comments and referrals from people just like you. We couldn't survive without you!!! And a very special thanks to everyone who referred us last month!

\$100.00

Introducing Coulter Motor Company's Referral-Reward Program...

\$100.00

\$100.00 REWARD

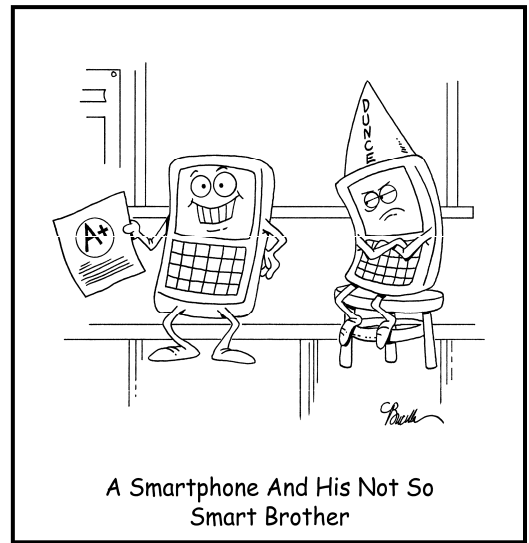
Know somebody who's looking to purchase a new or pre-owned vehicle? If so, this is your opportunity to refer your friends, family & relatives to an auto dealership that will treat them like "royalty". (As you know, we provide a first-class, friendly, no-pressure car-shopping experience to every person who steps foot on our lot... not to mention an inventory of vehicles at incredibly fair prices). Here's how our referral-reward program works...

1. Write **YOUR name & YOUR mailing address** in the space provided.
2. Cut out this coupon & give it to anyone you know who is in need of a top-quality new or pre-owned vehicle.
3. When that person visits our dealership... have them present this coupon to the salesperson **AFTER** they have purchased any vehicle.
4. Within 5-7 business days you will receive a referral-reward check from our dealership good for \$100.00 cash. It's really that simple.

Your Name		

Street		Apt#

City/Town	State	Zip Code



A Smartphone And His Not So Smart Brother

Recipe of the Month



Grilled Catfish Salad

- 3 catfish fillets, 5 to 8 ounces each
- (For the marinade)
- 1/4 cup melted butter
- 1/4 cup Louisiana cane syrup
- 1 teaspoon cracked black pepper
- salt to taste

In a bowl, combine the marinade ingredients and mix well to ensure that spices are well blended. Allow fillets to stand in the marinade approximately thirty minutes. Then charbroil the fillets on a hot barbecue grill three to five minutes on each side or until fish is cooked. Remove, keep warm.

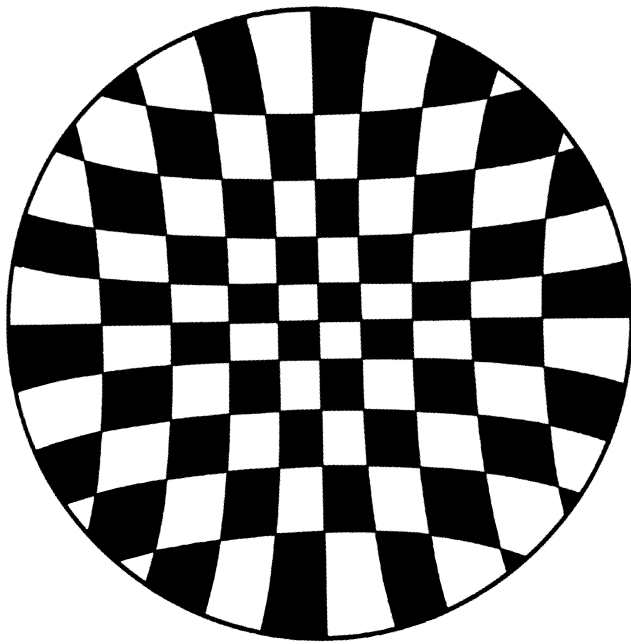
(For the salad)

- 6 leaves each of red leaf lettuce, romaine lettuce, and curly endive
- 1/2 cup blue cheese crumbles
- 1/2 cup blue cheese dressing
- 6 cherry tomatoes, sliced
- Cracked black pepper

Place a red lettuce leaf on each salad plate. Cut up and combine the other lettuces and place a handful of the mixture on each red lettuce leaf.

Cut grilled catfish into one inch slices. Place an equal number on top of each salad. Sprinkle with blue cheese crumbles and top with salad dressing. Garnish each salad with tomato circles and cracked pepper. Blue cheese dressing can be applied to taste.

Optical Illusion of the Month



FISHEYE ILLUSION

Move this image close to your eye.
It will no longer appear distorted.

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Love lip balm?

You Won't Really Become Addicted



If you don't apply lip balm seven or eight times a day, you probably know someone who does.

Check Google for "lip balm addiction" and you'll find more than 300 pages of stories by people who claim that Carmex, ChapStick and Blistex contain something that is addictive. At one time, there was a 12-step program on the Web for quitters.

For women who don't want to reapply lipstick, lip balm is a good solution to dry lips. For guys, it works fine for hot dry days and windy conditions.

Of course, it isn't true that lip products have an addictive component. The habit of applying it is purely a personal choice. One user buys it in packs of 24 and never leaves home without it. Some products also have a pleasant aroma.

At Blistex, they have conducted focus groups to see what heavy users have in common. The users describe themselves as fidgety people, the type who might do things like chew on their pencils or drum their fingers. They need something to do with their hands.

Dermatologists have found that with overuse, the camphor and menthol in medicated balms can dry the lips. Ingredients like beeswax could bring a allergic reaction in a small percent of the population. But that doesn't equal a physiological dependency.

Most users say it's an inexpensive habit that just makes them feel better.

Say Hello To Your Coulter Team!



Sales
Top row: John Garcia, John Skoko, Chris Scherff, Jeff Dolbert, Don Pagels. Middle row: Tom Vandewalle, Lori Crozier, Eric Kowal, Robert Luke. Bottom row: Mechelle Williams, Ron Moyers, Pam Contes, Jianna Ruelas, Ken Bowers. Not pictured: John Moriarty, Sunday Etuk.



Service
Back row: Scott Baldassini, Bruce Jarvis, Karen Parker, Glenn Cabel. Front row: Gary Shimp, Angie Benjamin, Corey Evans.

Whole Grains Reduce Heart Failure Risk



The Atherosclerosis Risk in Communities (ARIC) study shows eating whole grains is associated with reduced risk of heart failure. Eggs and high-fat dairy products were associated with higher risk or death from heart failure, the inability of the heart to keep up with its workload.

The study followed 14,153 adults (white and African American), ages 45 to 64, over a 13-year period. Participants who reported eating an average of one additional serving of whole grains per day were 7% less likely to suffer heart failure over the course of the study.

Whole-grain foods include cereal, oatmeal, grits and whole-wheat bread.

Answers
To
Puzzles
Of The
Month

9	4	1	3	8	7	5	6	2
8	7	2	5	6	4	9	1	3
5	6	3	1	9	2	8	7	4
3	1	9	8	2	5	7	4	6
4	8	6	7	3	1	2	5	9
7	2	5	9	4	6	1	3	8
6	5	4	2	1	9	3	8	7
2	3	7	6	5	8	4	9	1
1	9	8	4	7	3	6	2	5

8	7	4	2	5	9	6	1	3
6	1	2	8	3	4	9	7	5
3	5	9	7	1	6	8	2	4
1	6	8	5	4	2	3	9	7
4	3	5	6	9	7	2	8	1
9	2	7	1	8	3	4	5	6
7	9	1	4	6	8	5	3	2
5	8	6	3	2	1	7	4	9
2	4	3	9	7	5	1	6	8

Don't wait another day! Call now to schedule your vehicle's next service appointment - 480-940-6001.