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Cheap & Free books online
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New Soccer Fans
Fun and Funny Stories
And a lot More!

Answer the Trivia and Who Knows...



You Might Be The Lucky One To Have A Cup of Coffee On Us....

Let's Have Fun!

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Help us support the **Susan G komen Foundation** and receive a \$25.00 in **FREE** labor
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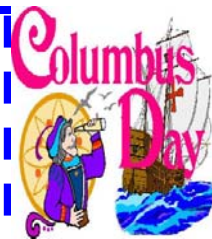


Female Friendly Shop

Protect Your Tires



Get A **FREE** Tire Balance



Visit us on Page 3 to see our Special **FREE** offer to all VIP Car Care Club Members





From Our Kitchen to Yours



Greek Stuffed Tomatoes & Peppers

Ingredients

- 4 peppers (any color)
- 4 tomatoes, washed
- 1 Lb. lean ground beef
- ¼ C fresh Dill
- ¼ C fresh Mint
- ½ C fresh parsley
- 2-3 teaspoons sugar
- 6 oz can tomato paste
- ¼ C olive oil
- 1 C rice
- 1 Onion, chopped
- 2-3 cloves garlic, minced
- ¼ C pine nuts
- 1/8 t. cinnamon
- Salt & Pepper

Boil the pepper in hot water for 2-3 minutes to soften. Drain. Slice the tops off the peppers and tomatoes and reserve the tops.) Scoop out and de-seed the peppers. Scoop out the insides of the tomatoes, leaving a bit of pulp next to the skin. Sprinkle a little sugar to the insides of the tomatoes to balance the acidity, and a little Greek seasoning. Chop all the tomato pulp and along with all the juice, and reserve. Cook the rice and reserve. Brown and chop the meat – When completely cooked, remove and reserve. In the same pan sauté onion and garlic until lightly golden. Add the meat and all the ingredients including the tomato pulp except for the rice, tomato paste, and pine nuts. Cook for about 15 minutes to infuse all the flavors and evaporate most of the liquids. Add the rice, and salt & pepper to taste. Lightly oil a baking tray, place the peppers and tomatoes upright. Fill the peppers and tomatoes. Toast the pine nuts and sprinkle on the top of the filled peppers and tomatoes. Place the reserved tops back on top of each vegetable. Mix the tomato paste with 1 cup of water, ¼ cup oil, and Greek seasoning and pour over the vegetables. Cover the baking tray with foil. Bake in a preheated oven, 375F for about 1 hour, until the vegetables are a little soft.

A Newsletter From Your Partners at
Signal Garage Auto Care
 West Saint Paul 651-457-2668
 Grand Ave 651-690-1487

Thanks So Much...

Special thanks goes out to all of our friends / clients who take the time to refer our company to their friends and neighbors! Our business is built on great customers like you and it grows thanks to your favorable comments and referrals.

We just couldn't do it without you!

This month a special **THANK YOU** goes to:

Xiong Chor, Sue Everson, Jack Reichardt, and Steve Hegrans

Yom Kippur is the holiest day in the Jewish calendar

On Saturday, October 4, Jewish Americans will observe Yom Kippur, a holiday known as the Day of Atonement. It's a time for fasting, praying and repentance. They believe that if they repent of their sins, God will seal their fate for the upcoming year, and they'll have a happy New Year.

The holiday includes a remembrance service called Yizkor; participants read the names of the dead in their families. The memories of their lives and legacies bring honor.



The wearing of white garments is traditional on Yom — Kippur, as it symbolizes purity and the promise that God wipes away one's sins. Gold jewelry isn't worn, as it is a reminder of the sins of their Hebrew ancestors who melted down their jewelry to create the Golden Calf, an idol they worshipped when Moses was up on the mountain during the period of their Exodus from Egypt.

Although Yom Kippur isn't a U.S. federal holiday, many Jews arrange to

Got Questions? Do you have any questions regarding your Automobile?

We love to hear from our clients. Just call us at:

651-457-2668 in West St Paul or 651-690-1487 on Grand Avenue or email to info@signalgarage.com,



Balance 3 tires & get the 4th



Balanced FREE



The lighter side Cowboy wisdom

1. Never slap a man who's chewing tobacco.
2. There are two theories about arguing with a Cowgirl-
Neither works.
3. Never miss a good chance to shut up.
4. Always drink upstream from the herd.
5. Never kick a cow chip on a hot day.
6. Good judgment comes from experience, but a lotta that comes from bad judgment.



"I'd like the Hansel and Gretel value meal..."

Pings Videos kill data; how to stop it

Every time you see the video with that cute cat on Facebook, and every time it plays, another minute of data dies in your plan. You can stop this tragedy by modifying your settings.



the cafe or shop for the name of the network. Even so, you might not want to check your bank balance, except through a cellular connection.

Phone not charging?

Before you do anything else, including panic, power off the phone, grab a toothpick, and see if you can gently pull lint or dirt out of the power port. A pin might also work. If you want to make absolutely sure, get a can of compressed air to clean the port. It's worth a shot.

Better phone pictures

You can get better pictures if you avoid using the zoom functions on your smartphone, according to popphoto.com.



Where the millionaires are...

The U.S. city with the highest percentage of millionaires is in Northern New Mexico. Almost 10% of Los Alamos residents are millionaires. According to Phoenix Marketing International in Rhinebeck, N.Y., other top cities are:

- Naples/Marco Island, Fla. where 8.6% of residents are millionaires.
- Bridgeport/Stamford/Norwalk, Conn., with 7.2, tied with Vero Beach, Fla.
- San Jose/Sunnyvale, Calif., is next with 6.9%.
- Sarasota/Bradenton/Venice, Fla., is tied with Easton, Md., with 6.7%.
- Hilton Head Island/Beaufort, S.C., where 6.6 % of its residents are millionaires.
- San Francisco/Oakland, Calif., is tied with Honolulu, Hawaii, at 6.4%.

Free Wi-Fi: Make sure you know the network

Most people know that free Wi-Fi can be patrolled by bad guys. But if you must use it, be sure you are not playing into the criminal's trap. In any public place, you might see several possible Wi-Fi connections. Make sure one of them is not hosted by Harry Hacker. Ask the staff of

Monthly Trivia:

Who's going to get FREE coffee?

The first 12 callers to answer this trivia question correctly will be put into a drawing to win a certificate for

A \$10 Gift Card to

Caribou or Coffee Bene!

Here's the question:

you can add miles to every gallon by :

- A. Filling 1/2 tank at a time
- B. Driving in low gear
- C. Crank up the radio
- D. Slow down

Next month we'll announce the lucky winner, who knows it might be you...

(Hint; the answer is in this newsletter)

Last month's winner is:

Sharon Dreyer

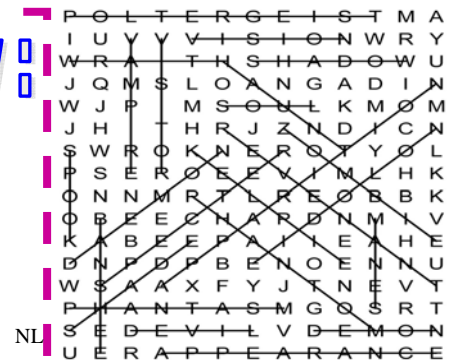
Benefit To VIP Car Care Club Members Only :

FREE tire balance with rotation

Value: \$39.00



* Expires 10-31-14, Not Valid with other discounts



"Miracles happen to those who believe in them." Bernard Berenson

BOO

Congrats'

BOB LUEBEN

You Are Signal's Client Of The Month!

Every month, we choose a special customer as our Client Of The Month. Bob visits us frequently, is always nice to talk to, we appreciate Bob's friendship And patronage.

We Appreciate The Nice Comments....

Testimonials

We have been a customer for the past 4 years and continue to encounter those welcomed moments where you take the car in to have something checked out, they look at it, determine that no repair is required and send you on your way. I feel we can trust them to be fair and honest. **Michael—Minneapolis**

I love knowing that when I have a problem with my car I can take it to Signal Garage without fear of being charged too much or having work done that isn't necessary because I'm a female. They are very helpful in explaining things and letting me know what needs to be done immediately and what can wait. John even suggested I check out my warranty with a dealership to save me money. **Therese—W. St Paul**

I've taken my car to Signal Garage a few times now and am very happy with the service and prices. The folks that work here are very friendly and courteous and there are some surprising bonus perks like Roadside Assistance and Customer Referral Rewards. **Joan O'Donnell—Mendota Hts**

To read hundreds of comments about us please visit signalgarage.com/reviews

To live longer: Eat a handful of nuts every day

There's no need to check a list of health problems to see if nuts would be good for you. That's because eating a handful of nuts every day makes you less

likely to die from any cause. This simple and amazing conclusion is from a study made by Tufts University's Antioxidant Research Laboratory.

Nuts are good for you because they are rich in healthy unsaturated fats, protein, fiber and vitamin E. Plus, the total antioxidant capacity of that handful is comparable to a serving of broccoli or tomatoes.

Study leader Jeffrey Blumberg, PhD, says previous studies have linked nut consumption to improvements in cholesterol, blood pressure and blood sugar control, among other benefits. Although nuts are also high in calories, the new research found that more-frequent nut eaters tended to be leaner.



World Cup TV coverage brought a surge of new fans in the US

Television and U.S. Soccer came together this year.

The relationship has blossomed into one of mutual admiration as fans cheered for the World Cup.

In the past decade the game and the TV coverage have pushed even neophytes to get involved with soccer.

ESPN's V.P., Jed Drake, says new fans aren't from any particular area. By and large, they're in the whole country.



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

APPARITION	KELPIE	SOUL
APPEARANCE	MANES	SPECTER
BANSHEE	PHANTASM	SPOOK
DAEMON	PHANTOM	VAMPIRE
DEMON	POLTERGEIST	VISION
DEVIL	REVENANT	VISITOR
EIDOLON	SHADE	WRAITH
HAUNT	SHADOW	ZOMBIE

Find the Typo...

Over the years I have been reminded many times of typos in the newsletter, and as much as we try to catch it...

Well, sometimes we miss.

The first 5 callers who find a typo will be entered into a drawing to win a free oil change. A \$36.95 Value.

Last Month's typo was Pharmasist, instead of Pharmacist. winner is **Richard Wynne**



Breast Cancer Awareness Month

Donate \$25 to Susan G Komen Foundation and Receive a \$25 Labor gift certificate to be used at **Signal Garage Auto Care**. You May Donate online at

www.koman.org/donate.

* To receive your certificate, you must bring us a receipt from your donation or bring your check to us.



* Expires 10/31/14