

Your Monthly Newsletter from:  **APRIL 2010**



FIRST CLASS

Select Towing, Auto and Truck Repair

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Select Few News

A Newsletter You Can Use • Come Along for a Ride

Select are now the only shops in Essex County with a "green" certification through NJGARP.

Thank you for your loyalty, without you this would not be possible.



Select

Auto and Truck Repair

Select once, smart, and forever.

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Select Truck and Auto Repair—First “Green” Certified Shop in Essex County

Trenton, NJ, March 3, 2010 - Select Towing and Auto Repair received the first "green" certification for an Essex County automotive repair shop through New Jersey Green Auto Repair Program (NJGARP). The program was created on Earth Day last year to reward automotive repair facilities in New Jersey that practice and use environmentally friendly technologies in their businesses. NJGARP is a partnership between AAA New Jersey, the New Jersey Coalition of Automotive Retailers (NJCAR) and the New Jersey Gasoline C-Store Automotive Association (NJGCA), in collaboration with the New Jersey Department of Environmental Protection (DEP), promoting "green" practices in New Jersey.

Select Auto and Truck Repair is the only auto repair shop in West Orange and Essex County to carry the label "New Jersey Green Automotive Facility." "As a progressive auto repair shop, this step was only natural to us," said Select Towing and Auto Repair owner John McElroy. "We also understand we need to accommodate our customers' concerns and environmental awareness, and this was a good way to promote it," he added. "In the past decade both consumer and businesses have become more environmentally conscious than ever before, and being able to embrace the green movement can tremendously benefit one's home and business alike."



Jim Dodd from NJCAR, NJGARP president Mike Coppola from AAA, and Jill Lipoti, director of Division of Health and Environmental Protection NJDEP, presenting Select Towing and Auto Repair owner, John K. McElroy (second to right) with a "green" certificate on March 3rd, 2010 in Trenton, NJ

Select received its certification just in time to celebrate Earth Day, April 23, and is focused on continuing to provide "green" services to its customers through its dedication and resources. NJGARP is confident more automotive facilities will join Select in their pursuit for a "greener" New Jersey.

Self-Improvement	Key To Success
<p>The key to becoming a happier and more positive person is setting your own goals and working to achieve them. Have many different goals that vary in length. I recommend having short term goals and long term goals. A short term goal can be anything that can be done within the week. If your looking to become a better student try setting daily goals like studying for one hour everyday. Even the short term goals can feel really rewarding if you consistently keep achieving them. The longer a goal takes to achieve the more rewarding it feels once you complete it. Set long terms goals for yourself to achieve big things in your life. A long term goal usually takes over 2 months to achieve.</p> <p>If you make it habit to create all sorts of goals and you consistently learn to complete those goals you will grow a very positive attitude in life. Scenarios that once felt impossible become only a matter of time. Any negative thoughts you had previously simply become goals you will overcome within time.</p>	<p>A frog was hopping around a farmyard when it decided to investigate the barn. Being somewhat careless, and maybe a little too curious, he fell into a pail half-filled with fresh milk. As he attempted to get out of the pail, he found that the sides were too high to reach. When he tried to stretch his back legs to push off of the bottom of the pail, he found the milk too deep. However, this frog was determined to succeed. He kicked and squirmed and kicked and squirmed, until at last, all of his churning turned the milk into butter, and he was able to hop out of the pail.</p> <p>Never give up your determination because if you try for long enough, you will be successful.</p>

10 Ways to Be "Green" and Save Money, Too.

Originally Published by Myscha Theriault on www.wisebread.com , July 17, 2007

Want to help the environment, but not too keen on all of the expensive suggestions floating around out there? Here are 10 frugal ways to incorporate green living into your life without throwing your well laid budget plans to the wind.

1. **Safety Razors** - Giving up disposable razors for the old fashioned safety razor is a great way to save money and the environment. The multi-packs of flat razor blades are not only inexpensive, they come without all of the extra plastic housing that ultimately ends up in landfills. We've been doing this in our house for a few years now, and have noticed a tremendous savings. An added bonus? We don't have to carve out extra storage in the cabinets when we stock up. Flat packs of blades store very efficiently in a minimal amount of space.
2. **Mineral Salt Deodorant Sticks** - You can find these at nearly any health food or natural living store. They last an incredibly long time, don't contain any harmful ingredients, and as with the safety razor idea listed above, don't come with a ton of obnoxious plastic packaging to toss in the landfill once the product has been used up. My husband and I used this product on a recent six month trip around the world. It lasted the duration of the trip and is still going strong. It also takes up minimal room in the backpack.
3. **Re-usable Coffee Filters** - Just imagine never having to buy or run out of these little babies again!
4. **Give Up Paper Towels** - OK, I'll be honest. This is not easy in the beginning. The trick? Having a simple, workable system for having clean rags on hand. I ended up using several of those fabric sleeves with elastic on both ends . . . you know, the kind most people use to store empty plastic grocery bags in for quick access? I hung one in each place we routinely used paper towels. Then, I raided the pile of old T-shirts we had set aside to go to Goodwill and cut up a bunch of cleaning rags. These were what I used to fill up each of the disposal "sleeves". When we need to reach for something to wipe up a spill or do a quick clean up of a particular space, we can now reach for a washable cleaning rag instead of a paper towel.
5. **Recycle Old Athletic Socks** - Not possible you say? I beg to differ. Cut each old sock off just slightly above the ankle, and below the ribbed leg section. The left over foot portion is what I use instead of those expensive disposable dusting mittens. These things are great for getting around stair banister railings, gripping table and chair legs to dust . . . you won't go back, I promise you! The other ribbed section, particularly if it is ribbed the entire length of the piece, is great to slice up one side and use for a great moisture holding dish rag. The ridges give you extra scrubbing power too.
6. **Shopping for Second Hand Goods** - Anything you are comfortable buying second hand keeps that same item from ending up in a garbage dump. This applies to furniture, clothing, toys, kitchen ware, and to a certain extent, automobiles. This personal finance procedure goes a long way to helping out the planet and your pocketbook at the same time.
7. **Think Before You Print** - Save money on ink and paper by checking to see if you really need a paper copy of a particular document before hitting the print button. Still think you really need it? Check out the econo mode for printing which will at least use less ink and save you money in the long run on those refilled cartridges.
8. **Celebrate the Power of Tie-Dye** - This is a great affordable way to give lightly stained, lighter colored linens and clothing items a second shelf life. Some ideas? Old sheets, curtains, pillow cases, socks and T-shirts to name a few.
9. **Find a Second Use for Those Plastic Grocery Bags** - These things really can help out a time or two more after making it home from the grocery store. Use them to line small trash cans (one less item to buy), pick up after your dog in the park or provide extra cushioning in those holiday postal packages.
10. **Consider a Personal Filter for Your Kitchen Faucet** - This will enable you to skip the extra packaging that comes with large cases of bottled water and carve some extra cash out of your personal budget at the same time. We've been using one for at least 5 or 6 years now and really like not having to find extra room for those bottles.

Select

Auto and Truck Repair

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SELECT FEW NEWS

Arriving every month—because you are important to us!

Trivia Contest

April showers bring May...

- A. Showers
- B. Powers
- C. Flowers

Call our shop at (973) 325 1426 with the correct answer and we will put everyone that calls in a drawing for FREE Lunch at GAFFER'S RESTAURANT

Last Month's Answer — Garth Brooks

Last Months Winner—Bobby!

Healthy Living

How to Diet without a Diet.—simple changes to your diet can shed pounds in no time.

- Limit Your Salt Intake— there are many places where you cut out salt and without needing to stop eating chips altogether—Miso soup alone has 33% of your daily salt intake.
- Eat Smaller Portions — you can enjoy all the bad food you want if you exercise some self-control...bacon is not bad for you, in moderation.
- Sweeten Things Up with Honey— before you load your cereal, coffee or tea with sugar, consider honey. Honey is easier for your body to break down than processed sugar.

CELEBRATE EARTH DAY, APRIL 23RD

with these Earth-friendly savings

Only with this flyer during the month of April, all month long!

Oil change, filter and lube (up to 5 Qts. 5w30 or 10w30), tire rotation, and FREE 51-point courtesy inspection

Only

\$34.77 Plus tax

You Save \$70.04!

Call now - 973-325-7898