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BIRDS	CALF	GARDEN	LAMB	SNAIL
BLOSSOM	CATERPILLAR	GRASS	NATURE	SPRING
BUGS	CHICKS	HATCH	NEST	SPROUT
BUNNY	FLOWERS	INSECTS	RABBIT	TULIP
BUTTERFLY	FROG	LADYBUG	ROBIN	WORM S

Unscramble the Spring themed words below.	
1. UARBMELL	
2. UESFBTRTEIL	
3. RLSOFWE	
4. UNSYN	
5. IPLSTU	
6. EISNSNUH	
7. OLOSSBM	
8. OIAWNRB	
9. CICNIP	
10. NGEARD	

NAPA) AUTO CARE

Heartland Auto Repair Inc.

124 N MINE LA MOTTE AVE FREDERICKTOWN, MO 63645 **HEARTLANDAUTOFREDMO.COM** 573-783-5403

We Install



[>]O Bc

3 Years / 100,000 Miles Parts & Labor Nationwide Warranty!

Curtomer of the Month

David Hovis

Thank You!



With Mother's Day just around the corner, let's take a moment to express our gratitude for the incredible moms in our lives. These women, whether customers or team members, play a vital role in keeping everything running smoothly.

As temperatures rise, we will be relying on our vehicle air conditioning more than ever! We offer A/C Recharges to ensure your systems are in top-notch condition, providing the cool comfort you deserve during summer travels.

Additionally, don't forget about Pre-Trip Check-Overs. With summer vacations around the corner, ensuring vehicles are road-ready is crucial. This not only enhances your families safety, but your confidence in your vehicle!

Finally, a gentle reminder about the significance of filter changes. Just as spring cleaning freshens up homes, changing filters keeps vehicles running smoothly. This simple act goes a long way in ensuring optimal performance.

Here's to a season of smooth rides, satisfied customers, and heartfelt gratitude for all the amazing moms out there!



Heartland Auto Repair Inc.

Summer

MAY/JUNE 2024 Client New/letter

Spring is in full swing, and as we gear up for summer let's shift our focus to essential vehicle maintenance. Think A/C Recharges, Pre-Trip Check-Overs, and emphasizing the importance of changing filters.

Our commitment to the care of our customers and their vehicles remains unwavering. We strive to provide the best service possible, ensuring every vehicle receives the attention and maintenance it deserves!

Heartland Auto Repair

Lemon Blueberry Cake Recipe

PREP TIME: 35 MINS | COOK TIME: 25 MINS | TOTAL TIME: 1HR

3 large eggs

• 1/4 cup lemon juice,

freshly squeezed

fresh or frozen

2 teaspoons cake flour

INGREDIENTS

CAKE:

- 2 1/4 cups cake flour*
- 2 teaspoons baking powder
- 1/2 teaspoons salt
- 2/3 cup buttermilk • 3/4 cup unsalted butter** 1 1/2 cups blueberries.
- 1 1/2 cups granulated sugar
- 2 tablespoons lemon zest
- 2 teaspoons vanilla extract

INSTRUCTIONS

- 1. Preheat oven to 350° F. Grease and flour a 9x13 inch cake pan.
- 2. In a medium bowl sift together the flour, baking powder and salt.
- 3. In a large bowl beat together the butter, sugar and lemon zest until fluffy. (About 2-3 minutes).
- 4. Add in the vanilla extract and beat in the eggs 1 at a time. 5. In a liquid measuring cup whisk together the lemon juice and buttermilk.
- 6. With the mixer on low speed, beat about 1/3 of the flour mixture into the butter mixture followed by about 1/3 of the milk mixture.
- 7. Continue the process of alternating between the flour & milk until just combined, turning off the mixer and scraping down the sides of the bowl as necessary.
- 8. Toss the blueberries with the 2 teaspoons of flour, then gently fold into the batter with a spatula.
- 9. Pour the batter into the prepared pan. Bake for 25-30 minutes, or until an inserted toothpick comes out clean.

CREAM CHEESE FROSTING

- 1. Beat the butter until soft, then mix in the cream cheese.
- 2. Add in the lemon juice and mix in 3 cups of the powdered sugar, starting with the mixer on low speed and then turning up to medium as it starts to combine
- 3. Beat in 1 tablespoon of whipping cream, and then mix in the rest of the powdered sugar as necessary, going little by little and adding more cream if needed.
- 4. Frost the cooled cake, and optionally decorate with blueberries and lemon slices

We Love Referrals!

Here's a coupon for you to pass along to family & friends. To say "Thank you" for the referral, you get a free oil change & filter!

BRING THIS COUPON IN FOR 50% OFF YOUR FIRST OIL CHANGE PLUS 10% OFF ANY ADDITIONAL SERVICES! Referred by:

GOOD FOR FIRST TIME CUSTOMERS ONLY. Expires 06/30/24

BE SURE TO ADD YOUR NAME SO WE CAN SEND YOU A CERTIFICATE FOR YOUR FREE OIL CHANGE & FILTER.*

Heartland Auto Repair 124 N Mine La Motte Avenue Fredericktown, MO 63645 (573) 783-5403 www.heartlandautofredmo.com

MAKE AS MANY COPIES AS YOU LIKE! Most vehicles. Includes oil filter and up to 5 gts of conventional oil. Synthetic oils extra. See store for full details. Expires 06/30/24.

CREAM CHEESE FROSTING:

- 1/2 cup unsalted butter, softened
- 8 oz brick-style cream cheese
- 1 teaspoon lemon juice
- 3 3 1/2 cups powdered sugar
- 1 tablespoon cream, as needed



CAR MAINTENANCE: DO YOU REALLY NEED ANNUAL CHECKUPS?

By Blair Lampe

Much like the human body, your car relies on a series of interconnected systems working together for optimal efficiency. These systems exist in a complex environment where individual parts undergo varying degrees of stress, movement, age and failure for all kinds of reasons, causing larger breakdowns as they do so.

Much like the body, this doesn't always happen overnight and it isn't always immediately noticeable. For this reason, annual car maintenance and checkups are important in much the same way that getting an annual physical exam is important. It's a good idea to get a car inspected at regular intervals by a professional because the well-being of your vehicle can affect not only your wallet, but your safety as well.

SWEAT THE SMALL STUFF

A small leak might not seem like a big deal at first (and maybe it isn't), but ignore it for long enough and that blown head gasket could cost you a new engine. A mechanic who performs regular checkups should be familiar with warning signs, common problems in your vehicle and parts that tend to wear over time. No one loves the inconvenience and cost of taking your car off the road for inspection or small repairs, but one little problem can influence a whole host of others.

It's best to spend a little time and money now rather than a lot of time and money later if a small problem creates a big one. Being proactive is the number one rule in car maintenance.

THE BEST OFFENSE

Cars are designed to run for optimum efficiency, so small items like corroded spark plugs and under-filled tires waste fuel in measurable ways. Your local mechanic will have the necessary tools to check that everything is within spec, and some will even run a basic engine trouble code scan for free.

Keeping on top of the little things pays off. Having everything in good running order extends the lifespan of your vehicle so it can serve you for years to come and ultimately maintain a higher resale value.

A TRUSTY STEED

The best reason for regular checkups is to ensure safety and reliability. Some car parts are expected to wear over time — necessary ones like brake pads and tire tread. Tread is something you might notice yourself, but unless you have a jack and know how to climb under your vehicle to safely assess brake condition, having a professional take a look at least once a year could mean the difference between a pleasant ride home and a potentially dangerous one.

Don't take the safety of your vehicle for granted. If components do fail, a trained eye will see the warning signs immediately. It might feel like your vehicle is driving just fine, but it's best to take a professional's advice where safety is concerned.

Finding a technician or repair shop you can trust is a big part of vehicle maintenance. Like a doctor who has known you for years, forging a good relationship with an auto repair professional will allow the extra attention to detail that familiarity provides. Take a proactive role in your safety and the welfare of your vehicle and it could pay off in more ways than one.

Bonus Savings

\$30 OFF ANY REPAIR OR SERVICE OVER \$300

SAVE WITH THIS 2 MONTH LONG SALE EVENT!



CALL TODAY FOR YOUR APPOINTMENT & SAVE! Must present coupon. Cannot be combined with any other offer. Excludes tires & batteries. See store for full details. Expires 06/30/24.

Family Summer Bucket List Ideas

Summer is an exciting time of year as school goes on break and families can take advantage of the sunny weather and go on trips together. I remember summer being my favorite time of year as a child because I'd be able to sleep in longer, play with my friends and go swimming. Some of the simplest things were the most enjoyable memories. Isn't that the beauty of childhood?

Now, I know as parents that summer doesn't always sound that easy and exciting. Our children have been in school almost all year long and now we need to figure out a new day-to-day for them. Sometimes this comes as a stress or a challenge, especially as our children get older and their hobbies and interests change.

have with them.

That phrase that stood out to me was so simple, yet so profound. I have 18 summers to go swimming at the pool with my kids. 18 summers to go on family vacations, camping, and impromptu beach trips. Suddenly, putting a cap on my seemingly endless summers to come made it feel like my time left to enjoy my kids while in the prime of their childhood would not last as long as I had assumed it would.

Having this new found perspective, I'd like to spend summers with my children with more intention than with haste. I'd like to do more things we actually enjoy as a family and less classes and busyness just to fill up our schedules. I look back at my summers as a child and yes I did attend church retreats and activities, and occasional academic class here or there, but most of my summers consisted of down time and being able to play outdoors with the neighborhood kids. I hope that my kids will come to love the simplicity of summers and remember the fond moments that we were just being a family, living life together.

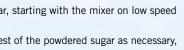
Instead of inundating you with more summer camps, academic programs, and classes that are available this summer, I have created a family summer bucket list to hopefully inspire you with ideas for you to spend some plain 'ol quality time with your family. Some ideas are personal family favorites and others are ones that we'd love to try as our kids get older.

summers vet!

- 3. Try a sunrise bike ride or hike
- backyard 5. Host your own garage sale and get the
- kids involved 6. Plan a backvard movie night
- 7. Set up camping in the backyard
- 8. Go for a night walk around the neighborhood
- 9. Plant a summer garden 10.Watch fireworks (or play with fireworks)
- on July 4th
- 11.Visit your local zoo or aquarium







However, I heard one mom say this to a group of moms in a room once and it forever changed my perspective. She said, we only have 18 summers with our children so cherish the time we

Here is a list of 20 Family Summer Bucket List Ideas to make this the start of the best

1. Go out weekly for family ice cream night 2. Take a boat ride at your local lake or beach

- 4. Rent a bounce house or waterside for the

- 12.Plan a fun water day (sprinklers, water balloons, splash pad, etc.)
- 13.Go to a drive-in movie theater
- 14.Rent a telescope and do stargazing in the backyard
- 15.Pay it forward by doing random acts of kindness for others
- 16.Read aloud through an entire book as a family
- 17. Take a train ride to another part of town
- 18.Create pen pals with a friend and send letters throughout the summer
- 19.Go berry or melon picking at a local farm 20.Invite friends over for a potluck dinner

Spring Driver Package

\$25 OFF*

Install new oil filter, refill up to 5 quarts conventional 5W-20 or 5W-30 oil and lubricate chassis if applicable.

- Plus we'll perform all these services:
- Rotate tires and check air pressure
- Install two (2) new wiper blades*** • Check brakes, belts, fluids, and
- hoses perform standard Heartland Auto Repair check over • Top off all fluids

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Discount applies to the standard package price of \$84.99. *Synthetic upgrade available. Most cars and light trucks. Not valid with any other coupon offers. Show printed coupon. Shop supplies and sales tax are additional. Expires 06/30/24. *** Wipers do not include special order - in stock only.* Spring Driver Package with full synthetic OW-20, 5W-20 or 5W-30 motor oil has standard package price of \$119.99. Coupon value may be deducted from that total. All other aspects of the package remain the same.