

***December Events***

<b>December 12-23</b>	Hanukkah
<b>December 15th</b>	National Ugly Christmas Sweater Day
<b>December 18th</b>	Answer The Phone Like Buddy The Elf Day
<b>December 25th</b>	Christmas
<b>December 26th</b>	Boxing Day
<b>December 26-Jan. 1</b>	Kwanzaa
<b>December 31st</b>	World Healing Day

***The History Of Kwanzaa***

In 1966 Dr. Maulana Karenga, a professor at California State University-Long Beach, developed the holiday of Kwanzaa as a way to restore unity in the African-American community after the Watts riots. He studied harvest festivals in African cultures and pieced together aspects from these celebrations as a basis for this festival. Kwanzaa is derived from the Swahili phrase "matunda ya kwanza," which means first fruits.

During Kwanzaa families are encouraged to exchange educational, cultural, or handmade gifts. Each night a candle is lit on the Kinara and the day's principle is discussed. Families then spend time singing traditional African songs, dancing, and telling stories. On Dec. 31, a feast, or "Karamu," is held along with the rest of the evening's festivities.

There are seven principles that are observed during the week of Kwanzaa. Each highlights an aspect of kinship and community and is assigned to a day during this celebration.

The seven principles of Kwanzaa in order of their observance are:

1. Umoja = Unity.
2. Kujichagulia = Self-determination.
3. Ujima = Collective work and responsibility.
4. Ujamaa = Cooperative economics.
5. Nia = Purpose.
6. Kuumba = Creativity.
7. Imana = Faith.

***23 Science-Backed Ways To Avoid Holiday Weight Gain***

1. Eat Before Drinking & Celebrating
2. Pick More Proteins For Your Plates
3. Bring Your Own, Healthier, Dishes
4. Eat And Chew Slowly
5. Serve Meals Restaurant-Style
6. Fill Up On Fiber
7. Use Smaller Plates
8. Make Room For Healthy Fats
9. Ditch The Added Sugar - Go For Natural Sugars
10. Sneak In As Many Veggies As Possible
11. "Just Say No" When Tempted To Overeat
12. Wait Before Grabbing Seconds
13. Take It Easy On White Foods
14. Invest In Toss-Away Tupperware To Send Extras Home With Guests
15. Turn Off The Television When Eating
16. Chew Gum To Curb Your Appetite
17. Take It Easy On The Booze
18. Cave Into Cravings (In Moderation)
19. Choose Tall & Thin Glasses For Your Holiday Drinks
20. Gulp Tons Of Water
21. Meditate To Help From Emotionally Eating
22. De-Stress Throughout The Hectic Season
23. Get Enough Sleep

***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 get in touch with us by phone or email, or by visiting our website!

**828-658-3030**

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## ***Thank You! Thank You! Thank You!***

Special thanks go out to all of our clients and friends who graciously referred our shop to their friends and neighbors last month! Our business is built based on the positive comments and referrals from people just like you. We just couldn't do it without you.

**Doris Fastenau**

## ***Fire Ants Escape Houston Flood With Their Own "Rafts"***

The flooding of Houston in the wake of Hurricane Harvey had many people scrambling to escape in boats, canoes, and makeshift rafts. Humans weren't the only one searching for dry land, though. Hordes of fire ants made their way to safety on rafts composed of their own bodies.

As described on the Live Science website, fire ants rise from the ground when faced with flooding and hook themselves together, using their ability to trap air pockets in the bodies to float away. The air inside their bodies also provides oxygen for those on the bottom.

Clumps of up to 8,000 fire ants could be seen floating in the water. Rescuers were advised to avoid touching the rafts with their oars or paddles to prevent the ants from climbing up into their craft. Spraying them with soapy water is the best defense.



## ***Early Humans Didn't Intermix As Previously Thought***

Anthropologists have long speculated that Neanderthals and early modern humans mingled together some 32,000 years ago, with Vindija Cave in Croatia a prime spot for mating. Now, according to the American Association for the Advancement of Science's website, they're not so sure.

Earlier carbon dating procedures seem to show that Neanderthals and modern human coexisted in an around the cave. Recently, however, a more detailed form of dating suggests that Neanderthals lived in the area and used the cave more than 40,000 years ago—8,000 years before early modern humans began living in the region.

## ***Try Meditation At Work***

More and more workplaces are encouraging meditation during the day. Meditation has a positive effect on physical health and mental well-being. Here are some benefits of meditating at work from Dr. Barbara Cox, a consulting psychologist and coach who specializes in working with innovative leaders and organizations:

- ◆ **Improved ability to manage stress.** Life is filled with stress, and the average work day can provide a host of new triggers that add to stress, whether it's a demanding supervisor, a difficult client or uncooperative co-workers, just to name a few. "Stressful situations are going to happen," Cox says. "So the question becomes how well you can handle the stress. Meditation can assist in that."
- ◆ **Increased quality of sleep.** Meditation can help people with their sleep issues, according to research by Harvard University and Northwestern Memorial Hospital. That doesn't mean meditating only before bedtime. It also helps to practice meditation during the day, so you can more easily get into that relaxed state at night. "If you get a good night's sleep," Cox says, "you're more likely to perform well at work the next day."
- ◆ **More mental energy.** People can often feel tired during the workday, even if they don't have a physically demanding job. One reason is mental exertion, some of which goes back to all that stress. Meditation can help restore both your physical and mental energy.
- ◆ **Greater ability to concentrate.** For many people, it doesn't take much to let their minds wander, especially these days when distractions such as smartphones and internet connections are close at hand to give them an extra reason to lose focus. Those who meditate are better able to focus on ideas and remember facts without getting easily distracted, and research by the University of California-Santa Barbara backs that up.

*"Don't make money your goal. Instead, pursue the things you love doing, and then do them so well that people can't take their eyes off you."*

—**Maya Angelou**

# **Toys For Tots**



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We need all toys by 12/18/17



## Congratulations To Our Client Of The Month!

Every month, we choose a very special client of the month. It's our way of acknowledging our great clients and saying thanks to those that support our business with referrals and repeat business.

This month's Client of the Month is

**Judy Treadway**



### Treat At Home Or Go To ER?

Burns can be painful, but you don't necessarily have to go to a hospital to treat them. Use this checklist to determine whether you can treat a burn at home:

**When to treat at home:** you feel pain from the burn, the skin turn white when you press it, then turns red again when you stop, and the burn isn't on your hands joints, or face. **When to go to the hospital:** you feel little or no pain, the burn is deep and your skin is peeling, the burn covers your hand, joints, or face. **Check with your doctor when:** pain increases or you see signs of infection.

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## Amazingly Good Eggnog Recipe

### Ingredients:

- 4 cups milk
- 5 whole cloves
- 1/2 tsp vanilla extract, another 2tsp later
- 1 tsp ground cinnamon
- 12 egg yolks
- 1 1/2 cups sugar
- 2 1/2 cups light rum
- 4 cups light cream
- 1/2 tsp ground nutmeg



### Directions:

1. Combine milk, cloves, 1/2 teaspoon vanilla, and cinnamon in a saucepan, and heat over lowest setting for 5 minutes. Slowly bring milk mixture to a boil.
2. In a large bowl, combine egg yolks and sugar. Whisk together until fluffy. Whisk hot milk mixture slowly into the eggs. Pour mixture into saucepan. Cook over medium heat, stirring constantly for 3 minutes, or until thick. Do not allow mixture to boil. Strain to remove cloves, and let cool for about an hour.
3. Stir in rum, cream, 2 teaspoon vanilla, and nutmeg. Refrigerate overnight before serving.

## Do You Want To Win A Free Lube, Oil & Filter Change?

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 FREE Gift Certificate for a Lube, Oil & Filter Change from us!

*Here is this month's question....* What Day Is National Ugly Christmas Sweater Day?

*(Hint: the answer is somewhere in this newsletter)*

- a) December 1st
- b) December 25th
- c) December 15th
- d) December 11th

**Call right now with your answer!**

Last month's trivia challenge was: *Which of the following does not practice fireplace safety? Answer: D) Burn Your Christmas Tree After The Holidays.* Congratulations to last month's lucky winner!

**Jo Anne Young**

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## What's Inside?

- Win A FREE Lube, Oil & Filter Change -
- December Events -
- Money Saving Offers -
- & Much More!



## *What's The Answer?*

*How Do You Make Eggnog?*

*Do You Know The History of Kwanzaa?*

*How Did Fire Ants Survive Hurricane Harvey?*

*Should You Meditate At Work?*



*The Answers To These And Many  
More Questions Are Inside*

