

October

FUEL for THOUGHT™

2017

A Free Monthly Newsletter From Your Friends At Jimmy's Automotive Center

October Events

October 1st	International Music Day
October 4th - 10th	World Space Week
October 5th	World Teacher's Day
October 8th	Octopus Day
October 9th	Columbus Day
October 15th - 21st	National Business Women's Week
October 31st	Halloween



Winter Is Coming: Prepare Your Home

Before the weather gets too cold, it's wise to check your house for vulnerabilities to the coming winter. Some areas to examine:

Roof

- ◆ Look for missing shingles, cracked flashings, and broken overhanging tree limbs.
- ◆ Check the chimney for mortar deterioration and loose bricks.
- ◆ Inspect the underside of your roof from the attic for any signs of leakage.

Exterior

- ◆ Check at the foundation for cracks in the concrete, and low spots in the soil where water can accumulate.
- ◆ Look at the caulking in the siding and around the window and door trims.

Heating system

- ◆ Turn on the heating system and ensure that the heat is being delivered to all outlets.
- ◆ Check your filter, and change it when necessary.



Carve Your Jack-O'-Lantern With Your Family

One of the best ways to spend an October day or evening is to carve pumpkins with the family. Here are some tips on carving the perfect jack-o'-lantern:

- ❖ On a piece of paper, draw a pattern for the pumpkin face.
- ❖ Use the pattern to trace onto the pumpkin.
- ❖ Cut the top of the pumpkin, cutting at a 45-degree angle to create a "ledge" that won't allow the top to fall back inside when you place it back on.
- ❖ Scoop out the seeds and insides of the pumpkin, leaving about one inch in thickness.
- ❖ Slice out the pattern, working from the center of the design outward. Cut the larger areas in chunks to make them easier to remove.

Quotes

"Defeat is not the worst of failures. Not to have tried is the true failure."

—George Edward Woodberry

"My own prescription for health is less paperwork and more running barefoot through the grass."

—Leslie Grimmer

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!

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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.

Parks Auto Body

**Target These Areas For Better
Employee Retention**

Employee retention starts with providing fair compensation and benefits, but it doesn't end there by any means. You can improve employee loyalty by concentrating on these four areas:

- * **Performance objectives.** Employees want to do a good job, and they want to know how they need to improve. Don't keep them in the dark. Let them know how they're doing, how their contributions affect the organization, and how their efforts can lead to advancement and career opportunities.
- * **Communication.** Talk to your people as much as possible. Listen to their ideas and opinions. Conduct surveys to solicit their feedback—and act on what they tell you. Remember that the goal of communication isn't to listen passively but to let employees know you value their contributions.
- * **Loyalty.** You show your loyalty to employees by standing up for their interests. Be sure to provide the resources they need to do their jobs. Find out what they need to know from your upper management. Share information, even if it's bad news, to show you trust their judgment and professionalism.
- * **Competitive advantage.** Everyone wants to work for a winner. The better your organization is at achieving its goals, the better your employees will feel about

working for you. Just remember that maintaining a good reputation in your industry and community can be as important to your workforce as financial success.



Try Mindfulness For Better Health

Research from Dignity Health, one of the nation's largest health care systems, explores how mindfulness—the practice of being more present in daily life—can benefit friends, family, and communities. A survey of 1,051 Americans found that 87 percent of respondents believe that practicing mindfulness—defined as a state of active, open attention to the present—can benefit not only one's own physical and mental health, but also the people they interact with, causing a positive ripple effect.

Dignity Health encourages people to set aside a minimum of two minutes every day—in the morning, during a work break, a stressful time throughout the day, or in the evening—to “check in” with yourself. Take this time to reflect on your relationships and the purpose or meaning behind your work and daily activities.

Ninety-seven percent of survey participants said they believe mindfulness has a positive impact on their health, and 95 percent believe it has a similar beneficial effect on their mood. They said they believe it makes them calmer (69 percent) and happier (58 percent) and leads to better sleep (61 percent).

Quote

“Health is like money; we never have a true idea of its value until we lose it.”

—Josh Billings

**A New Trend: Traveling In
Search Of Good Food**

Traveling to see the wonders of world is always popular, but these days more and more people are heading out to try exotic foods. A survey by the American Automobile Association found that 22 million Americans are planning to take a food-based vacation in the next 12 months, and 75 percent of Americans say that food and drink are an important part of their travel experiences. Four out of five say they've traveled to visit wineries and distilleries, along with taking hands-on cooking classes and eating with local families.

Younger travelers are leading the trend: Eighty-eight percent of millennials say they've participated in food-related activities while traveling.



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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

Tom Penland



Credit Card Debt Growing In The U.S.

Americans added \$89.4 billion to their credit card debt in 2016, according to the WalletHub website, and although they repaid \$31.5 billion during the first quarter of 2017, that's still 9 percent less than they did during the first quarter of 2015 (but 14 percent higher than in 2016).

People tend to pay down credit card debt early in the year thanks to year-end bonuses and New Year's resolutions. WalletHub projects that Americans will finish 2017 with more than \$60 billion in new credit card debt, for a total of more than \$1 trillion overall.

Ensure Productivity To Get Ahead

Success and productivity go hand in hand. To become more productive—and more successful—follow this advice every day:

Plan ahead. Plan your day before you go to sleep. You'll wake up with a clear direction and a set of priorities.

- ★ Get ample sleep. Give yourself enough time for a good night's sleep so you don't hit the snooze button every morning. Maintaining a consistent sleep schedule will help you get the rest you need.
- ★ Eat a good breakfast. Your body needs fuel after a good night's sleep. A healthy breakfast will give you the energy you need to start your day off right.
- ★ Stay hydrated. Drink plenty of water so your body can function properly. Add a slice of lemon or cucumber for some flavor.
- ★ Meditate. Spend a few quiet moments every day letting your mind relax without directing it anywhere. You'll feel calmer and more creative overall.
- ★ Exercise. Keeping your body in good shape will help you deal with stress more effectively.
- ★ Get some sun. Sunlight has positive effects on your health and mood.



Do You Want To Win Movie Tickets For Two?

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 movie tickets for two from us! *Here is this month's question....* What is defined as a state of active, open attention to the present? (*Hint: the answer is somewhere in this newsletter*)

- a) Mindfulness c) Yoga
- b) Mind Mapping d) Thankfulness

Call right now with your answer!

Last month's trivia challenge was: *What tactic to quit smoking is least effective, with only a 4-7% success rate?*
c) *Cold Turkey*. Congratulations to last month's lucky winner!

Cynthia Prejna

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What's Inside?

- Tips For Carving Your Jack-O'-Lantern -
- Win A Movie Tickets For Two -
- October Events -
- Money Saving Offers -
- & Much More!**



What's The Answer?

How Can You Get Ahead At Work?

What Is The Newest Trend In Traveling?

Can Mindfulness Affect Your Health?

When Is World Space Week?

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

