

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

## May Events



- May 4th Star Wars Day
- May 5th Cinco de Mayo
- May 11th Mother's Day
- May 12th International Nurses Day
- May 17th Armed Forces Day
- May 23rd National Taffy Day
- May 26th Memorial Day
- May 28th National Hamburger Day

## Follow These Basic Finance Rules

Personal finance doesn't have to be scary and complicated. Apply these tips from the Next Advisor website for getting your financial house in order:

- **Try zero-based budgeting.** Assign every dollar that comes in to a specific expense, like rent, food, car payments, etc. You can put whatever's left into an emergency fund, investments, or whatever you like. Similarly, learn to think of your credit cards as debit cards so you don't overspend.
- **Focus on income more than expenses.** You can only cut expenses so far. To achieve financial stability, look for ways to increase your income. Find a side gig, start your own small business, or just look for a better-paying job so you have more money coming in.
- **Negotiate.** Sometimes this is as simple as asking for a better deal. Discuss options when buying something—the seller may be willing to make a deal or point you to something less expensive but still suitable to your needs. In salary negotiations, try asking, "What have people in my position done to earn a raise in pay?" The answer can start a conversation that leads to more money.
- **Be patient.** Think of life as a marathon, not a sprint. Each small step, like setting aside a few dollars to invest every payday, can lead to a big payoff in the long run. Start small, be consistent, and make adjustments along the way. In time, you can end up where you want to be money wise.

## Fun Facts About Mother's Day

If you're trying to make conversation at Mother's Day dinner this year, try sprinkling some of these facts into the discussion:

- ❖ One of the earliest celebrations of mothers in recorded history comes from ancient Greece, when a spring festival was dedicated to Rhea, the mother of the gods.
- ❖ A Russian woman in the 18th century is said to have given birth to the most children. She was the wife of Feodor Vassilyev, and she produced a total of 69 children, including 16 pairs of twins, seven sets of triplets, and four sets of quadruplets. Of those, 67 are said to have survived infancy.
- ❖ The first woman to give birth in the White House was Martha Randolph, daughter of President Thomas Jefferson, on Jan. 17, 1806.
- ❖ The first woman to give birth in an airplane was Mrs. T.W. Evans on Oct. 28, 1929, over Miami.
- ❖ In 340 B.C., Aristotle observed that dolphins gave birth to live young that were attached to their mothers by umbilical cords. For this reason, he considered dolphins and related creatures to be mammals. Biologists agreed with him—24 centuries later.
- ❖ Eileithyia was the Greek goddess of childbirth and the divine helper of women in labor (in other words, the goddess of labor pain).

## 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 reach out to us...

Call us at  
(828) 658-3030

Email us at

[Jimmysautomotivecenter@gmail.com](mailto:Jimmysautomotivecenter@gmail.com)

Most Vehicles  
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# Memorial Day Special

Oil Change, Tire Rotation and  
Courtesy Inspection

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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.

### *Enjoy Better Health With Avocados*

Avocados are an essential ingredient in tacos, guacamole, salads, and more. They're also part of a healthy diet. The Healthline website lists these benefits of eating more avocados:

- **Important nutrients.** Avocados are high in fiber, healthy fats, vitamin C, vitamin E, vitamin B6, potassium, magnesium, and folate. Many of these nutrients support the immune system and suppress inflammation.
- **Gut health.** The fiber in avocados supports a healthy digestive system by promoting the growth of healthy bacteria in your gut. Some evidence suggests that consuming avocados (along with other fiber-rich foods like fruits, vegetables, nuts, and seeds) may increase bacterial diversity and reduce fecal bile acid concentration.
- **Heart disease risk.** Avocados have lots of potassium and magnesium, which are beneficial for controlling blood pressure. They may also help increase levels of HDL ("good") cholesterol and decrease levels of oxidized LDL cholesterol, which is associated with atherosclerosis—the accumulation of plaque along artery walls.
- **Antioxidants.** Avocados are filled with carotenoids and other nutrients that possess significant antioxidant, neuroprotective, and cardioprotective properties. Carotenoids have been shown to protect against oxidative damage, which is associated with many chronic diseases.
- **Pregnancy and breastfeeding.** The body's need for certain nutrients, like folate, potassium, vitamin C, and vitamin B6 jumps during pregnancy and breastfeeding. A single avocado can provide 27% of a woman's daily folate requirements during pregnancy.

## *Succeed In Your Career—At Any Age*

Things get harder as we age, and career progress is one of them. Ageism is a problem for older people in any industry, whether they're looking for a new job, a promotion, or just the chance to try something new. Here's some advice from the Business 2 Community website on how to overcome it:

- ★ **Shift your mindset.** Don't fall for the stereotypes yourself. You can learn new skills at any age, so stop thinking you're too old to change. List all your skills, every job you've had, all your experiences, and the various problems you've solved in your career. This will remind you what you're capable of doing, no matter your age.
- ★ **Network.** Stay in touch with the connections you've made throughout your career. Check in often to let them know you're still interested in doing new things. Make an effort to expand your network with fresh contacts by continuing to go to conferences, in-person or virtual, and seeking out interesting people in your industry—and out of it—to correspond with. This keeps your mind fresh and helps keep your name out there.
- ★ **Create a personal brand.** Develop a brand statement that distinguishes you from everyone else. This lets potential employers and others quickly see everything you have to offer. Include examples of your skills and specific expertise. Your brand statement should also let people know you're active on social media and knowledgeable about the tech tools everyone needs these days to excel.
- ★ **Prepare for questions.** Interviewers will want to know how much longer you plan to work, the schedule you expect, how adaptable you are, and the like. Be ready with answers that emphasize your enthusiasm for your career and your willingness to do what it takes to succeed.
- ★ **Enhance your résumé.** Look for gaps to fill. You can start with a Google search for required skills in your industry. Then get the training you need to strengthen your résumé in appropriate areas, like social media, data analysis, Microsoft Office, and the like. This not only increases your expertise but shows employers that you're willing and able to learn.



# Any Flush Service **\$25.00 OFF!**

## Your Choice: Transmission, Coolant, Or Fuel Injection

Expires 5/31/25    Not Valid With Other Offers    Must Present Coupon

## ***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

**Daniel & Angie Miller**



## ***Go Ahead—Change Your Mind***

Some people practice what has become known as defensive pessimism. In this style, people are trying to protect themselves against being disappointed. For instance, someone participating in a race might say to himself, "I know I'll never win." This is self-protective, because the person wants to win and doesn't want to be disappointed. And it does work in some ways, but it can also cause people to live joyless existences. When you think pessimistically, your mind can get itself into a rut. And learning how to think in a new pattern can be very difficult.

The best way to change the way you think is to merely observe what you are doing. Don't try to force yourself not to think certain thoughts. This will not work. The point here is to recognize and label a destructive pattern and then just let it happen and go on. It is a powerful way to change your mood.

## ***Attention All Mothers... It's Time To Splurge (Gasp!) On Yourself***

If you are one of those self-denying mothers (and let's face it, most mothers are self-denying), you might consider splurging on yourself for a change. After all, who deserves to indulge themselves more than mothers? Here are a few thoughts on how to spoil yourself:

- \* Go get a facial or a massage. Make your own enjoyment your goal.
- \* Get yourself a new piece of technology. Whatever it is that you want to do for fun, whether it's taking pictures or writing poetry, get a fun piece of technology to aid you in your creative pursuits such as a good camera or a computer.
- \* Go out to lunch with your friends. When was the last time you got together with friends without guilt and had some real adult conversation?
- \* Buy yourself a new pair of shoes. And we're not talking about a pair of walking shoes. Buy something that will be special for you.
- \* Get yourself a babysitter on Saturday night and go out on a date with your husband.

## ***Do You Want To Win A \$25.00 Gift Card To The Fireplace Restaurant?***

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 \$25.00 gift card to The Fireplace Restaurant! Here is this month's question... Who was the first woman to give birth in the White House?

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

- a) Louisa Adams    c) Martha Randolph
- b) Emily White    d) Mary Lincoln

***Call right now with your answer!***

Last month's trivia challenge was, What game from Belgium most likely influenced the game of Golf?

*Answer: B) Chole*

**Congratulations to last month's winner...**

**Grace Franklin**

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## **Cooling System Service**

With Summer Temperatures On The Way, You Can't Afford To Miss Out On This Important Service! We'll Check Your Thermostat, Heater & Coolant Hoses, Pressure Check Cooling System, And Drain & Refill Radiator With New Coolant.



**SAVE  
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Asheville, NC 28804  
(828) 658-3030



## **What's Inside?**

Win A \$25.00 Gift Card To  
The Fireplace Restaurant -  
- May Events -  
- Money Saving Offers -  
& Much More!

## ***What's The Answer?***



*How To Succeed at Any Age?*

*Can You Enjoy Better Health Eating Avocados?*

*What Are Some Basic Finance Rules?*

*Want To Learn Some Fun Facts About Mother's Day?*



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

