

August

FUEL for THOUGHT™

2025

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

August Events

August 1st	National Pinball Day
August 3rd	Friendship Day
August 6th	National Root Beer Float Day
August 12th	World Elephant Day
August 18th	National Fajita Day
August 26th	National Dog Day
August 30th	National Beach Day



Growing Like A Weed

It's drought-resistant and thrives in poor soil conditions. Though it is considered ground cover, it has been known to overtake trees, utility poles, and buildings, and it grows at a rate of a foot a day. What is it? Kudzu.

This non-native plant species first arrived in the U.S. in the 1870s from subtropical regions of Asia. At the time, it was believed that the plant could help farmers prevent soil erosion. People also began growing it on garden structures and even their homes to provide shade and ornamentation. By the 1940s, government subsidies helped farmers plant about 3 million acres of kudzu.

During the years that followed, people began to realize the impact to the ecosystem this transplant caused. Without native insects and other flora and fauna around, kudzu became impossible to contain. In 1970 the USDA declared Kudzu a weed. Today, it is estimated more than 7 million acres of kudzu are spread across the U.S.

Next year that figure will be higher—but there is hope. Kudzu is edible. Not the vine, but the roots, flowers, and leaves are packed with nutrients. Some folks swear you can use the leaves in a salad or cook them like collard greens. As long as the plant hasn't been exposed to any chemicals or herbicides, you might want to give it a try.



Treat Sunburn Quickly

If you've been enjoying the great outdoors this summer, chances are good you've been exposed to the sun, and that can cause sunburn if you're not careful. The Patience website shares these guidelines for treating sunburn effectively:

- **Get out of the sun.** If your skin starts to feel hot or sore, get into the shade as quickly as possible to avoid further damage.
- **Cool affected skin.** Use a cool, damp washcloth, or take a bath or shower. This may feel uncomfortable, but it will help minimize the damage.
- **Hydrate.** Drink lots of water. Sunburn is often associated with heatstroke and fatigue, so getting more fluids into your body helps heal you from the inside out.
- **Take painkillers.** Try over-the-counter pain relief and anti-inflammatory medications like ibuprofen or paracetamol to relieve soreness.
- **Moisturize.** Skin lotions can soothe pain and replace moisture lost by burning. Look for more natural products that won't irritate your skin further.



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

Improve Fuel Economy, Vehicle Performance, & Help Reduce Emissions!



Summer is a good time to give your engine's fuel system a good cleaning. Our carbon cleaning system will help restore power and smooth running condition and it cleans your injectors, fuel rail, and valves.

Expires 8/31/25 - Must Present Coupon

SAVE \$45.00
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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.

Now You See Me, Now You Don't

A simple game of peekaboo can play a crucial role in your baby's development. This activity helps teach infants object permanence and develop strong attachments during their first year of life.

Hiding behind your hands, a blanket, or a door might be confusing and even distressing to your baby at first. However, these emotions will subside once you reappear in their line of sight. This positive response is a good indication that your little one takes comfort in your presence and has a secure bond with you.

This game allows babies to identify and realize the existence of things that are no longer visible. Use a towel to cover a favorite toy or hide one object behind another. When you first start to engage your baby in this manner, you can leave a little bit of that hidden object in view to help him or her find it. Gradually work your way up to hiding objects that will require them to remove a layer to get at what they want, crawl to the hiding place, or look around the corner.

Talk to your baby throughout this process, especially if you are hiding from them behind a blanket or door. Your voice will encourage them to keep looking until they find you.

Quotes

The whole secret of a successful life is to find out what is one's destiny to do, and then do it.

—Henry Ford

Take Care Of Your Body And Mind At College

If you or someone you love is starting college this fall, remember that grades aren't the only thing to pay attention to. Stay on top of your physical and mental health as you ease into college life with this advice from the Chapman University website:

Physical Health

- **Sleep.** Get six to seven hours of sleep a night. Pay attention to how you feel when you don't get enough sleep, and listen to what your body is telling you.
- **Diet and alcohol.** How do certain foods make you feel after eating them? How does caffeine or alcohol affect your mood or behavior? Learn to recognize what's good for you and whatever interferes with your ability to function.
- **Stress.** Headaches and other symptoms may be signals that the pressure is getting to you. Go to your student health center to get checked out and learn how to balance schoolwork and activities.
- **Exercise.** Try to get at least 30 minutes of physical activity in each day. Go to the gym, or just take a walk around campus. It'll help with weight, stress, and emotional stability.

Mental Health

- **Practice mindfulness.** Pay attention to how you're feeling. What makes you happy, sad, angry, or depressed? Learning what causes your emotions to surge can help you manage situations more effectively.
- **Find a support network.** Cultivate a group of friends who value and support you. Stay in touch with your family and friends at home. Reach out when things are difficult.
- **Remember gratitude.** Instead of dwelling on the negative, spend some time every day thinking about the things you're grateful for in life—your friends, family, health, and the opportunity to learn. It'll improve your attitude and overall good health.



DOG DAYS OF SUMMER SPECIAL

Oil, Filter & Lube Service (up to 5 quarts), Multi Point Vehicle Inspection, Tire Rotation (as needed), Complete Brake Inspection, Check Antifreeze & All Fluids, Inspect Belts & Hoses, Test Battery & Charging System.

Expires 8/31/25 - Must Present Coupon - Not Valid With Other Offers



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\$99.99
Most Vehicles

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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

Hannah Bayles



Take Charge Of Your Career With These Questions

Successful people know what they stand for, and what they want to accomplish in their careers. Don't leave your legacy to chance. Ask yourself these questions to shape the direction you want your career to take:

- What do you want people to say about you?
- How can you influence what people think about you?
- What knowledge do you want to share with other people?
- How do you want to be remembered?

The answers will help you make better career decisions whatever your job is.



Ants In Your House? How To Get Rid Of Them Safely

Most of us don't want to share a home with ants, but we don't want to douse the place with insecticide either. Keeping your sinks and counters dry and clean is a good start. Here are a few natural treatments to keep ants at bay:

- **Cinnamon.** Place a few cinnamon sticks anywhere you spot ants crawling into your house. The pleasant odor will send ants away. (Garlic cloves work as well, though you may not enjoy the scent as much.)
- **Vinegar.** Spray some apple or white vinegar on areas where ants have set up shop.
- **Black pepper.** Sprinkle a little pepper where you see ants. Watch where they run to, and treat that area as well to prevent them from returning.
- **Mint.** The scent of mint can disrupt ants' sense of smell. Plant mint outside, especially near doors and windows, and place a few mint leaves in and around your windows.



Do You Want To Win A \$25 Gift Card To Moe's Original BBQ?

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 gift card to Moe's Original BBQ from us! Here is this month's question... What simple game can play a crucial role in a baby's development?

(Hint: the answer is somewhere in this newsletter)

- a) Patty Cake
- b) Bingo
- c) Hopscotch
- d) Peekaboo

Call right now with your answer!

Last month's trivia challenge was, What date was the Declaration of Independence signed by the Majority?

Answer: D) August 2nd

Congratulations to last month's winner...

Colleen Griffiths

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What's Inside?

- Win A \$25 Gift Card To Moe's Original BBQ -
- August Events -
- Money Saving Offers -
- & Much More!



What's The Answer?

How Can You Treat A Sunburn Quickly?

Are There Ants In Your House?

Are You Or A Loved One Going Away To College?

What Weed Grows Up To A Foot A Day?

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

