

November

FUEL for THOUGHT™

2025

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

November Events

November 1st	Book Lovers Day
November 11th	Veteran's Day
November 18th	National Pickle Day
November 17th	World Peace Day
November 27th	Thanksgiving Day
November 28th	Black Friday
November 29th	Small Business Saturday

Find The Work/Life Balance You Need

Work is important, but it shouldn't be your whole life. A reasonable balance can keep you healthy and productive throughout your career. Follow this advice from the Business News Daily website:

- **Be realistic.** Accept that your work/life balance is never going to be perfect. At times, your job will take priority; other times, your family will be your major concern. Putting too much pressure on yourself to achieve 50/50 balance will defeat the purpose of your efforts.
- **Find the right job.** A high-stress job you hate won't contribute to a desirable balance no matter how well it pays. You may not be able to find the perfect job, but look for something that fits your values and preferred lifestyle. You may not make as much money, but you'll be more satisfied in the long run.
- **Make health a priority.** You can't accomplish your personal and professional goals if your health is in question. Eat a healthy diet, exercise regularly, and pay attention to your mental health as well. Meditation, yoga, and therapy can help you maintain an emotional equilibrium.
- **Unplug when necessary.** You don't have to be linked to your job 24/7. Restrain the impulse to check your email after work or when you're on vacation. Let co-workers know when you won't be available unless an emergency strikes.
- **Take vacations.** You need some time away from workplace pressure to recharge and refresh. Take a real vacation, not just a long weekend. Don't worry, the office will still be there when you get back.

How Turkey Became The Star Of Thanksgiving

When we think of Thanksgiving, turkey is almost always at the center of the table. But how did this bird become the holiday's most famous guest?

The tradition traces back to the early 1600s. At the first harvest feast shared by the Pilgrims and the Wampanoag people in 1621, wild turkey was plentiful in the New England woods. While we don't know for sure if turkey was served at that first gathering, we do know the settlers wrote about hunting "wild fowl," which may have included turkey, ducks, or geese.

Over time, turkey became a practical choice for families. Unlike chickens, which were valued for their eggs, or cows, which provided milk, a turkey was usually raised for meat alone. One large bird could feed a big group—perfect for holiday gatherings. By 1863, when Abraham Lincoln declared Thanksgiving a national annual holiday, turkey had already cemented its place as the centerpiece of the feast.

Today, roasting a turkey is less about practicality and more about tradition. The smell of it baking, the carving at the table, and the shared meal remind us of family, gratitude, and togetherness—just as it has for centuries.

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

**You Will Get A Multi-Point Inspection, Oil Change,
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Is Your Vehicle Ready To Go "Over" The River & Through The Woods?

The Holidays Are Just Around The Corner And We Want To Make Sure Your Vehicle Can Go All Those "Extra Miles". For The Month Of November, We Will Be Running A Pre-Holiday Special!

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.

Create A Fully Inclusive Event

When you're planning an event, whether it's a conference, an industry gathering, or a party, remember to make everyone feel welcome. You can host an inclusive event with these tips from the Singapore Imagine website:

- **Start with a diverse planning committee.** Bring a broad group of people together to brainstorm ideas and manage the event. You'll get a wider perspective and reduce the chance of unconscious bias in your activities.
- **Set objectives.** Make inclusivity and accessibility key goals when putting your event together.
- **Create diverse content.** When programming an event, look for activities and topics that go beyond the usual conventions. Choose speakers from a wide array of demographic groups.
- **Design an inclusive registration process.** When people register, make it easy for them to tell you about themselves. They should be able to share their preferred pronouns, mobility needs, dietary restrictions, and other necessary accommodations. This will make them feel welcome and avoid last-minute problems when they check in.
- **Choose diverse partners.** If you're working with partners, sponsors, exhibitors, and suppliers, look for those with a reputation for diversity. Talk about what they can do to enhance inclusiveness during the event.
- **Personalize the proceedings.** Don't take a one-size-fits-all approach. Look for ways to offer people choices about content, facilities, and other things that will let them relax and be themselves. Provide services for people with special needs, like sign language interpreters for the hearing impaired.

Making Long Holiday Drives More Enjoyable

The idea of piling the whole family into the car for a long Thanksgiving (or holiday) trip can feel overwhelming. But with a little planning, the journey can be just as enjoyable as the destination. Here are a few tips to help:

Start early. Getting on the road before the day is in full swing means less traffic—and fewer “Are we there yet?” questions. Cozy pillows and blankets can help kids drift back to sleep.

Think about space. If your car feels cramped, consider renting a larger vehicle for the weekend. Extra leg room and comfort can make a big difference.

Pack entertainment. Create a playlist with everyone's favorite songs, bring travel-friendly games, or download audiobooks and podcasts. Keeping minds engaged makes the time fly.

Capture the memories. Encourage everyone to snap their own photos. This makes the trip more interactive and provides fun memories to look back on.

With the right mix of comfort, entertainment, and creativity, even long drives can become part of the holiday fun.



Power Your Workout with Hydration

Want to crush your workout and feel amazing afterward? Hydration is the secret weapon. Starting your day and your workout well hydrated fuels strength, speed, and endurance. Water is essential, but don't forget water-rich foods like fruit, veggies, and smoothies—they all count!

Sweating means your body is losing electrolytes. These little minerals—sodium, potassium, and calcium—keep muscles firing and help prevent cramps. Replenish with a sports drink, or simply add a tiny pinch of salt to meals for balance.

After exercising, refill your tank with water or an electrolyte boost to support recovery and keep energy levels high. Aim for about 11.5 cups of fluids daily for women and 15.5 for men. Stay hydrated, stay strong, and keep moving forward!

Month Of Thanks Labor Savings



\$25 OFF \$200 or More
\$75 OFF \$500 or More
\$150 OFF \$750 or More

Must Present Coupon - Not Valid With Other Offers - Expires 11/30/25

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

Josh Michael



"You get a call from this number about a busted oven, you're busy. Understand?"

The Thanksgiving Horn Of Plenty

The modern cornucopia is typically a hollow, horn-shaped wicker basket filled with festive fruit and vegetables and has become closely tied to Thanksgiving. The first Thanksgiving, was a celebration of the fall harvest and was a three-day festival between the Puritan Pilgrims and the Native Americans. It became an official national holiday when Lincoln was President. In 1863, Lincoln actually declared two national Thanksgivings that year, one for August 6th to celebrate the victory at Gettysburg and a second for the last Thursday in November. But it wasn't until 1941 that Congress permanently established the holiday as the fourth Thursday in the month.

You can easily make your own cornucopia this Thanksgiving as a beautiful centerpiece for your table. Simply buy a ready-made cornucopia from your local craft store, or create your own horn out of wire, burlap, and aluminum foil.

Sweet Dreams For Baby And You

Every parent knows the struggle of sleepless nights, but take heart—better rest really is possible. Small, simple changes can make bedtime a calmer, cozier experience for both you and your little one.

Think of your baby's room as a "sleep haven." Soft lighting, blackout curtains, a comfy temperature, and gentle sounds create the perfect atmosphere for drifting off. Swaddling newborns can also provide the snug comfort they crave.

Routines are your secret weapon. A warm bath, a cuddle, and a story at the same time each night help signal that it's time to rest. And remember—tired babies don't sleep better. In fact, they often sleep worse! Early bedtimes and good naps can work wonders.

Most importantly, give yourself grace. Some nights will be tough, but with patience and consistency, those peaceful stretches of sleep will grow longer—for baby and for you. Sweet dreams ahead!



Do You Want To Win A \$25 Gift Card To Stoney Knob Cafe?

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 Stoney Knob Cafe from us! Here is this month's question... What U.S. President declared Thanksgiving as an official National Holiday?

(Hint: the answer is somewhere in this newsletter)

- | | |
|----------------------|--------------------|
| a) Andrew Johnson | c) Abraham Lincoln |
| b) George Washington | d) John Adams |

Call right now with your answer!

Last month's trivia challenge was, The original jack-o-lantern was carved from what vegetable?

Answer: A) Turnip

Congratulations to last month's winner...

Arnold Willen

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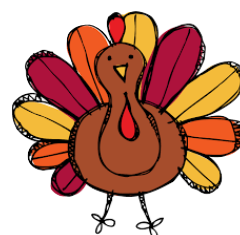


What's Inside?

Win A \$25 Gift Card To
Stoney Knob Cafe -
- Money Saving Offers -
& Much More!



What's The Answer?



Can You Make Long Holiday Drives Fun?

How To Power Your Workout With Hydration?

Ways To Create A Fully Inclusive Event?

How Turkey Became The Star Of Thanksgiving?



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

