

## Is That Still Safe To Eat?

Is that fruitcake that's been in your pantry since last year safe to eat? Maybe not, but the CNN website offers this list of foods you can safely store for years:

- **Honey.** Because it's low in water and sugars, bacteria can't easily grow in it. Small amounts of hydrogen peroxide in honey also inhibit the growth of microbes.
- **Dried legumes.** Beans, lentils, and other legumes stored in airtight, waterproof containers can last for years without losing their nutrition value.
- **Soy sauce.** Unopened, soy sauce can last for three years on the shelf, thanks to its combination of fermentation and salt.
- **Vinegar.** Its acidic nature makes it difficult for bacteria to thrive. White vinegar will stay unchanged almost indefinitely, but other vinegars may change color or produce sediment in the bottle over time.
- **White rice.** The key is temperature. White rice stored in an airtight container at about 27 degrees Fahrenheit can last up to 30 years, although brown rice has a shorter shelf life.
- **Dark chocolate.** Chocolate fans rejoice! As long as it's stored at a constant temperature, dark chocolate is safe to eat for two years or longer.



**FOOD SAFETY**

## December Events

December 1st	National Cookie Cutter Day
December 7th	Pearl Harbor Day
December 20th	Go Caroling Day
December 21st	Winter Solstice
December 24th	Christmas Eve
December 25th	Christmas Day
December 26th	Kwanzaa Begins
December 31st	New Year's Eve



## Stay Healthy & Happy This Holiday Season

The holiday season is a time for joy, family, and (let's be honest) plenty of delicious food! But staying healthy while celebrating doesn't have to feel impossible. With a few mindful choices, you can enjoy every bite and start the new year feeling your best.

Keep moving. Don't let the holidays throw off your rhythm. Stick to our usual workout routine - or get creative with festive alternatives. A walk to admire holiday lights, a dance party in the kitchen, or a family yoga session all count!

Do what you love. Exercise shouldn't feel like punishment. Choose activities that bring you joy and energy - whether that's a morning stretch, a light jog, or a quick at-home workout you actually look forward to.

Take it slow if you're just starting. If you're using the season as motivation to being a fitness plan, start gently. Warm up, stretch, and listen to your body. Consider a few sessions with a trainer or an online class to learn safe, effective techniques.

## 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)

**Winter  
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**Oil Change, We'll Test Your Antifreeze,  
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Expires 12-31-25 - Not Valid With Other Offers - Must Present Coupon

**Most Vehicles:  
\$99.99 up to 5 qts  
Euro Vehicles:  
\$139.99 up to 5qts**

## ***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.

### ***Coping With Holiday Stress***

The holidays are meant to be joyful, but for many people, they also bring pressure, packed schedules, and financial strain. Balancing family commitments, gift shopping, travel, and year-end deadlines can make even the most festive season feel overwhelming. Here are a few practical ways to manage stress and protect your peace this holiday season.

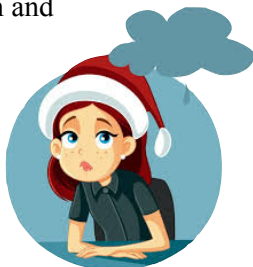
**Simplify your expectations.** It's easy to imagine picture-perfect celebrations, but perfection isn't the goal, connection is. Let go of unrealistic standards and focus on what truly matters: time with loved ones, laughter, and gratitude.

**Set boundaries.** You don't have to say yes to every invitation or request. Choose the events and traditions that bring you joy and decline the ones that drain your energy. Setting limits allows you to be more present and relaxed.

**Budget wisely.** Financial stress can quickly steal holiday cheer. Create a spending plan before you shop and stick to it. Remember, meaningful gifts come in many forms such as handwritten notes, shared experiences, or homemade treats.

**Take time to recharge.** Give yourself permission to rest. Read, listen to music, or simply enjoy quiet moments alone. A few deep breaths and ten minutes of stillness can calm your nervous system and reset your perspective.

The season should fill your heart, not empty your tank. By slowing down, setting priorities, and caring for yourself, you'll rediscover what the holidays are truly about—peace, gratitude, and love.



## ***Coldest Place In The World***

Think it's cold outside? Try Try  $-144^{\circ}\text{F}$  ( $-98^{\circ}\text{C}$ ) — the lowest temperature ever recorded on our planet. Scientists using satellite data discovered this extreme reading on an ice ridge deep in East Antarctica, where the air is so dry and still that heat escapes straight into space.

This frigid spot broke the previous record of  $-128^{\circ}\text{F}$ , set in 1983 at Russia's Vostok Station near the South Pole. At such temperatures, simply breathing can be deadly—the moisture in your lungs can freeze almost instantly.

Researchers say these conditions occur only under clear skies and calm winds during Antarctica's long polar night. Yet even this frozen continent is warming. Scientists predict a  $3-4^{\circ}\text{F}$  rise in Antarctic temperatures in the coming decades due to greenhouse gases.

So when winter feels unbearable, remember - Earth's coldest corner makes our cold snap seem downright cozy!



### ***Profit From Career Coaches' Best Advice***

Even career coaches need coaching. The Fast Company website highlights timeless lessons top coaches once received from their own mentors:

- **Learn to hear "no":** You won't always get a "yes" on promotions or projects - but don't let rejection stop you. Asking shows ambition, and people remember that when new opportunities arise.
- **Be Authentic:** Don't copy others. Be honest about your values, abilities, and limits. Imitating someone whose style clashes with yours will rarely end well.
- **Be ready to leave:** Few people stay with one company forever. Set clear goals and move on when a better fit appears. If a job compromises your values or growth, it's time to go.
- **Believe in yourself:** Confidence is a career superpower. Focus on strengths, build missing skills, and keep reminders of our successes. They'll help you push past doubt and move forward.

**HOLIDAY LABOR  
SAVINGS**



**\$175 Or More**

**\$275 Or More**

**\$500 Or More**

**Take \$25 Off Labor**

**Take \$50 Off Labor**

**Take \$100 Off Labor**

Not Valid With Other Offers Expires 12/31/25 - 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

**Ken Maxwell**

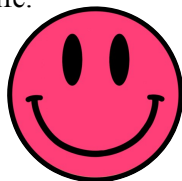


## ***Stay Positive With These Three Powerful Affirmations***

Successful people are optimistic. Although optimism may not be blind faith, it is a skill you can learn. Author Martin E. P. Seligman explored how optimists explain negative events in their lives, and he found that they usually say these three statements to themselves:

- ▶ This doesn't affect every part of my life.
- ▶ I'm not necessarily to blame.
- ▶ This won't last forever.

Remember, optimism is a skill that takes time and practice to develop, but it is a skill that is well worth developing. Try adopting these statements to maintain a positive, creative frame of mind.



## ***Control That Holiday Glow***

Candles are a popular holiday decoration, but they're also one of the most dangerous. It's important that you follow these precautions to prevent full-blown fires:

- Never leave a lighted candle unattended.
- Always put candles in a metal or ceramic holder. Never place them in combustible containers or ones that can melt.
- Put out candles once they get within two inches of their holders or decorations. This is especially important to follow with natural or plastic decorations that often grace holiday candleholders.
- Keep wicks trimmed to a quarter-inch.
- Never burn candles near things that can catch fire—including Christmas trees and curtains.



## ***Do You Want To Win \$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! Here is this month's question... What is the lowest temperature ever recorded on our planet?

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

- |           |           |
|-----------|-----------|
| a) -144°F | c) -104°F |
| b) -128°F | d) -199°F |

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

Last month's trivia challenge was, What U.S. President declared Thanksgiving as an official National Holiday?

*Answer: C) Abraham Lincoln*

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

**Chris Ludlam**

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## ***Wanna Ho Ho Ho Lot Of Savings?***

**Car Care Club Cards Make GREAT Gifts or Stocking Stuffers! They Will Also SAVE You A Ton Of Money On Your Vehicle Maintenance! Buy One Car Care Club Card & Get The Second**

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From Your Friends At  
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Asheville, NC 28804  
(828) 658-3030

**December**

## **What's Inside?**

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



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

*How To Safely Burn Candles?*

*Is That Safe To Eat?*

*Ways To Stay Healthy This Holiday Season?*

*How To Cope With Holiday Stress?*

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

