

January

FUEL for THOUGHT™ 2026

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

January Events

January 1st	New Year's Day
January 4th	National Spaghetti Day
January 12th	Hot Tea Day
January 15th	National Bagel Day
January 20th	Martin Luther King Jr. Day
January 25th	Opposite Day
January 29th	Puzzle Day



Keeping Your New Year's Resolutions (Without the Stress!)

The New Year always brings that fresh burst of motivation — new goals, new plans, and the feeling that this is the year we finally get it all together. But once the excitement fades and everyday life settles back in, sticking to those resolutions can feel a little tougher than we expected. The good news? It doesn't have to be overwhelming.

Start small. Instead of trying to overhaul your entire life in January, choose one or two simple habits that truly matter to you. Small, steady changes are far easier to maintain and often lead to the biggest transformations.

Make your goals realistic and specific. "Eat healthier" is a beautiful idea, but "add one veggie to each meal" is something you can actually do. Clear goals keep you focused and motivated.

Track your progress — even tiny wins count! A checkmark on a calendar or a quick note on your phone can remind you how far you've come.

And most importantly, give yourself grace. Progress isn't perfect, and one off-day doesn't mean starting over. Just pick up where you left off and keep moving.

Here's to a New Year filled with growth, joy, and resolutions that stick!



Is Your Vehicle Ready For 2026

Receive A Multi-Point Inspection And A Lube, Filter, & Oil Change and Tire Rotation

NOW ONLY Most Vehicles \$99.99, Euro Vehicles \$139.99!!!

Expires 1/31/26 Must Present Coupon Not Valid With Other Offers

Build A Comforting Fire Safely

In the midst of winter, there are few better antidotes to the cold than a cozy fire in the fireplace. Before you start, though, make sure you're doing it safely:

- **Open the damper or flue (and create an updraft) before you start the fire.** Keep it open well after the fire has died out to ensure that all the smoke is drawn out of your home.
- **Burn well-aged dry wood.** Wet or green wood makes smoky fires. It also increases the buildup of soot on chimney walls. If this material builds up too much, it's likely to cause a chimney fire.
- **Build smaller, faster-burning fires.** They're not only brighter, but they smoke less.
- **Don't let the ash build up more than an inch** at the base of the fireplace. Too much ash restricts air supply and results in more smoke.
- **Keep a fire extinguisher close** enough to be in easy reach—but at least four feet from the fireplace.
- **Check your chimney annually.** Even if it doesn't need cleaning, it's a good idea to check for any nests or other blockages that can cause more smoke and prevent dangerous gases from escaping.

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

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.

Happy New Year! Check Out These Traditions From Countries All Around The World

The baby and the old man have symbolized the new and old year since ancient Greek times. But cultures across the globe have added their own colorful customs to welcome a fresh start. Here are a few unique traditions:

- In Brazil, wearing white on New Year's Eve is believed to bring peace. Many also head to the beach and jump seven waves for good luck — making a wish with each leap.
- In Japan, families eat toshikoshi soba, long buckwheat noodles that represent a long, healthy life. Slurping them is encouraged!
- In Denmark, people smash old dishes against the doors of friends and neighbors. A big pile of broken plates means you have loyal friends and good fortune coming your way.
- In Scotland, the tradition of First Footing says the first visitor to enter your home after midnight should bring symbolic gifts like coal, bread, or whisky to bless the house.
- In Colombia, some take an empty suitcase for a quick walk around the block — a playful wish for a year filled with travel and adventure.
- In the Philippines, round shapes symbolize prosperity, so families display (and eat!) round fruits at midnight.
- In Ecuador, people burn handmade “año viejo” dolls representing the old year, clearing out bad energy and making room for new beginnings.

Wherever you're celebrating, may your New Year be filled with joy, hope, and plenty of good luck!

Leaving Money To Charity? Consider This Advice

Many people leave money to charities in their will. It's a good way to support good people and a good cause, but you should be careful when making your choice. The *Good Housekeeping* website has this advice:

- **Plan with care.** Think about everyone you want to leave your money to. If you donate to a charity, will there be enough money left for your children and other people you want to benefit? Talk to your family so everyone knows what's going on, but remember that this is your decision.
- **Choose the right charity.** Think about groups that have helped you, that you've volunteered for, and that you respect and admire. When you've settled on one or two, contact them and ask some questions, or visit a local office if possible. Make sure the charity is legitimate and will use your money the way you want.
- **Talk to a financial counselor.** Discuss the ins and outs of inheritance tax law so your money will be distributed without leaving anyone with a sizable tax bill.
- **Update your will.** Explain to your lawyer what you want to do. He or she will guide you through the process of amending your will so your money will go where you want it to go.

Something To Consider

When you step out for a bite to eat in January, remember it is Be Kind to Food Servers Month. While servers aren't in the kitchen crafting the dishes you enjoy, they're often the ones who absorb frustration when something isn't perfect. They juggle multiple tables, cater to preferences, and work hard to make your dining experience feel effortless.

Your server is the friendly face bringing patience and effort to your table — even on the busiest nights. A little extra kindness can go a long way. Offer a smile, express appreciation, and remember they're doing more behind the scenes than you might realize.

Show them the courtesy you'd hope to receive, and don't forget to tip your server generously. Kindness can truly make someone's day.

ANY Flush Service \$25.00 OFF

**Transmission Flush, Coolant
Flush, OR Fuel Injection Flush**



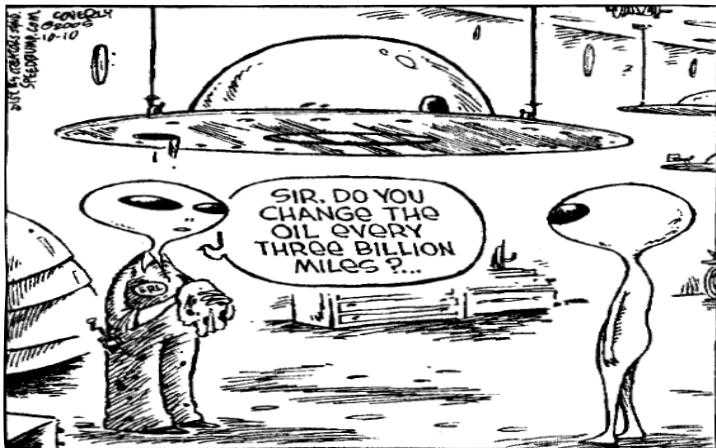
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Congratulations To Our Client Of The Month!

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

Carol Reynolds



Keep Your Energy High Throughout Your Workday

Maintaining your energy all day can be challenge. Don't ignore physical or mental fatigue, but don't surrender to it, either. Try these tactics for recharging:

- **Move around.** Take a walk, even if it's just a quick stroll around your office. Getting your blood flowing speeds delivery of oxygen and nutrients to your body.
- **Take a deep breath.** Sit up straight to open your chest cavity and get more oxygen into your lungs. Here's an exercise: Breathe out through your mouth completely. Then inhale through your nose for four seconds. Hold it in for seven seconds, and then exhale for a count of eight seconds. Do this four times to refresh yourself.
- **Drink sufficient fluids.** Water, like air, delivers oxygen throughout your body. If you're dehydrated, you'll feel tired. Drink plenty of water or a low-calorie sports drink.

Genes May Control Your Coffee Intake

The amount of coffee you drink may be based on your genetic makeup. A study by an international team of researchers, written up in the journal *Scientific Reports*, identified a gene that regulates the expression of other genes connected to caffeine metabolism.

The gene, PDSS2, hampers cells' ability to break caffeine down, which causes it to remain in the body longer. Thus, people with the gene will feel the effects of caffeine longer, reducing their desire for more.

The scientists examined genetic data from two groups of people in Italy, and they asked participants to record how many cups of coffee they drank each day. People with a variation in their PDSS2 gene tended to drink less coffee than those without the variant.

The study was replicated in a similar study carried out in the Netherlands.

So if someone ever tells you that you're drinking too much coffee, you can blame it on your genes.



Do You Want To Win A \$25 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 FREE \$25 gift card to The Fireplace Restaurant from us! Here is this month's question... "In what country do people smash old dishes against the doors of friends and neighbors to celebrate the New Year?"

(Hint: the answer is somewhere in this newsletter)

a) Brazil c) Denmark
b) Columbia d) Scotland

Call right now with your answer!

Last month's trivia challenge was, What was the lowest temperature ever recorded on our planet?

Answer: A) -144°F

Congratulations to last month's winner...

Pam MacBeth

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What's Inside?

Win A \$25 Gift Card To
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What's The Answer?

Does Your Genes Control Your Coffee Intake?
Are You Planning To Leave Money To A Charity?



How To Build a Fire Safely?

Can You Keep Your New Year's Resolution?



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

