

December

FUEL for THOUGHT™

2017

A Free Monthly Newsletter From Your Friends At Beany's Auto Service Center

December Events

December 12-23	Hanukkah
December 15th	National Ugly Christmas Sweater Day
December 18th	Answer The Phone Like Buddy The Elf Day
December 25th	Christmas
December 26th	Boxing Day
December 26-Jan. 1	Kwanzaa
December 31st	World Healing Day

The History Of Kwanzaa

In 1966 Dr. Maulana Karenga, a professor at California State University-Long Beach, developed the holiday of Kwanzaa as a way to restore unity in the African-American community after the Watts riots. He studied harvest festivals in African cultures and pieced together aspects from these celebrations as a basis for this festival. Kwanzaa is derived from the Swahili phrase "matunda ya kwanza," which means first fruits.

During Kwanzaa families are encouraged to exchange educational, cultural, or handmade gifts. Each night a candle is lit on the Kinara and the day's principle is discussed. Families then spend time singing traditional African songs, dancing, and telling stories. On Dec. 31, a feast, or "Karamu," is held along with the rest of the evening's festivities.

There are seven principles that are observed during the week of Kwanzaa. Each highlights an aspect of kinship and community and is assigned to a day during this celebration.

The seven principles of Kwanzaa in order of their observance are:

1. Umoja = Unity.
2. Kujichagulia = Self-determination.
3. Ujima = Collective work and responsibility.
4. Ujamaa = Cooperative economics.
5. Nia = Purpose.
6. Kuumba = Creativity.
7. Imana = Faith.

23 Science-Backed Ways To Avoid Holiday Weight Gain

1. Eat Before Drinking & Celebrating
2. Pick More Proteins For Your Plates
3. Bring Your Own, Healthier, Dishes
4. Eat And Chew Slowly
5. Serve Meals Restaurant-Style
6. Fill Up On Fiber
7. Use Smaller Plates
8. Make Room For Healthy Fats
9. Ditch The Added Sugar - Go For Natural Sugars
10. Sneak In As Many Veggies As Possible
11. "Just Say No" When Tempted To Overeat
12. Wait Before Grabbing Seconds
13. Take It Easy On White Foods
14. Invest In Toss-Away Tupperware To Send Extras Home With Guests
15. Turn Off The Television When Eating
16. Chew Gum To Curb Your Appetite
17. Take It Easy On The Booze
18. Cave Into Cravings (In Moderation)
19. Choose Tall & Thin Glasses For Your Holiday Drinks
20. Gulp Tons Of Water
21. Meditate To Help From Emotionally Eating
22. De-Stress Throughout The Hectic Season
23. Get Enough Sleep



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 get in touch with us by phone or email, or by visiting our website!

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Tis The Season To Give...

Buy One Car Care Club Card & Get The Second One FREE!

Our Car Care Club Card Is A Great Gift

For Your Friends & Family!

Expires 12/24/17



Make Someone Laugh In Two Lines Or Less...

Instagram: When you have your grandma's number programmed on your speed dial.

Why don't cannibals eat clowns?
They taste funny.

A ghost walked into a bar and ordered a shot of whiskey.
"Sorry," said the bartender. "We don't serve spirits here."

Fire Ants Escape Houston Flood With Their Own "Rafts"

The flooding of Houston in the wake of Hurricane Harvey had many people scrambling to escape in boats, canoes, and makeshift rafts. Humans weren't the only one searching for dry land, though. Hordes of fire ants made their way to safety on rafts composed of their own bodies.

As described on the Live Science website, fire ants rise from the ground when faced with flooding and hook themselves together, using their ability to trap air pockets in the bodies to float away. The air inside their bodies also provides oxygen for those on the bottom.

Clumps of up to 8,000 fire ants could be seen floating in the water. Rescuers were advised to avoid touching the rafts with their oars or paddles to prevent the ants from climbing up into their craft. Spraying them with soapy water is the best defense.



Early Humans Didn't Intermix As Previously Thought

Anthropologists have long speculated that Neanderthals and early modern humans mingled together some 32,000 years ago, with Vindija Cave in Croatia a prime spot for mating. Now, according to the American Association for the Advancement of Science's website, they're not so sure.

Earlier carbon dating procedures seem to show that Neanderthals and modern human coexisted in an around the cave. Recently, however, a more detailed form of dating suggests that Neanderthals lived in the area and used the cave more than 40,000 years ago—8,000 years before early modern humans began living in the region.

Try Meditation At Work

More and more workplaces are encouraging meditation during the day. Meditation has a positive effect on physical health and mental well-being. Here are some benefits of meditating at work from Dr. Barbara Cox, a consulting psychologist and coach who specializes in working with innovative leaders and organizations:

- ◆ **Improved ability to manage stress.** Life is filled with stress, and the average work day can provide a host of new triggers that add to stress, whether it's a demanding supervisor, a difficult client or uncooperative co-workers, just to name a few. "Stressful situations are going to happen," Cox says. "So the question becomes how well you can handle the stress. Meditation can assist in that."
- ◆ **Increased quality of sleep.** Meditation can help people with their sleep issues, according to research by Harvard University and Northwestern Memorial Hospital. That doesn't mean meditating only before bedtime. It also helps to practice meditation during the day, so you can more easily get into that relaxed state at night. "If you get a good night's sleep," Cox says, "you're more likely to perform well at work the next day."
- ◆ **More mental energy.** People can often feel tired during the workday, even if they don't have a physically demanding job. One reason is mental exertion, some of which goes back to all that stress. Meditation can help restore both your physical and mental energy.
- ◆ **Greater ability to concentrate.** For many people, it doesn't take much to let their minds wander, especially these days when distractions such as smartphones and internet connections are close at hand to give them an extra reason to lose focus. Those who meditate are better able to focus on ideas and remember facts without getting easily distracted, and research by the University of California-Santa Barbara backs that up.

*"Don't make money your goal. Instead,
pursue the things you love doing, and then
do them so well that people can't take
their eyes off you."*

—Maya Angelou



HOLIDAY LABOR SAVINGS

0-\$100.00	Take 10% Off Labor
\$101.00- \$200.00	Take 12% Off Labor
\$201.00 & Up	Take 15% Off Labor



*Must Present
Coupon, Expires
12/31/17, Cannot Be
Combined With Other
Offers*

Treat At Home Or Go To ER?

Burns can be painful, but you don't necessarily have to go to a hospital to treat them. Use this checklist to determine whether you can treat a burn at home:

When to treat at home: you feel pain from the burn, the skin turn white when you press it, then turns red again when you stop, and the burn isn't on your hands joints, or face. **When to go to the hospital:** you feel little or no pain, the burn is deep and your skin is peeling, the burn covers your hand, joints, or face. **Check with your doctor when:** pain increases or you see signs of infection.



Thanks For The Kind Words

"Beany's is a great place of integrity and Kindness. Their waiting room is comfortable with a clean a restroom and great friendly service. A mechanic from a car dealership recommended Beany's to my mother-in-law and she recommended me. So grateful!"

Amazingly Good Eggnog Recipe

Ingredients:

- 4 cups milk
- 5 whole cloves
- 1/2 tsp vanilla extract, another 2tsp later
- 1 tsp ground cinnamon
- 12 egg yolks
- 1 1/2 cups sugar
- 2 1/2 cups light rum
- 4 cups light cream
- 1/2 tsp ground nutmeg



Directions:

1. Combine milk, cloves, 1/2 teaspoon vanilla, and cinnamon in a saucepan, and heat over lowest setting for 5 minutes. Slowly bring milk mixture to a boil.
2. In a large bowl, combine egg yolks and sugar. Whisk together until fluffy. Whisk hot milk mixture slowly into the eggs. Pour mixture into saucepan. Cook over medium heat, stirring constantly for 3 minutes, or until thick. Do not allow mixture to boil. Strain to remove cloves, and let cool for about an hour.
3. Stir in rum, cream, 2 teaspoon vanilla, and nutmeg. Refrigerate overnight before serving.

Donate And Save!

This month we're collecting soft things for Joseph's Coat, a local charity that connects material goods to those local folks who need a little help.

The soft things were looking for specifically are:

- New or lightly used towels and washcloths
- New or lightly used dishtowels and dishrags
- NEW Sheets (King and Queen are most needed) and pillowcases
- New or gently used winter coats



Like all our "donate and save" programs, donate any item and save \$10 off your repair bill. This offer CAN BE COMBINED with other savings, but cannot be taken off Beany's Car Care Club purchases.

For more information on Joseph's Coat, visit them at josephs-coat.org

The material contained in this newsletter is for informational purposes only and is based upon sources believed to be reliable and authoritative; however, it has not been independently verified by us. This newsletter should not be construed as offering professional advice. For guidance on any specific matter, please consult a qualified professional. ©2016 RSC

Did You Know?



You don't have to go back to the Dealer for service or maintenance on your new or used vehicle! Federal Law (Magnusen-Moss Act 1975) prohibits new car dealers from implying or denying warranty service because routine scheduled maintenance was performed at an independent repair facility. We can handle your maintenance and repair needs. Just give us a call.

A Free Monthly Newsletter
From Your Friends At
**Beany's Auto
Service Center**
1673 Brice Rd.
Reynoldsburg, OH 43068



What's Inside?

- December Events -
- Money Saving Offers -
- & Much More!

What's The Answer?

How Do You Make Eggnog?

Do You Know The History of Kwanzaa?

How Did Fire Ants Survive Hurricane Harvey?

Should You Meditate At Work?

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

