

Special Gift Ideas For The Holiday Season

The holiday season traditionally includes giving and receiving gifts. You don't have to spend a lot of money to show how much you care. Here are some creative ideas for low-cost gifts you can make yourself:

- ★ **Recipe book.** Collect some of your favorite family recipes. Put them together in a small book that highlights your family tree.
- ★ **Photos.** One way to make a special photograph even more special: Carefully cut a picture into four equal squares, then paste them onto four sheets of canvas or heavy paper. It creates a nifty effect for a four-piece picture that can hang on any wall.
- ★ **Personal gift cards.** Make your own "gift certificates" that the recipient can redeem for personal (or romantic) purposes: a day free of chores, a back or foot massage, or something similar.
- ★ **Scrapbooks.** Another use for photos: Create your own scrapbook around a family theme, a special place, a variety of activities, or anything else that has significance for your recipient.
- ★ **Calendars.** Create a calendar using photos of family members—many photographic websites and print shops can help you do this. Or take a standard calendar and highlight special days throughout the year: birthdays, anniversaries, important events, etc.
- ★ **Music.** Burn a CD of the person's favorite songs, or have a child sing his or her parents' favorite song and record it.

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...

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Say No To Holiday Stress

The holiday season is stressful enough without all the additional demands others may make. Do you often say "yes" to requests that commit you to things that you don't really have time for? Learn to say "no" without alienating your friends and family. These tips can help:

Be polite, but firm. Don't go into too many details. The person making the request can too easily revise his or her request and make saying "no" more difficult.

Say no as soon as possible. Don't drag the situation out.

Stick to your priorities. If you're asked to do anything that doesn't fit in with your responsibilities—or your values—don't do it. Just say "no."

December Events

December 3rd	International Day of Persons with Disabilities
December 4th	Santa's List Day
December 9th	Christmas Card Day
December 12th	Poinsettia Day
December 18th	Bake Cookies Day
December 25th	Christmas Day
December 31st	New Year's Eve

"As we struggle with shopping lists and invitations, compounded by December's bad weather, it is good to be reminded that there are people in our lives who are worth this aggravation, and people to whom we are worth the same."

—Donald E. Westlake



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Cheese Has A Long History

Cheese has been popular for a lot longer than you may have thought. An analysis of ancient pottery from the Dalmatian Coast of Croatia has discovered traces of fermented dairy products like soft cheese and yogurt from some 7,200 years ago, according to the Science Daily website.

The discovery means that cheesemaking is 4,000 years older than previously known. Milk pottery from 7,700 years ago has been found in the area, indicating that our ancient ancestors had milk in their diets—at least their children up to about age 10. (DNA analysis shows that adults at that time were lactose intolerant.)

The development of cheese production changed the style and form of pottery as well. Among the artifacts found at the site were sieves, which are often used to strain milk when it becomes curds and whey. The sieves contained evidence that they had been used in secondary milk processing to make cheese or other dairy products.

What Do You Know About Mistletoe?

This is the time of year when we love to have a spray of mistletoe decorating our holiday tables, worked into wreaths, or hanging over the door frame for an excuse to kiss the ones we love as they cross the threshold. How or why we do any of this is a bit of a mystery, considering...

Mistletoe is toxic to humans. Ingesting the berries or other parts of the plant can produce symptoms including nausea, abdominal pain, diarrhea, blurred vision, changes in blood pressure, and possibly death. You might want to use the artificial variety for your decorations, especially if you have small children in your home.

From bees to butterflies to birds, squirrels, porcupines, and deer, the plant is a great source of nectar, nesting, and nourishment for most animals. The glue-like quality of the seeds helps them attach to the feathers and beaks of birds. When the birds fly away and perch in a different tree, the sticky nectar finds a home on the bark and begins to grow into a new plant.

Mistletoe is a parasite. The plant thrives by siphoning off valuable nutrients from its host trees and shrubs, causing decay, infection, and eventual death. As horrible as that sounds, it's just part of the circle of life in a forest ecosystem.

Some 20 species of the plant are endangered, yet there are roughly 1,300 species worldwide, so this paradox of nature won't be going away anytime soon.

"This is my wish for you: peace of mind, prosperity through the year, happiness that multiplies, health for you and yours, fun around every corner, energy to chase your dreams, joy to fill your holidays!"

—D.M. Dellinger

Survival Tips If Your Car Gets Stuck In A Blizzard

Getting trapped in your car during a blizzard can be a terrifying experience. But it doesn't have to be fatal, if you stay calm and follow these survival tips:

- * **Stay in your car.** Unless help or shelter is clearly visible within easy walking distance, you're safest remaining in your vehicle where it's warm and dry.
- * **Make yourself visible.** Tie a brightly colored piece of cloth to your antenna to signal rescuers. Use your flashers, and light signal flares if you have any.
- * **Bundle up.** Wrap yourself up in whatever you have. Even newspaper will help you retain heat.
- * **Clear your tailpipe.** Make sure snow and ice aren't blocking your tailpipe, or carbon monoxide could back up into your vehicle when you turn on the engine.
- * **Run your heater sparingly.** Conserve fuel by running the heater for only 10 minutes an hour. That should be sufficient to keep you warm. Crack a rear window to prevent any fumes from lingering inside when your motor is running.
- * **Keep moving.** Even inside your vehicle, move your arms and legs as much as you can to keep your circulation going and stay warm.
- * **Fasten your seatbelt.** Your car may not be moving, but if visibility outside is low, another car could rear-end you, causing injury if you're not securely strapped in.
- * **Stay awake.** You're less likely to experience hypothermia and other cold-related conditions, and you can watch for rescue.



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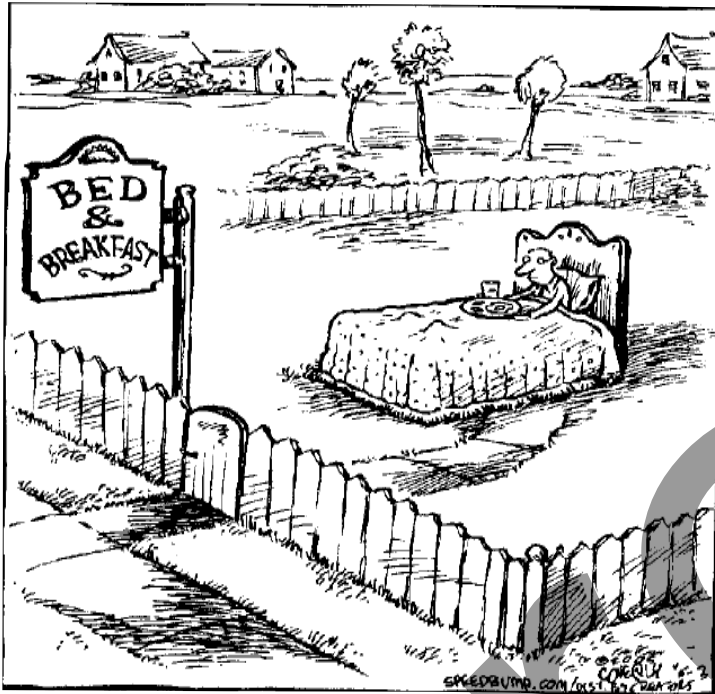


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Stay Positive

Successful people are optimistic. Optimism isn't blind faith, though; it's 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 won't last forever."
"This doesn't affect every part of my life."
"I'm not necessarily to blame."*



Thanks For The Kind Words

*"The integrity, and honesty they exemplify is second to none!
Beau's Auto prices are very reasonable and very competitive. My family and I trust and hold Beau's staff in high regards."
- Online Reviewer*

Help us fill up our Mitten Tree this month!

Through the end of 2018, bring in new or homemade mittens, scarves, socks and hats to help fill our "Mitten Tree" for Joseph's Coat.

Joseph's Coat is a local charity that provides material goods to Central Ohio folks who are struggling financially. They need warm things for kids of all ages (yes, even 40 and 50 year old kids!) this time of year. We'll have the tree in the lobby and look forward to watching it 'grow' all season.



Creativity On The Side

If you'd rather be painting a mural, or banging on a drum, or doing anything other than work, you're not alone. Below is a list of famous people whose day jobs show you can create a masterpiece and still work 9 to 5:

- **Art Garfunkel, singer.** Garfunkel earned both a B.A. and an M.A. while he was a member of Simon and Garfunkel. After the release of "Bridge Over Troubled Water," the duo parted ways. Garfunkel spent the next two years teaching math at a private school before embarking on a solo career.
- **Corita Kent, artist.** Sister Kent found her calling to be both an artist and a servant of religion as a Roman Catholic nun. She worked mostly on silk screen and taught art classes at a Catholic college. After a 30-year career, Kent abandoned her creative pursuits when the Church determined that her art was too political in its themes—while branding other pieces downright blasphemous.
- **Philip Glass, composer.** When Glass wasn't helping out his pals in the moving business, he made his living as both a plumber and a taxi driver.

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What's Inside?

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

What's The Answer?



Can I Stay Less Stressed This Season?



How Can I Get Creative With My Holiday Gifts?

What Is The History Of Cheese?



Are You A Mistletoe Expert?



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