

December

FUEL for THOUGHT™

2019

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



December Events

December 4th
December 9th
December 12th
December 20th
December 22nd
December 24th
December 25th
December 31st

Santas' List Day
Christmas Card Day
Poinsettia Day
Go Caroling Day
Winter Solstice
Christmas Eve
Christmas Day
New Year's Eve



Train Yourself To Be Accountable

Goals are important to a successful career, but they're meaningless if you don't commit to them wholeheartedly. Here's some advice from the Supporti website on how to hold yourself accountable for your progress:

- ▶ **Start with a plan.** Set a start date and a deadline for achieving your goal. Then identify the steps you'll take on a daily, weekly, or monthly basis to get from point A to point B. Include as many steps as you can think of. Leaving something out can derail your effort.
- ▶ **Make goals visible.** Create a tangible reminder of your goal that you'll see every day. A picture of what you want to accomplish or a note detailing the benefits can reinforce your motivation every time you see it.
- ▶ **Track your progress.** Crossing items off a to-do list gives you a sense of completion. Set up a system for marking off the positive steps you've taken, and you'll look forward to doing more and moving closer to your objective.
- ▶ **Work with a buddy.** Tell a colleague or friend about your goal, and ask him or her to check in regularly on how you're doing. Answering to someone else means you'll work to avoid having to admit that you're not following through on your effort.

Tests Confirm Cats' Attachment With Humans

Do you ever wonder whether your cat really likes you? Numerous studies have looked into the nature of attachments between dogs and people, but few have examined attachment in cats—probably because of the stereotype that cats aren't social animals.

Researchers decided to study the bond between cats and their owners with a simple experiment: Eighty humans brought their kittens into an unfamiliar room, played with them for two minutes, then left. After two minutes, they returned to play with the kittens again.

The unfamiliar environment made many cats anxious, as demonstrated by loud meowing and other stressed-out behaviors. Some of the cats remained anxious when their humans returned, while others avoided them. But about two-thirds greeted their humans and relaxed, exhibiting playfulness and exploration of the environment. That's about the same proportion that dogs and babies have displayed in similar tests of attachment.

The researchers point out that we can't really know whether our cats truly like us, but the results do suggest that they form a real bond with their humans, much like dogs.



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...

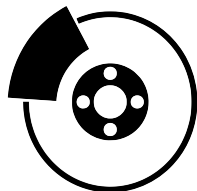
Call us at (614) 864-1600

Email us at

kerri@beanysautoservicecenter.com

Visit our website at

www.beanysautoservicecenter.com



FREE Brake Inspection & SAVE \$11.00

On Any Brake Repair Or Service Needed



Must present coupon
Cannot be combined with other offers or coupons
Expires 12-31-19

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.

Learn About Stroke — And How To Recognize One

What is a stroke? Also called a “brain attack,” it’s when blood to an area of the brain is blocked, or when there’s sudden bleeding in the brain. Someone suffers a stroke every 40 seconds in the United States, according to the NBC News website. The website describes two different kinds of strokes that can occur:

- ➔ **Ischemic stroke.** This is caused by a blood clot or plaque blocking a blood vessel in the brain.
- ➔ **Hemorrhagic stroke.** This is the result of a blood vessel bursting and bleeding into the brain.

The main causes of a stroke, according to the CDC, are high blood pressure, high cholesterol, smoking, obesity, and diabetes. How can you tell if someone is having a stroke? Remember the acronym FAST:

F: Face. The face of a person having a stroke usually droops. Ask the person to smile. If the smile is uneven, a stroke could be happening.

A: Arms. Ask the person to lift one or both arms above the head. A weak or numb arm is another symptom of stroke.

S: Speech. Is the person slurring his or her words, unable to speak, or difficult to understand?

T: Time to call 911. If the person exhibits any of these symptoms, call for medical help immediately.



Should You Promote An Employee To Management?

You’ve got a talented employee and you’d like to promote her to management—but you’re aware that the skills involved in doing a particular job are usually quite different from the strengths required to manage other people. How can you decide whether the employee is a good fit?

Try a test project. Let him or her manage a project, or fill in for another manager, or lead a team on a temporary basis. You’ll quickly see whether he or she has the chops, and the desire, to manage people without taking the risk of losing a skilled worker at the same time.

Manage the holiday atmosphere with a balance of spirit and duty

December is a month of celebrations—Hanukkah, Christmas, Kwanzaa, New Year’s—and many distractions as well. While you don’t want to squelch your employees’ enjoyment and enthusiasm for the holidays, you also don’t want to spend the month watching workplace productivity plummet. Here’s how to maintain the right balance:

- **Celebrate accomplishments.** Let your workforce feel good about what they’ve achieved this year. Remind them of successes, small and major—even if your most substantial achievement is just surviving a tough year. Emphasize the value of working together on common goals.
- **Set the right example.** If employees see you sticking to your job during December, they’ll be more likely to stay attentive to their own responsibilities. At the same time, be a little flexible to show employees you understand the stress and excitement they’re feeling.
- **Support the festive atmosphere.** If you try to suppress any holiday spirit, employees may go “under the radar” to celebrate. Encourage people to decorate, bring treats, or set up a gift exchange so they can enjoy the season openly.
- **Plan for the future.** Looking ahead to new projects and goals can be more attractive when people are feeling excited and hopeful. Get employees involved in strategic planning now, instead of waiting for the day after New Year’s, when everyone feels tired, let down, or possibly hung over.

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 12/24/19



Thanks For The Coats!!

When we started the coat drive on November 1, our goal was FIFTY coats. By November 20th we'd collected over THREE HUNDRED COATS!!! We can't thank you enough!! Joseph's Coat had to come to the shop three times during the month to clean out our donation box. We love the outpouring of support and giving from our friends and customers. Thank you so very very much!! Your generosity is instrumental in keeping needy Central Ohioans nice and warm this winter.



Venus May Once Have Been A More Temperate World

Venus, Earth's closest planetary neighbor, has a toxic atmosphere and surface temperatures hot enough to melt lead. However, CNN reports that recent studies suggest Venus had a more moderate climate some three billion years ago.

Venus could have had liquid water and surface temperatures of 68–122 degrees Fahrenheit, until something caused a release of carbon dioxide from the rocks on the planet 700–750 million years ago. Simulations suggest that Venus had an atmosphere full of carbon dioxide several billion years after it was formed. The carbon dioxide would have been drawn from the atmosphere and been trapped below the surface.

What triggered the release? Researchers speculate that magma from volcanic activity could have dispersed it through the atmosphere and couldn't be reabsorbed into the surface as the magma cooled, thus sparking a runaway greenhouse effect.



December Opportunity To Help

This year we are partnering with the Truro Township Fire department in collecting new toys for kiddos that live in Reynoldsburg and/or attend Reynoldsburg City Schools. Simply bring an **unwrapped** toy to the shop and place it in our donation box in the lobby any time we're open, Monday through Friday, 8am-6pm. The collection is going on until December 15th, when the firefighters will come clear out our toys to take to Santa's workshop. They've asked us to also ask for cash or check donations so that they can purchase gift cards for the older kiddos who might prefer some Starbucks or an Amazon card to a toy.

We will gladly accept those, with checks made payable to "Truro Township Firefighters" and "Toys for Kids" in the memo line. Help us make this Christmas awesome for some Reynoldsburg kids. Thank you!



Thanks For The Kind Words

"Super nice people and great service!"
- Sonya (online review)

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NEW YEARS BRINGS SAVINGS!!!

Your Choice:
Transmission, Coolant
Or Fuel Injection Flush

HAPPY
NEW YEAR

Any Flush Service...
Take \$12.75 OFF



Cannot Be Combined With Other Offers Or Coupons

Expires 12-31-19

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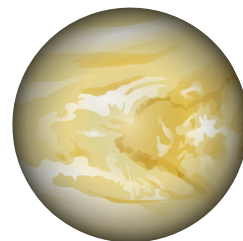


What's Inside?

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



What's The Answer?



What Are Four Ways To Train Yourself To Be Accountable?

What Are The Five Main Causes Of A Stroke?

Can Cats Really Get Attached To Humans?

Did Venus Previously Have A More Moderate Climate?



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

