



**FIRST CLASS**

# **News You Auto Know!**



**A Newsletter You Can Use • Come Along for the Ride!**

## **Testimonial**

JOHN,

“THEY SAY THAT A JOB WELL DONE IS ITS OWN REWARD,

BUT STILL, YOU SHOULD KNOW HOW MUCH YOUR HARD WORK MEANS TO THOSE AROUND YOU.

I WANT TO EXPRESS MY SINCERE THANKS TO YOU AND YOUR STAFF FOR THE QUALITY SERVICE PROVIDED.

THE PROFESSIONAL AND EASY GOING ENVIRONMENT ALLOWED ME TO FEEL A PART OF THE SELECT “FAMILY”

I AM A VERY SATISFIED CUSTOMER

THANKS FOR DOING SUCH A GOOD JOB

RESPECTFULLY, LISA BETHEA

## **Guess the weight of the Pumkin contest winners!**

**1st—Gabrielle Kiger**

**2nd— Eric Hamberlin**

**3rd thru 10th—Charlie Magale, Keith  
Greene, Keith Pressey, KD John-  
son, Michelle Maestoso, John-  
Tully, Julie Hamberlin,, Denise Chase**



# SELF-IMPROVEMENT

The time to start doing anything is right **NOW**. NOT tomorrow, NOT next week, or next year. Too many people put off what they should start by making excuses. Not enough money, not enough time, I'm Too Old, Too Young, Too Inexperienced, etc.

The **Time is NOW** and you must start **NOW!** **There's NO GOOD TIME to Start other than NOW.**

Is the economy Bad? It will always get bad and good, up and down, how does this affect what you are doing in your life?

Do what you can do something about.

Do yourself a big favor, **GET STARTED NOW!**

## Thanksgiving Word Search



4

ALGONQUIN  
AMERICA  
CANOE  
COLONY  
COOK  
CORN  
ENGLAND  
FALL  
FAMILY  
FEAST  
FREEDOM  
GRAVY  
HARVEST  
INDIANS  
JOHN CARVER  
LONGHOUSE  
MAIZE  
MASSASOIT  
MAYFLOWER  
MILES STANDISH  
NEW WORLD  
PATUXET  
PIE  
PILGRIMS  
PLYMOUTH  
PUMPKIN  
PURITANS  
SAIL  
SAMOSET  
SETTLERS  
SICKNESS  
SQUANTO  
SQUASH  
STUFFING  
THANKSGIVING  
TREATY  
TURKEY  
VOYAGE  
YAMS

G O L S S X J M D D L C Q Z I S  
A N U P Q B H F S O Z O B A X R  
S M I X F U S N L S K L G D U M  
T E E Q A J A G E Q E O N A C H  
U U T R M T U N I U Q N O G L A  
F N H T I D Q I T S R Y K C M R  
F I T R L C S V M O S P I C A V  
I K U Y Y E A I C D N A L P I E  
N P O R M Z R G L L A T O F Z S  
G M M L E G I S I R I U N Z E T  
T U Y F L V N K A O D X G L R U  
E P L I E A R N S W N E H U M R  
S N P Z T A F A X W I T O V O K  
O A G B R E S H C E H Q U U D E  
M M I L E S S T A N D I S H E Y  
A V O Y A G E Z R Y H Z E G E A  
S U J M T N M A Y F L O W E R M  
G R A V Y S D X W Q U I J C F S

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Happy Thanksgiving!



# Food Frauds

## Energy Bars

Many of these are simply enhanced candy bars with more calories (up to 500) and a higher price tag. Their compact size also leaves many people unsatisfied. "Three bites and it's gone," says Bonci, who advises hungry athletes and dancers.

**Food Fix:** Choose bars that have 200 calories or less, at least 5 grams of fiber, and some protein, which helps provide energy when the sugar rush fades.

## 2% Milk

Two percent milk sounds healthier than "whole" milk. But it still has more than *half the saturated fat of whole milk*. Here's what's in a cup of milk:

Whole Milk (3.25%) = 150 cal., 8g fat, 5g sat. fat

Reduced-fat (2%) = 130 cal., 5g fat, 3g sat. fat

Skim (nonfat) = 80 cal., 0g fat, 0g sat. fat

**Food Fix:** If you like whole milk, blend it with 2% for a while, then 1%, then skim, until you get used to the taste of nonfat milk.

## Trivia Contest

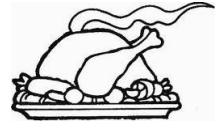
Which of the foods below is a Traditional Thanksgiving dish:



1. Kiwi Jam
2. Pizza and Beer
3. Hot Dogs
4. Cranberry Sauce

Call us at 973-325-1426 with the correct answer and we will put everyone that calls in a drawing for a FREE lunch at **GAFFER'S PUB**

# Did You Know?



Below you'll find some interesting Thanksgiving facts, traditions and other bits of information relating to the history of Thanksgiving.

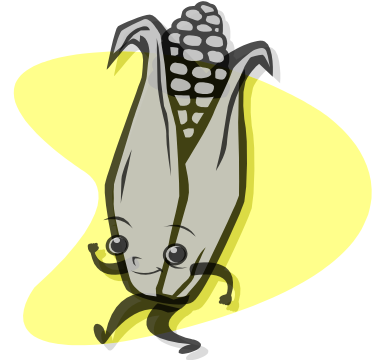
It was not until 1941, that congress declared Thanksgiving as a national holiday. It was declared to be the fourth Thursday in November.

**Fifty percent of Americans put the stuffing inside the Turkey.**

Fossil evidence shows that turkeys roamed the Americas 10 million years ago.

**91% of Americans eat turkey on Thanksgiving Day.**

There are regional differences as to the "stuffing" (or "dressing") traditionally served with the turkey. Southerners generally make theirs from cornbread, while in other parts of the country white bread is the base. One or several of the following may be added: oysters, apples, chestnuts, raisins, celery and/or other vegetables, sausage or the turkey's giblets.



**Thomas Jefferson thought the concept of Thanksgiving was "the most ridiculous idea I've ever heard."**

Every President since Lincoln proclaimed Thanksgiving Day. But in 1939, 1940, and 1941 Franklin D. Roosevelt proclaimed Thanksgiving the third Thursday in November to lengthen the holiday shopping season. This upset people.

**Here's one of those funny Thanksgiving facts: Turkeys have heart attacks. When the Air Force was conducting test runs and breaking the sound barrier, fields of turkeys would drop dead.**

The North American holiday season (generally the Christmas shopping season in the U.S.) traditionally begins when Thanksgiving ends, on "Black Friday" (the day after Thanksgiving); this tradition has held forth since at least the 1930s.

**On the West Coast of the US, Dungeness crab is common as an alternate main dish instead of turkey, as crab season starts in early November.**

Corn is one of the popular symbols of thanksgiving. It came in many varieties and colors - red, white, yellow and blue. Some Americans considered blue and white corn sacred. The oldest corns date 7000 years back and were grown in Mexico.

**Benjamin Franklin wanted the national bird to be a turkey.**

More than 40 million green bean casseroles are served on Thanksgiving.

**Twenty percent of cranberries eaten are eaten on Thanksgiving.**

Turkeys were one of the first animals in the Americas to be domesticated.

**Columbus thought that the land he discovered was connected to India, where peacocks are found in considerable number. And he believed turkeys were a type of peacock (they're actually a type of pheasant). So he named them "tuka", which is "peacock" in the Tamil language of India.**

Contrary to popular belief, Native Americans did not eat cranberries. They did, however, find them extremely useful for dying fabric and decorating pottery.

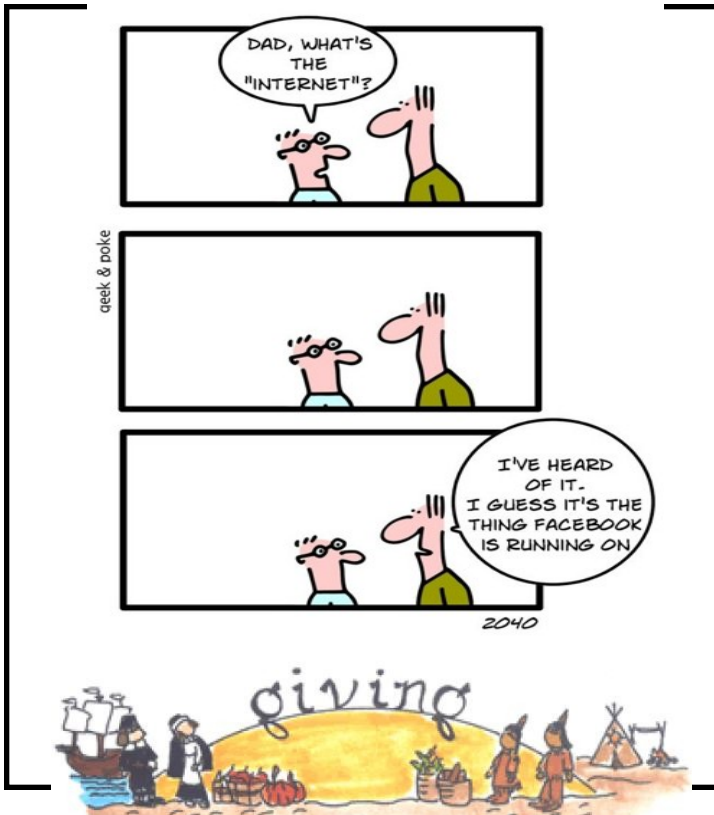
**In October of 1777 all 13 colonies celebrated Thanksgiving for the first time; however it was a one-time affair commemorating a victory over the British at Saratoga.**





# News You Auto Know!

Arriving every month—because you are important to us!



## **A Thanksgiving Cookbook**

by Mrs. Geraghty's Kindergarten Class

**Moriah - Turkey** First you cut the bones out. Then you put it in the oven for 10 hours at 600 degrees. Then you put it on the table and eat it.

**Jennie - Corn** My mom buys it. Then you throw it. Then you cook it. Then you eat it.

**Shelby - Applesauce** Go to the store and buy some apples, and then you squish them up. Then you put them in a jar that says, "Applesauce". Then you eat it.

**Christopher - Pumpkin Pie** First you buy a pumpkin and smash it. Then it is all done. And you cook it in the oven for 12 minutes and 4 degrees. Then you eat it.

**Joplyn - Apple Pie** Take some apples, mash them up. Take some bread and make a pie with it. Get some dough and squish it. Shape the dough into a pie shape. Put the apples in it. Then bake it at 9 degrees for 15 minutes.

**We really appreciate Your referrals!**

**As a way to say thank you for helping us to grow,**

Give this coupon to a neighbor, friend, co-worker or family member and we'll give them our regular oil change at ½ off the regular price *and...*

You'll get your next oil change for **FREE**. We'll even give you (1) for everyone that brings in the flyer.

**Make as many copies as you like and pass them out**

**Your Family and Friends can bring this flyer in for**

**50% off their oil change**

**plus 20% off any additional services**

*Good for first time customers only*