

A Free Monthly Newsletter From Your Friends At Kwik Kar Auto Service & Repair

## Smart Gadgets Support The Environment And Your Bottom Line

Want to save some money and help the environment? Take a look at some of these household gadgets that can do both:

- \* The right TV. When you buy that big flat-screen television, get an LCD (liquid crystal display) instead of a plasma TV, which uses more power. Choose a model that uses a light-emitting diode (LED) as a backlight instead of a fluorescent light source, as LEDs are more efficient and will cut your energy costs some.
- \* A better shower head. Refit your shower with a low-flow shower head (one that reduces water volume to about 2.5 gallons per minute). You'll cut your water consumption and save on your hot water bill.
- \* Motion sensors. Don't worry about accidentally leaving the lights on. A motion sensor will automatically turn the light off when a room is empty for a pre-set period of time, reducing your energy use and your electric bill.



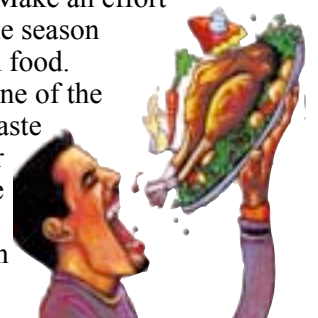
## Don't Overdo The Holiday Eating

The December holidays are a time of joy, remembrance and food. Mostly food, it seems, and that makes it hard to stick to a healthy diet.

You don't have to wait until New Year's Day to renew your commitment to nutritional sanity, and you don't have to practice complete denial either.

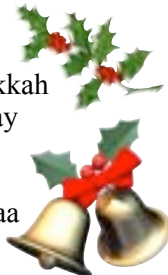
Follow this advice to maintain some balance:

- ★ Don't skip meals. If you avoid lunch in order to offset a big family dinner, you'll probably eat more because you're extra hungry. Eat breakfast and lunch so you're able to control your appetite when the mashed potatoes and gravy come your way.
- ★ Exercise portion control. Don't overload your plate. Take sensible portions of whatever comes your way, and you won't feel compelled to consume every last bite in order to avoid wasting food.
- ★ Eat slowly. Your stomach can fill up before you're aware of it, which means you may eat more than you really want or need—leaving you stuffed and uncomfortable. Make an effort to put down your fork and chew thoroughly between bites, and drink plenty of water before and during your meal.
- ★ Sit with the right people. If possible, sit next to a companion whose eating habits mirror the example you want to follow. If your partner is an athlete with an enormous appetite, you'll tend to eat a similar amount, but if you're seating next to someone who'd watching his or her weight, chances are you'll exercise the same self-control.
- ★ Focus on the holiday. Remember that holidays are about more than just eating. Make an effort to talk to people and enjoy the season without just concentrating on food.
- ★ Get right back on track. If none of the above advice works, don't waste time beating yourself up over it. Just remind yourself of the long-term benefits of healthy eating to motivate your return to good habits.



## December Events

December 2nd	First Night of Hanukkah
December 6th	National Miner's Day
December 7th	Pearl Harbor Day
December 25th	Christmas Day
December 26th	First Day of Kwanzaa
December 31st	New Years Eve



## 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 give us a call at **817-459-4229**, email us at [help@kwikkarnortharlington.com](mailto:help@kwikkarnortharlington.com) or visit us at [www.kwikkarnortharlington.com](http://www.kwikkarnortharlington.com)

## Toys For Tots



Together We Can Make A Childs Christmas Better!!!



Bring in a NEW unwrapped toy for Toys For Tots and we will give you a \$10.00 gift certificate towards your next purchase.

We need all toys by 12/16/11



## Blink Of An Eye

A tortoise called the police to report a robbery. Two rabbits quickly hopped to his house to get the report. "Can you tell us what happened?"

"Two snapping turtles mugged me!" the tortoise said.

"What did they look like?"

"I don't know. It all happened so fast!"



## That's One Expensive Meal

How much money do you spend on food? You'll save some bucks if you just cut out those \$80 hot dogs, and some of the other items on this list (from The Globe and Mail) of the world's priciest meals:

- ◆ Hot dogs. The Brockton Rox, a Canadian-American baseball team, sold two \$80 hot dogs at a July game in Brockton, Mass. The "K-O Dogs," named for the team's mascot, consisted of a foot-long half-pound of beef rolled in truffle oil, coated with crushed porcini mushrooms and sprinkled with white truffle shavings in a roll from an exclusive bakery.
- ◆ Hamburgers. The Las Vegas-based Le Burger Brasserie offers a burger of Kobe beef, Maine lobster, and imported brie and prosciutto for \$777 (bottle of Dom Pérignon Rosé Champagne included).
- ◆ Omelets. At Norma's, a restaurant in New York City's Le Parker Meridien Hotel, one can order a \$1,000, 3,000-calorie omelet with lobster meat and 10 ounces of sevruga caviar.
- ◆ Cocktails. Craving a good Mia Tai? The Merchant Hotel in Belfast, Ireland, serves one mixed with 17-year-old Jamaican rum for about \$1,100. The rum is said to come from the last remaining bottle of J. Wray & Nephew Jamaican Rum that Victor J. Bergeron (better known as Trader Vic) used when inventing the Mia Tai in the 1940s.



## Cookie Cutter Week Is Dec. 1-7

If you collect cookie cutters, this week is for you. And if you just like to bake holiday cookies for your friends, family, and co-workers, Cookie Cutter Week is the perfect excuse to get out your cookie cutters and fire up the oven.



## A Few Holiday Shopping Tips

It's the holiday season, so here are a few tips for trying to stay sane and purchase the best gifts.

- ❖ Plan your holiday shopping. Make a list of what you want to buy, and for whom you need to buy.
- ❖ Set a budget so you don't overspend.
- ❖ If you shop online, pay attention to the details. Is shipping free or is there a charge?
- ❖ Get an envelope or file for your receipts so you can keep track of how much you have spent at any given moment.
- ❖ Know stores' return policies. That way you can relay the information necessary if the gift needs to be returned or exchanged.
- ❖ Beware of sales that really aren't sales.
- ❖ Wrap things as you go. Keep everything at home, and wrap the gift the minute you walk in the door. You'll feel more relaxed and prepared.



*"Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you."*

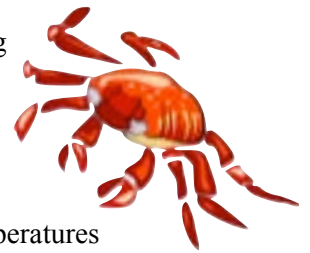
*- Princess Diana*

## Attack Of The Giant Red Crabs

It sounds like a 1950s science fiction movie: Giant red crabs attack and cause devastation wherever they go. But it's real, and it's happening in the Antarctic. The New Scientist website reports that king crabs measuring more than a meter across are invading the waters underneath the South Pole, laying waste to an ecosystem more than 14 million years old.

Over one million *Neolithodes yaldwyni* (king crabs) have migrated to Palmer Deep, a basin beneath the continental shelf of the Antarctic Peninsula, where they're crashing through the fragile sediment of the ocean floor with their long legs.

They appear to be devouring sea urchins, starfish, and other aquatic life, reducing the number of species in colonized areas to just a quarter of that in other, not-yet-invaded regions. Scientists say that warming temperatures have allowed the crabs to expand their home base; if the warming trend continues, the invading crabs could spread to areas as shallow as 400 meters within the next 20 years.



**NEW YEARS BRINGS SAVINGS!!!**  
**Your Choice:**  
**Transmission, Coolant**  
**Or Fuel Injection Flush**



**Any Flush Service...**  
**Take \$10.00 OFF**



Cannot be combined with other offers or coupons

Expires 12-31-2011

Must Present Coupon

## A Dad's Lesson In Integrity

A father who had been laid off from his job had been watching expenses closely for months. But he'd made a promise to his two sons—twins—that he'd take them to a nearby amusement park for their 10th birthday.

When the day came, the father withdrew some money from his savings, and he took his two sons on the bus to the amusement park. When they reached the front gate, he saw a sign:

"General admission: (ages 10 and up) \$10."

"Children under 10: \$5."

If he'd come a day earlier, the father realized, he could have saved 10 dollars—five for each of his twin sons. But with a sigh he led the boys up to the ticket window and said, "Three general admission tickets, please."

The woman in the booth looked them over and smiled. "How old are you boys?"

"I'm 10 years old today," said one son.

"So am I," said the other. "We're twins!"

The woman leaned forward. "You know," she whispered, "you could have asked for two 'Under 10' tickets, and I never would have known."

"Yeah," said the father, "but they would have."



## Is It Really A Bill Collector Calling?

It's only natural to get worried when a debt collector calls you about an overdue bill. Just don't panic. In a recent alert, the Better Business Bureau warned consumers about con artists who frighten consumers into surrendering their debit card numbers to pay off debts they don't really owe.

Scammers may have personal information about you that makes them seem legitimate, but don't be fooled. If you're not sure about the debt, you can request or demand written documentation of the bill before paying it. And never give your credit information to someone over the phone whose identity you're not sure of.

## Like A Diamond In The Sky?

Astronomers and gem dealers alike were no doubt excited by the discovery of a distant world that appears to be crystalline in its structure and chemical makeup—in other words, it's a big fat diamond. The planet, which orbits a pulsar some 4,000 light-years from Earth, is about 20 times denser than the planet Jupiter (the largest planet in our solar system) and is about five times the diameter of Earth.

As reported by the journal Science, scientists in Australia, Europe, and the United States detected the planet by analyzing the radio signals emitted from the pulsar it orbits. (A pulsar is a neutron star that gives off bursts of electromagnetic radiation as it rotates.) It's located in the constellation Serpens (the Snake). The world is currently known as PSR-J1719-1438, but we're hoping for something with a slightly catchier ring.

How about Zirconia?



## Americans Take Their Smiles Seriously

Brushing and flossing are just the beginning of a nice smile. A poll from the American Academy of Cosmetic Dentistry tells us that teeth whitening procedures have increased in popularity among Americans by 300 percent in the past five years. Porcelain veneers have also become more common, rising by 250 percent in the same time period.

In another survey by the AACD, 99.7 percent of Americans said they believe a good smile is an important social asset; 74 percent think that an unattractive set of chompers can hurt one's chances of career success.

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## Winter Inspection

Just Stop by & We'll Test Your Antifreeze, Check Your Battery, Tires & All Fluid Condition & Levels.

Expires 12-31-2011

Cannot be combined with other offers or coupons



Must present coupon

A Free Monthly Newsletter  
From Your Friends At  
*Kwik Kar Auto Service & Repair*  
1820 Brown Blvd.  
Arlington, TX 76006

*December*

## What's Inside?

- How Not To Overeat This Holiday Season -
- Smart Gadgets Can Save You Money -
  - A Dad's Lesson In Integrity -
- The Attack Of The Giant Red Crabs -
  - December Events -
  - Money Saving Offers -
  - & Much More!

## *What's The Answer?*



*Is An LCD Or Plasma TV More Cost Efficient?*

*What Is A 'Neolithodes Yaldwyni'?*



*Which Person Will Help You Eat Better This Holiday Season - An Athlete Or A Dieter?*

*Where Is 'Palmer Deep' Located?*

*Where Can You Find A Good \$80.00 Hot Dog These Days?*

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



# Want To Give A Great Stocking Stuffer This Year?



*Our Car Care Club Card Is A Great Way To Help All Your Friends & Family Save Money On All Their Automotive Needs! It's the gift that keeps giving all year long!!!*

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



Please call us today at (817) 459-4229 to pre-order your cards.  
Just remember this offer expires December 31st, 2011.  
We look forward to seeing you soon!!



*Kwik Kar* Auto Service & Repair is proud to be a drop location for Toys for Tots of DFW.

The mission of the U.S. Marine Corps Reserve Toys for Tots Program is to collect new, unwrapped toys and deliver them to needy children in our area.

The kinds of toys that are needed are:

*Toys for Boys & Girls aged 0 – 12 up to \$30.00 & Bicycles.*

Your donation will bring a smile to a needy child's face this Christmas! Thank you in advance!

As a **THANK YOU** for your donation, *Kwik Kar* Auto Service & Repair will give each donor a \$10.00 Gift Certificate good towards your next purchase!

