

Doc's motorMOUTH

DECEMBER
2018

A Free Monthly Newsletter From Your Friends At Doc Motor Works



DOC MOTOR WORKS

Food For Thought

*It's NOT what's under the tree that matters,
it's WHO's gathered around it.*

The TRUE spirit of Christmas is Love.

Christmas isn't a season, it's a feeling.

*We are like a SNOWFLAKE...all different in our own
beautiful way.*

Doc's RX ...

This month is COLD, and your car needs love too. Be sure to keep greater than 1/4 of a tank of gas to prevent fuel from freezing. Water in the fuel can freeze and cause your car to not start. Heat fuel additive can help but just keeping fuel in the tank will help with this. Tire pressure drops with the temperature and will greatly effect your cars traction. Keep tires aired up to provide the best traction.



Thank you, from all of us to all of yours,
Happy Holidays from Doc's

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10 UNIQUE WAYS TO CELEBRATE CHRISTMAS AND CREATE NEW FAMILY TRADITIONS



So here's my family's seasonal dilemma:

We love the holiday

season, and particularly Christmas. Call it what you will: nostalgia, a fondness for tradition, an excuse to be part of a communal experience...but we, and now our daughter, delight in the decorating, the tree, the music, the lights. As far as my agnostic soul is concerned, December is one great big interfaith solstice celebration. The only problem is that looking through the eyes of our two-year-old, we've realized that much of what we love about the season comes with a implicit anticipation of the Big Day, especially our beloved advent calendar. This means that if all that happens on the Big Day is presents, then no matter how restrained we've been in our purchases/creations or how studiously we've avoided the malls, we've nonetheless just taught our kid that the Christmas gift exchange is itself worth a month's worth of ramp up.

We're not going to ditch the gifts, but we figured we ought to add something else to the 25th to make it more of a day apart. Here are some ideas we've considered or others have done. **What do you do?**

- Get up to watch sunrise.
- Caroling.
- Feed the birds.
- Remember the poor.
- Feast.
- Make gift exchange about means, not just ends.
- Quality time.
- Call relatives and friends.
- Take a look back. Write down memories from the year.
- Go see the lights together.



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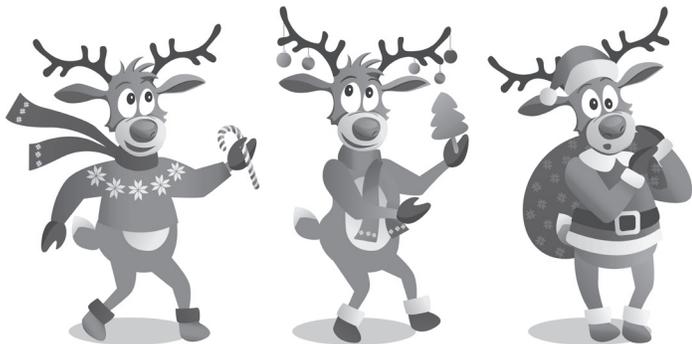
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Magic Reindeer Food

Guide Rudolph and his team this Christmas Eve with some magical reindeer food. Sprinkle the mix of oats and edible glitter in the yard - the glimmer in the moonlight will light the way for Santa and his sleigh and the reindeer will have something to eat after all their hard work!

Ingredients

- 1/2 cup porridge oats
- 1 tsp edible red glitter
- 1 tsp edible green glitter

Instructions

- Mix oats and glitter in a small bowl until combined.
 - Spoon into a snack-size ziplock bag and seal carefully.
 - On Christmas Eve, sprinkle Magic reindeer food outside while reciting the special poem printed on the label.
- "Snuggle down in bed and listen out for sleigh bells!"

Notes

- Be sure to use edible glitter (the sort that you can decorate cakes with) as craft glitter can be harmful to wildlife.
- If Christmas Eve is damp, sprinkle your Magic reindeer food on grass, not a pathway or paved area as the rain could turn your glittery oat mix into porridge!

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8 Christmas Decoration Storage Hacks – Budget Organization

When it comes time to put away your holiday décor, do you find yourself feeling stressed and overwhelmed? It isn't nearly as fun putting it away as it is getting it out, is it? There's no need to buy fancy storage containers for your Christmas decor. Instead, give these thrifty Christmas decoration storage hacks a try.

1. Save those egg cartons.

Egg cartons offer easy Christmas storage and great cushioning for those fragile ornaments. Simply drop an ornament in each compartment and close the lid. It is a quick and easy way to keep those fragile decorations safe. *source – Ask Anna*

2. Wrap your lights.

Cut a large square of cardboard and use it to wrap your holiday lights around. Make a slit near the edge to run the end of the cord through. Then, just start wrapping the lights around the cardboard. Make an additional slit to run the opposite end of the cord through. Also, label whether they are tree, house, outside etc lights. *source – Martha Stewart*

3. Use plastic cups in plastic bins.

Glue cheap plastic cups to cardboard to hold your breakable Christmas ornaments safely. *source – Dollar Store Crafts*

4. Use old stockings to protect your specialty holiday candles.

I don't know anyone that burns their special Christmas candles (at least not in one season). So you need a way to store them safely. Use old stockings to cover your candles before you tuck them in a storage container. *source: Good Housekeeping*

5. Re-think taking apart your tree.

If you use an artificial tree, rethink taking it apart to store it. If you have the room, simply place a trash bag over the tree and tie up the bottom. Or there are bags that you can buy for this purpose. This will keep dust and debris off the tree and save you the hassle of having to remove and store the branches (not to mention figuring out how to put it all back together again next year).



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*Can't Be Combined With Any Other Offers.
Exp. Dec. 31, 2018*

6. Use a water bottle to store garland.

Use plastic bottles to store Christmas garland tangle free and ready to use next year. *source – Tip Junkie*

7. Use old linens.

Use old bath towels and sheets as cushioning for your Christmas villages and other breakable ornaments. Tear the linens into smaller pieces and use them to wrap these items. It is so much cleaner than using newspaper (that ink gets on your hands and can get on your ornaments and ruin them), and the linens can be washed as needed. Most importantly, the linens will keep your fragile items safe.

8. Utilize hangers.

You can hang wreaths onto hangers for easy storage. You can also layer your holiday linens on hangers to keep them high, dry, and wrinkle free. Light strands also do well when strung over hangers. *source – Good Housekeeping*

Give these Christmas decoration storage hacks a try and next year you'll be happy you did when you start to decorate for Christmas again!



New Years shouldn't be the only time you resolve to do better.

Strive to be the best version of you every single day.

*A New Year, A New You,
A New Beginning.*

The New Year is slowly nearing, and with the holiday season already upon us many people are indulging in retrospection and reevaluating some of their life choices. New Year's resolutions are the perfect opportunity for all those who have failed to start making the changes that they said they would make next week, next month, or perhaps when winter starts.

Here is a list of some Resolutions to consider:

- Get in shape
- Start eating healthier food, and less food overall
- Stop procrastinating
- Improve your concentration and mental skills
- Meet new people
- Become more active
- Become more confident and take some chances
- Earn more money
- Become more polite
- Reduce stress
- Learn to be happier with your life
- Get more quality sleep
- Watch less TV
- Become tidier
- Spend more time with the people that matter
- Get out of debt
- Start saving money
- Learn a new language
- Learn to let go of grudges and avoid moping
- Travel more and see the world



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Any Other Offers.
Exp 12/31/2018*

5 Alternative Ways to Make a Healthy Change for the New Year



The majority of Americans don't make New Year's resolutions for many reasons – in fact, only eight percent of the people who do make resolutions actually fully achieve them. If you're part of that group, congratulations! If you're not, there might be a way for you to see the dreaded New Year's resolution – or at least the underlying healthy habit – in a new light.

The key to making a healthy change is to set yourself up for success. Whether you're looking to lose weight, gain muscle, sleep more, disconnect from your devices, or just live a happier life, there are strategies you can use to set a New Year's resolution that is actually achievable.

Here are five tips for accomplishing healthy goals when New Year's resolutions seem too intimidating.

1. Mix it Up Month by Month

If your goal is to be healthier and live a better, more fulfilling life, consider making a list of beneficial changes and then focusing on one each month. One month, you could focus on reducing your sugar intake. Next month, focus on exercising regularly. The next, eating a healthy breakfast every morning, and so on. Having a set time to really focus on one positive change at a time can make resolutions feel less daunting and more achievable. And who knows? There's no reason your short-term resolutions can't carry over and turn into year-long habits. That would be the ultimate achievement.

2. Tap the Power of Positive Peer Pressure

If you're trying to accomplish a monumental achievement like quitting smoking or losing 50 pounds, you'll have a better chance of sticking to it if you talk about it. Feeling accountable to others and getting the support of friends and family greatly increases your chance at success. Tell your family, friends and co-workers. Shout it from the rooftops and invite people to help you on your journey. Find a loyal gym buddy, an encouraging healthy eating partner, or someone who will subtly and kindly swat that cigarette right out of your hand. Your own personal team of supporters will come in handy when you find yourself struggling or experiencing a moment of weakness. If you're more of a private person, there are still ways to get support from others without asking your desk partner to snack on carrots with you. There are countless on-line support groups, programs and even apps for your phone, that can help you stay on track whether your goal is to lose weight, get in shape, or quit smoking.

3. Use Milestones to Manage Expectations

If you want to choose one goal and stick to it for the full twelve months, consider breaking the year down into digestible timeframes. Many people miss out on making positive changes because they immediately think, "I can't hit the gym five days a week for an entire year! What about holidays? What about summer? What about [insert excuse here]." Instead of choosing a resolution that sabotages itself before it even starts, write out a list of attainable achievement points. Exercise five days a week for one month. Then do two more months. If you know you're coming upon a busy month, reduce your workout schedule to three days a week, or an amount you know you can manage. You can always increase your plan for the next milestone. This way, you won't feel crushed and tempted to just forget the whole thing. This same strategy can work for losing weight, eating healthier and getting more sleep. Using milestones can help you manage your expectations and hit your goals without feeling frustrated and defeated when life throws you a curveball, or your schedule changes.

4. Pile on the Positive

New Year's resolutions don't always have to be about cutting out unhealthy behaviors. Try adding something to your life rather than taking something away. Instead of vowing to never eat chocolate again, plan to add more protein to your diet, or eat a vegetable with every meal. If you do decide to completely give up one of your vices like cookies, caffeine or alcohol, be sure you have a game plan in place that will help you stick to your goal when temptation comes knocking, or when your body starts to fight back.

5. Think Outside Yourself

Most people see making a resolution as a chance to better themselves. To look better, feel better, save more, earn more, and the list goes on. That's great, but you could also consider a resolution that focuses on others instead of yourself. Some people find that it's much easier and more rewarding to keep a promise to someone else rather than themselves. The options are truly endless, and can start right in your own home, and reach across the country. Doing things like visiting nursing homes, donating food and clothing to charity, sending letters and cards (not email!) to family and friends, even just vowing to have more family dinners around the kitchen table, can have a profound effect on your life and health. Research shows that volunteering makes people feel healthier and improves their mood, stress levels and provides an overall sense of purpose. One study even showed that volunteering created the greatest health benefit for people 40 years and older. The benefit increased as people got older and volunteered more.