

A Free Monthly Newsletter
From Your Friends At
Fifth Avenue Auto
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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 -
- Win A FREE Lube, Oil & Filter Change -
- 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*



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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.



Quote

"The whole difference between construction and creation is exactly this: that a thing constructed can only be loved after it is constructed; but a thing created is loved before it exists."

- Charles Dickens

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 **250-768-4485** or email us at fifthave@shawbiz.ca or visit our website www.fifthaveauto.com

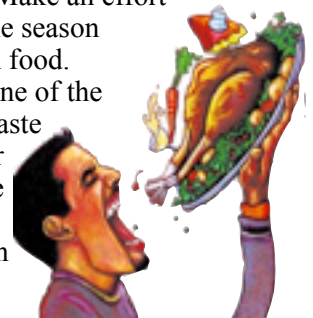
Don't Overdo The Holiday Eating

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.



WOO HOO! We got us something NEW!

Top quality trailer hitches and wiring kits at discount prices. Need a quality trailer hitch and/or wiring installation? Call us today for a free estimate!



Hitches, ski racks and snow shoes

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.

**Kevin McFadzen, BCAA, Johnson Myer,
Western Financial Group**

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."

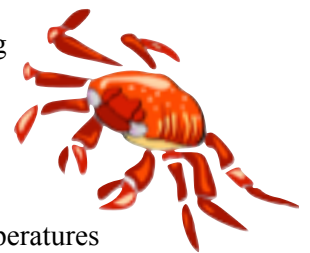
- Princess Diana

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.



TIRES! TIRES! TIRES!

**I thought I had great tire prices this year. They are not great they are insane!
It feels like we have sold a billion tires so far this year! You only have a few more days
to get in on a great deal. Call now before its tooooo late!**

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."

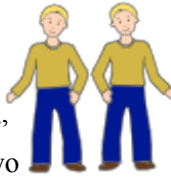
The woman in the booth looked them over and smiled. "How old are you boys?"

"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."



Do You Want To Win A Free Lube, Oil & Filter Change?

The first 10 people to call with the correct answer will be eligible to win. At the end of the month we'll draw one lucky name. That winner will receive a FREE Gift Certificate for a Lube, Oil & Filter Change from us! Here is this month's trivia question: How much did the 'K-O Dogs' hotdog sell for at a July game in Brockton, Mass?

(Hint: the answer is somewhere in this newsletter)

- | | |
|------------|------------|
| a) \$777 | c) \$1,100 |
| b) \$1,000 | d) \$80 |

Call right now with your answer!

Last month's trivia challenge was, *What did Levi Strauss originally try to sell to the miners during the 1840's?*

b) Tents. Congratulations to last month's lucky winner!

Suzanne Boos

Congratulations To Our Client Of The Month!

Every month, we choose a very special client of the month. It's our way of acknowledging our great clients and saying thanks to those that support our business with referrals and repeat business.

This month's Client of the Month is

Howard Menzel

Howard is simply amazing; this has been said about Howard. "When I grow up I wanna be just like Howard!" Me too Howard – me too.

Thanks For The Kind Words

"There are a number of special qualities I like about Fifth Ave. Things like precise appointment times, how spiffy clean the whole place is, how they are respectful of dollar costs and quick to pass on savings, how they have your vehicle history ready when you arrive. The significant benchmark they have established for preventive car care reaps rewards over and over year after year. Recently I took my car in for routine maintenance and they identified a problem. Kevan pointed out this problem was consistent with an accident I had a few months previous and suggested I return to the collision shop as it should be repaired at no cost. The careful assessment of my car resulted in addressing a potential serious problem and the collision shop did repair the problem at no cost to me. I would say that if you are committed to keeping your car "good as new" for safety and dependability, Fifth Avenue Auto is your car's best friend. Thank you Kevan and your team!"

- Sheila Taylor

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Want some cash from us in 2011?

Send a friend, family member or associate to us as a new client and they will receive \$10.00 off their bill and we will send you a \$10.00 bill! Most of our new clients come from our existing happy clients.

To be honest, we'd rather give you the money & service clients like you than spend the money on things like radio or newspaper ads.