



# NOVEMBER 2021 NEWSLETTER

## NOTES FROM THE OFFICE:



And speaking of notes – **please** be sure you read the notes on the schedules. There is information about which door to pick riders up at, who may need extra help, and who the next driver is. IF there is not return ride listed, but no note indicating a one-way ride, you can always call the office to verify who and when they will be picked up.



*END OF DAYLIGHT SAVINGS TIME!! Nov 7<sup>th</sup> – give yourself an extra hour!! Spring forward/ Fall back*

Well fall is underway – and with Larimer County in the high risk category, we continue with safety protocol: wearing masks in all public buildings, and everyone wearing masks at all times in your vehicles, of course, as we are considered public transportation.



## *THE BANQUETS!!*

As of this printing we are still on in both locations – we will be wearing masks and having fewer chairs and more space between tables –

- \* Wednesday Nov 10<sup>th</sup> in Fort Collins and
- \* Wednesday Nov 17<sup>th</sup> in Loveland

Invitations went out earlier this month, but if you didn't get yours or need more info, just call!  
And Please RSVP if you have not already! Call me at 223-8604 ext 3 or [saintvc@frii.com](mailto:saintvc@frii.com)



We seem to have quite a few passengers with limited ability to get into large and sometimes smaller vehicles. When you get a chance, please email me with the current car you are using when driving for SAINT, and I will make a list for the schedulers

**November 4 is Diwali**, (also called **Divali** or **Deepavali**) Diwali is one of the biggest holidays in India - It is a "festival of lights" that celebrates the triumph of light over dark and good over evil, and the blessings of victory, freedom, and enlightenment, and has many stories about it's origin. The name comes from Sanksrit *dipavali*, meaning "row of lights."

**Diwali** is primarily celebrated by followers of the Hindu, Sikh, and Jain faiths. However, the holiday is celebrated throughout India, Singapore, and several other South Asian countries as a national holiday, and many people outside these religions participate in Diwali celebrations in a secular way, too.



**When Is Diwali?** Diwali occurs annually in autumn (or spring, in the southern hemisphere), during the Hindu month of Kartik. (To put it in Western terms, Kartik begins around mid-October and ends in mid-November.) Specifically, Diwali occurs on the darkest day of the lunar month, which is the day of the new Moon. Because Diwali is celebrated by so many people worldwide, traditions are diverse, though there are a few common themes, including the lighting of candles and the gathering of families.

The main celebration of Diwali takes place on the day of the new Moon, when the sky is at its darkest, so a big part of the celebration revolves around light. Candles, clay lamps, and oil lanterns are lit and placed throughout the home, in the streets, in areas of worship, and floated on lakes and rivers. Fireworks are also set off on the night of Diwali—said by some to ward off evil spirits.



Another central theme of Diwali is family. Wearing their best new clothes, families gather together to eat sweets (like **Mithai**, below) and other special foods, light *diyas* (decorative oil lamps), and pray for their ancestors. Families will prepare for the holiday by cleaning the house and making beautiful mosaic decorations called Rangolis, out of colored rice, flower petals and beads on the floors!

## **MITHAI**

### **For the dough**

4 cups flour	1 tsp white sugar	2 ½ tsp baking powder
1 cup freshly grated coconut	1 ½ sticks butter, chopped	3 tsp anise seed
1 12oz tin evaporated milk	Vegetable or canola oil for frying	

### **For the sugar syrup:**

cup white granulated sugar	¾ cup water	½ tsp vanilla extract (optional)
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Mix the flour, baking powder, anise seed, and chopped butter together. Keep mixing by hand until the dough is crumbly or you can put everything into a food processor. Add coconut to the dough and mix well.

Pour entire can of evaporated milk into the mixture and knead to form a dough ball. Add flour/ water if needed, to bring everything together. Cover with a damp paper towel and set aside and let it sit for about 30-40 minutes. (the damp napkin keeps the dough from forming a crust)

Place dough ball on counter/cutting board and cut dough into quarters. Work with one quarter at a time. Sprinkle flour on the working space and roll the quarter with a rolling pin to about ¾ in thickness. If you roll it thinner your mithai won't be as thick and soft but rather more crunchy, if that is how you prefer it then roll it thinner.

In a pot, fill oil ½ of the way up the pot and let oil heat on medium-low. In the meantime cut mithai into little diamond shapes and set aside till ready for frying. The temperature of the oil should be around 280 degrees. Test one mithai to see if it is cooked all the way through before frying the entire batch. Once the oil is ready, place mithai in oil and let it cook slowly, keep turning to brown evenly on both sides. Cook all the mithai and set aside in a pot or bowl big enough to toss with the syrup.

## *More Car Exercises! (no, not for your car! To do while you're IN the car!)*

### **Clench Those Cheeks!**

Simply clench your glutes for a count of 8 and repeat 8 times.

### **Calf raises:**

To execute this move raise your legs on the tips of your toes (while you are sitting in the car). Hold for 10 seconds and repeat 8 times. Unless you have superman legs you will feel the burn pretty quick.

### **Abdominal Rotation:**

Rotate from side to side at the waist without removing your hands from the steering wheel. You can use your grip to get a little extra movement.

### **The Grip:**

Squeeze atennis ball in your hand for 1-2 seconds, and release for a second. Repeat 15 times and aim for 2 sets of this activity.

### **Shoulder Raises:**

Simply lift your shoulders to your neck, tightening your shoulders and neck muscles as much as possible. This will get some upper back, too. Do 30 shoulder raises.

### *Now this looks good --- a mini-routine!*

It's easy to slouch while driving, especially since that comfy seat feels relaxing during the early morning or after a long day of work. But this is a prime opportunity to strengthen your posture and tone your chest!

**TO BEGIN:** Sit upright, extend your arms to 9-and-3 positions on the steering wheel and keep them there for the full cycle, and

- a) clench them toward each other, working your triceps and chest. Then,
- b) pull yourself toward the wheel and arch your back, stretching between the shoulder blades. To strengthen your core,
- c) twist your trunk to one side and the other, holding for a couple of seconds before rotating back and forth. Then,
- d) pull your belly button in and clench it; contract your abs as you breathe in deeply and release

That is 1 cycle -- Do this several times and you should feel it!



## **5 Spices That Not Only Taste Good, They're Good for You**

*Spices are transformative. In addition to being flavor bombs, spices have incredible health benefits (related to their bioactive compounds) that have been touted since the time of ancient civilizations. And thanks to modern science, many of these spices now also have the evidence-based research to back this up.*

*Here are five top spices to keep on hand that are versatile across cuisines and also have the most significant benefits in terms of health!*

### **Cinnamon**

*Cinnamon is one of the most familiar and commonly utilized spices and can be used in both sweet and savory cooking.*

**Health Benefits:** There are numerous studies demonstrating cinnamon's blood glucose-lowering effects, including this 2020 study that showed just 500 milligrams of cinnamon (about ¼ teaspoon) three times per day can lower fasting and post-meal blood glucose levels in people with prediabetes. Cinnamon's bioactive compounds collectively have antioxidant, antimicrobial, anticancer, and antifungal activities. There is even some preliminary evidence that cinnamon may help lower total cholesterol and triglycerides.

**Culinary Uses:** In the kitchen, cinnamon can go far beyond its ubiquitous use in oatmeal and sweet desserts. Cinnamon sticks can be used to infuse cinnamon flavor into beverages, such as cinnamon tea or coffee, or added during the cooking process to a braising liquid, stew, or tomato sauce, or even rice. Ground cinnamon can be added to smoothies, yogurt, granola, baked goods, used as part of a spice rub or seasoning for meat and vegetables, or simply sprinkled on top as a finishing garnish.

### **Turmeric**

*A member of the ginger family, turmeric is an essential ingredient in Indian cuisine, but can be used in any kitchen!*

**Health Benefits:** Turmeric's health benefits are numerous and its active compound *curcumin* is one of the most widely studied phytochemicals due to its powerful anti-inflammatory and anti-cancer benefits. Some studies show curcumin may inhibit the growth of tumor cells as well as reduce inflammatory markers in the body. Turmeric is also being researched for its gut and brain health benefits and may also help lower total cholesterol and triglycerides. Additionally, there is some evidence that curcumin may play a role in managing symptoms of depression as well as be integrated into therapeutic treatments for Alzheimer's disease.

**Culinary Uses:** Turmeric is a root, similar to ginger, that can be consumed freshly grated or dried. Dried ground turmeric is what you will find in the spice aisle. Turmeric can be added to a variety of foods from vegetables and grains to soups and stews to curries, as well as smoothies and snacks, such as turmeric-spiced nuts and popcorn. It is a key ingredient in "golden milk," due to its signature golden hue. To optimize absorption, it is best to consume turmeric after it has been heated in some kind of fat (oil or butter) and also paired with piperine, the active ingredient in black and white pepper.

### **Ginger**

*can be consumed as a fresh root or dried and ground, used as a spice – savory or sweet!*

**Health Benefits:** Ginger contains an active compound called gingerol, which contains phytonutrients that acts as an antioxidant along with antiviral, antifungal, antibacterial, anti-inflammatory, and analgesic properties. Both scientific and anecdotal evidence shows that ginger can help alleviate nausea and vomiting, specifically related to those symptoms during pregnancy and chemotherapy. Ginger consumption may also help alleviate pain associated with rheumatism. Specific amounts in studies vary, but conclude that generally less than 1 teaspoon of ground ginger per day will provide effective relief.

**Culinary Uses:** Dried ginger has a strong concentrated flavor, especially if recently opened. Ground ginger is used commonly in baked goods paired with falls spices, such as cinnamon, clove, and nutmeg, but is also a great spice to use in savory dishes. It works well in spice rubs for meat and poultry, as well as marinades for vegetables and tofu. Ground ginger is also commonly found in North African spice blends, such as ras el hanout.

## **Fennel Seed**

*Fennel seeds, the seeds of the fennel plant, have a licorice or anise aroma and flavor, and can be consumed whole on their own or used in cooking.*

**Health Benefits:** The active compound *anethole* is what gives fennel its pronounced anise aroma and flavor as well as its health benefits. Anethole has anti-inflammatory, antimicrobial, and antioxidant properties as well as aids in digestion. Just 1 tablespoon of fennel seeds delivers 2 grams of fiber and is an excellent source of manganese (an important mineral for a variety of bodily functions, including metabolism, calcium absorption, blood sugar regulation, brain and nerve function). Fennel seeds also contain calcium, iron, magnesium, and potassium.

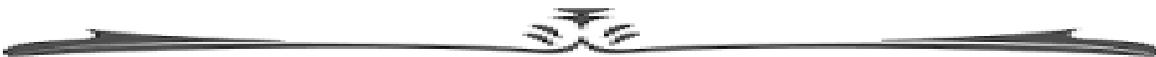
**Culinary Uses:** Fennel seeds are used in sweet and savory dishes around the world. In Ayurvedic medicine, they are commonly chewed and eaten after meals to aid in digestion. Fennel seeds can be added to breads and crackers before baking as well as used in spice blends and seasonings for fish, poultry, and seafood. To enhance their flavor, lightly toast the fennel seeds in a dry pan before using.

## **Paprika**

*Paprika is found in three varieties: sweet, hot, and smoked (linked to the variety of red pepper used before drying and grinding) and all can be just the right addition to take your dish to the next level.*

**Health Benefits:** Paprika contains the active compound *capsaicin*, recognized for a number of health benefits due to its antioxidant and anti-inflammatory properties. Keep in mind, the hotter the paprika, the more capsaicin it will contain. Paprika also contains a surprisingly concentrated amount of vitamins and minerals, including iron, vitamin A, vitamin E, and vitamin B6, as well as a variety of phytochemicals. Just 1 tablespoon of paprika provides nearly 20 percent of your daily requirement for vitamin A.

**Culinary Uses:** There is a use for all three varieties of paprika depending on your flavor preferences and the dish. Sweet paprika, often referred to as Hungarian paprika, is the most all-purpose form of paprika due to its mild heat level and sweet notes. Smoked paprika, often referred to as Spanish Pimenton Paprika, is a great way to add smoky flavor without actually smoking food, and can be the perfect way to impart a meaty flavor in plant-based dishes. Hot paprika will be labeled as such, and can be a great alternative to cayenne pepper. To bring out the best flavor and optimize the absorption of all those great phytochemicals, paprika is ideally heated in some fat, rather than just sprinkling on a dish after it is prepared.



## **Garden Hints for November**

- Continue harvesting cool-season vegetables like Brussels sprouts and those that grow underground, such as carrots.
- Keep watering trees and shrubs until the ground freezes.
- There is much you can do to protect a rose bush for the winter. Mound up soil around the crown and cover its bud union. Tie down the canes of climbing roses so that high winds do not whip them around.
- Continue to remove garden debris. If it is free of pests and diseases, you can compost it, otherwise, throw it away.
- In zone 6, plant spring bulbs. (we seem to be an interesting combination of 4-6...)
- Rake leaves off the lawn to use in making leaf mold, mulch, or compost.
- Add organic matter to flower borders and other garden beds.
- Cover your compost pile so that the rain does not leach out its nutrients.



OK – holidays coming, large dinners (maybe...) or just indulging our little groups – anyway it is a time for cooking and baking. But not the same old/same old, right? So I was thinking – how about combining some “ok, I know I should be eating this stuff” with some “now this is what I want to be eating!”? In other words....**Vegetable Dips!** Not the old ranch with carrot sticks – but a new way of mixing up veges + cheeses + creaminess – to eat with whatever dippers we want, cuz it’s that much closer to healthy! (I am seriously going to try every one of these!!)



### Baked Broccoli Parmesan Dip

- 2 teaspoons olive oil
- 1/4 cup Panko\*
- 8 ounces PHILADELPHIA Cream Cheese, at room temperature
- 2 1/2 cups fresh broccoli florets
- 3/4 cup shredded cheddar cheese, divided
- 1/2 cup sour cream
- 1/4 cup grated Parmesan
- 1/4 cup milk
- 1 tablespoon Emeril's Essence Creole Seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- Kosher salt and freshly ground black pepper, to taste

Preheat oven to 375 degrees F. Lightly oil a 9-inch baking dish or coat with nonstick spray.

1. Heat olive oil in a large skillet over medium high heat. Add Panko and cook, stirring, until browned and toasted, about 3 minutes; set aside.
2. In a large bowl, combine cream cheese, broccoli, 1/2 cup cheddar cheese, sour cream, Parmesan, milk, Emeril's Essence, garlic powder and onion powder; season with salt and pepper, to taste.
3. Spread broccoli mixture into the prepared baking dish; sprinkle with remaining 1/4 cup cheddar cheese. Place into oven and bake until bubbly, about 20-25 minutes.
4. Serve immediately, sprinkled with Panko, if desired.

### That's Nacho Sweet Potato Cheese!

- 1 medium sweet potato, peeled and diced into 1/2 to 1 inch cubes
- 1/4 cup coconut milk
- 3 tablespoons nutritional yeast flakes
- 3 tablespoons olive oil or other vegetable oil
- 2 tablespoons soy sauce
- 2 tablespoons lemon juice
- 1 tablespoon sriracha sauce (or to taste)
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt, or to taste

1. Place the sweet potato cubes into a medium saucepan and cover with water. Place the pot on stove over high heat and bring to a boil. Lower the heat and allow to simmer until soft, about 15 minutes. Drain and allow the potatoes to cool a bit.
2. Place the sweet potato and all remaining ingredients into a food processor bowl. Blend until smooth, stopping to scrape down sides of the bowl as needed. Taste test and adjust seasonings as needed. Blend again.

Thin with milk if needed

## Pumpkin Hummus with Cinnamon Sugar Tortilla Chips

- For the hummus:
  - 1 Cup Reduced-sodium Chickpeas de-skinned (180g)\* (I think you could substitute canned...)
  - 3/4 Cup Canned pumpkin
  - 1/4 cup Maple syrup
  - 2 tsp Pumpkin pie spice
  - 2 tsp Coconut oil melted + additional for drizzling, if desired.
  - For the chips:
  - 1 Whole wheat tortilla
  - 1/2 Tbsp Coconut oil melted
  - Cinnamon and sugar for sprinkling
1. Preheat your oven to 350 degrees and rub a cookie sheet with melted coconut oil, set aside.
  2. To de-skin the chickpeas:
  3. Drain the chickpeas and spread them out on a paper towel. Gently squeeze each chickpea until the thin, papery skin comes off. Repeat with remaining chickpeas
  4. Add the chickpeas, pumpkin, maple syrup, pumpkin pie spice and 2 tsps of coconut oil into a small food processor and process until smooth: a good 5 to 6 minutes of blending.
  5. Cut the tortilla into 8 triangles and lay on the prepared cookie sheet. Brush with 1/2 of the melted coconut oil and then sprinkle with cinnamon sugar
  6. Bake for 8 mins, or until lightly golden. Flip the tortillas, brush with remaining oil and sprinkle with more cinnamon sugar. Bake for another 7-8 minutes until the tortillas are a deep golden, brown – as they cool you will get a nice and crunchy chips!
  7. Drizzle the hummus with additional melted coconut oil, if desired, and DEVOUR with the chips!

## Caramelized Onion, Gruyere, and Bacon Spread

- 1 tablespoon butter
- 1 tablespoon olive oil
- 3 1/2 cups chopped onion
- 1/4 teaspoon kosher salt
- 2 ounces Gruyere cheese, shredded and divided
- 2 tablespoons chopped fresh chives, divided
- 1/3 cup mayonnaise
- 1/3 cup sour cream
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 6 bacon slices, cooked and crumbled

Preheat oven to 425 degrees F.

Heat butter and olive oil in a large cast-iron skillet over medium heat. Add onions and salt to the pan and sauté 5 min, stirring frequently. Reduce heat to medium-low and cook, stirring occasionally, for 30 minutes or until the onions are a deep golden brown. Cool slightly.

Reserve 2 tablespoons cheese. Combine cheese, caramelized onions, 1 tablespoon chives, and the remaining ingredients in a medium bowl. Taste and adjust seasonings if necessary. Transfer the mixture to a 1 quart glass or ceramic baking dish (I used an 8-inch cast-iron skillet) coated lightly with cooking spray. Sprinkle with reserved 2 tablespoons cheese. Bake at 425 degrees for 20 minutes or until golden brown and bubbly. Sprinkle with remaining 1 tablespoon chives.

### Pumpkin-Hard Cider Cheese Dip

4 slices thick-cut bacon  
2 Tbs all purpose flour  
1 12 oz bottle hard cider  
1 tsp Dijon mustard  
kosher salt  
pinch of cayenne pepper

3 cups shredded cheddar cheese (12 oz)

2 Tbs unsalted butter  
1 clove garlic  
½ cup pumpkin puree  
1 tsp Worcestershire sauce  
¼ tsp pumpkin pie spice  
4 oz cream cheese, cut into pieces  
chopped fresh chives

1. Cook the bacon in a medium skillet over medium heat, stirring occasionally, until browned and crisp, about 7 minutes. Transfer to a paper towel-lined plate to drain.
2. Melt the butter in a medium saucepan over medium heat. Whisk in the flour and garlic; cook, stirring, until incorporated, about 2 minutes. Whisk in the cider, pumpkin puree, mustard, Worcestershire sauce, 1/2 teaspoon salt, the pie spice and cayenne until smooth. Bring to a simmer and cook, stirring occasionally, until thickened, about 3 minutes.
3. Gradually whisk in the cream cheese and cheddar until melted and smooth, about 2 minutes. Transfer the dip to a bowl; top with the bacon and chives.
4. Serve with sliced apples or raisin-nut bread.

### Stuffed Mushroom Dip

1 Tsp Olive Oil  
2 cloves garlic, minced  
kosher salt & fresh ground pepper  
½ cup grated parmesan  
2 Tsp unsalted butter, melted  
¼ c fresh parsley, chopped

8 oz ground Italian sausage  
1 ½# rough chopped mushrooms (about 5 cups)  
6 oz cream cheese, cut into cubes  
1/3 cup half-and-half  
¼ cup panko bread crumbs  
baguette, toasted and sliced

1. Preheat the oven to 400 degrees F. Heat the oil in a large nonstick skillet over medium-high heat. Add the sausage and cook, breaking up into bite-size pieces with a wooden spoon, until browned and almost cooked through, 3 to 4 minutes. Add the garlic and cook, stirring constantly, until softened, about 1 minute. Add in the mushrooms, 1/2 teaspoon salt and a few grinds of pepper and cook, stirring occasionally, until the mushrooms are soft and the moisture has evaporated, 8 to 10 minutes.
2. Add the cream cheese and stir until melted, about 1 minute. Add the Parmesan and half-and-half and cook, stirring occasionally, until bubbly 2 to 3 minutes. Pour the mushroom mixture into a 1-quart ramekin. Mix the butter with the panko and parsley and sprinkle on top of the mushroom mixture. Bake until the bread crumbs are golden brown and the dip is bubbly around the edges, 15 to 20 minutes. Let sit for 10 minutes then serve with toasted, sliced baguette.



# Winter Is Coming -- Take Care of Your Cars!

Here are some basic tips for the coming season...

## **Check Your Lights**

Check that all the vehicle's lights are working properly and that the lenses are clean, so that you'll have optimum visibility at night and motorists front and rear will be able to see you

## **Keep the Battery in Good Shape**

Your vehicle's battery is especially hard hit when the mercury plummets. Cold temperatures reduce its cranking power. In fact, at about 0° F, a battery has only about half the cranking power it has at 80° F.

To check a conventional battery, remove the plastic caps on the top and check the fluid level. (See your owner's manual.) If the fluid is low, add distilled water.

On maintenance-free batteries, check that the window at the top of the battery indicates a fully charged state. If it's more than five years old and shows signs of weakness, replace the battery with a top-rated model.

You can have the battery professionally tested at a service station, auto parts store, or repair shop. A tired battery may just need to be charged. But if it's defective or just worn out, it's best to replace it before it goes completely dead. (Worst case, be sure you know how to jump-start a car.)

## **Add a protective layer**

A coat of polymer wax can create a barrier against road salt, grime, snow, sleet and more. Couple that with high-pressure car washes after winter storms to rinse away buildup in hard-to-reach areas such as wheels, wheel wells and underbody.

## **Protect your windshield wipers**

If you park outdoors, leave the wipers in the raised position to prevent them from freezing to the windshield. Never use your wiper blades to remove ice, snow or frost from the windshield; use an ice scraper instead.

Tests show that even the best-performing wiper blades start to lose their effectiveness in as little as six months. Streaks or missed expanses of glass are sure signs that the blades are ready for retirement. Most wiper blades are easy to install, and some stores will perform the replacement work free of charge.

## **Clear the Windows**

If you can't see out the windows, you're a danger to yourself and everyone around. Don't try to use the wipers and those brand-new wiper blades to remove ice from the windshield. Instead, use an ice scraper on frosty mornings. If you park outside, place the wipers in the raised position when it's going to snow overnight to keep them from freezing to the windshield.

With dirt, mud, and salt residue being kicked up off the road, it's likely that you'll be using your windshield washers a lot, so keep your windshield-washer reservoir filled with a winter-blend washer solution that contains an antifreeze agent.

Also make sure the heater is functioning properly and that plenty of warm air is being directed to the windshield when it's in the defrost mode. To help prevent your windshield from fogging up, run the air-conditioning system (with the temperature set at a comfortable level) to dehumidify the air.

## **Check the Oil**

Cold weather can beat up your engine, too. Motor oil thickens when cold, making it harder for the engine to turn over. Check your owner's manual for the manufacturer's recommendation. Generally, you should be using multi-viscosity oil that has a "W" in the viscosity index, signifying that it's formulated for winter use. Whenever you have the oil changed, replace the oil filter as well to ensure the system has the maximum amount of flow.

While the car is in the shop, have the radiator and heater hoses checked for cracks, leaks, or contamination from oil or grease. The hoses should be firm yet pliable when you squeeze them. Scrap them if they feel brittle or overly soft.

Try to keep your coolant mixture in a 50/50 ratio of antifreeze and water. This will keep your coolant from freezing until temperatures are well below zero. Colder conditions, however, can call for a 60/40 or 70/30 ratio. Under no circumstances should you use a higher antifreeze-to-water ratio than this.

## **Consider New Tires**

Spinning out in the snow and ending up in a ditch isn't the best way to discover your tires are worn out. So if you've been waiting to pick up a new set of tires, this may be the time!

In Colorado's front range we get occasional snow, so all-season tires should do the job. Look for a highly rated set that

has performed well in snow-traction and ice-braking tests. Remember that it's safest to replace all four tires at one time. In snowier areas, or if you do a lot of mountain driving, consider buying dedicated winter tires mounted on inexpensive steel wheels. These have tread patterns and rubber compounds specially designed to grip snow and ice for optimum traction on slick roads. Winter tires typically have shorter tread life and generate more road noise than the all-season tires that your vehicle came with. But the extra safety they provide is generally worth the compromise.

And even if your tires are in good shape, make sure that you keep them properly inflated. Big drops in temperature mean your tires will lose air, because tire pressure declines with the thermometer. Check tire pressure weekly. Driving on underinflated tires can cause them to wear down prematurely and lose traction on icy or slippery surfaces. Your tires lose a pound of pressure with every 10-degree drop in temperature.

**Keep your fuel tank half full.** During winter weather, it's a good idea to keep at least half a tank of fuel in the vehicle in the event of an emergency or if you get stuck in the snow and need to wait for rescue. For longer road trips, plan stops for gas in advance

Be prepared! [Keep a Roadside Emergency Kit in your car:](#)

Navigate through [whatever Old Man Winter throws at you](#) by making yourself a car kit with some essentials.

- **Clothing.** Make sure you have extra warm clothing in your car: hats, gloves, scarves, hand and foot warmers, thick socks and a blanket.
- **Stay connected.** Add a flashlight with extra batteries to your kit. You might also consider flares or a whistle, and an extra phone charger.
- **Stay healthy.** Grab some bottled water and other snacks. Make sure you have any medications you might need, along with a first-aid kit.
- **Other necessities.** Jumper cables are a good addition to your kit. A small camping shovel and extra ice scraper can also be lifesavers in snowy conditions. And a small bag of cat litter – it works great to give you traction in slippery spots!



**Josh:** What do you get when you cross a turkey with a centipede?

**David:** Tell me.

**Josh:** Drumsticks for everyone on Thanksgiving Day!

**Danny:** Why did the cranberries turn red?

**Jake:** Beats me.

**Danny:** Because they saw the turkey dressing!

A lady was picking through the frozen turkeys at the grocery store for Thanksgiving Day, but couldn't find one big enough for her family.

**She asked a stock boy,** "Do these turkeys get any bigger?"

**He replied:** "No, ma'am. They're dead."

**Alex:** Why did the farmer have to separate the chicken and the turkey?

**Adam:** Why?

**Alex:** He sensed fowl play.

*Have a wonderful fall and a joy filled Thanksgiving! We are so grateful to work with each and every one of you - We hear every day from our passengers how terrific you are, and what a difference you make in people's lives! YOU ARE ALL SAINTS!!*