



Car Buzz

March
2015

A Free Monthly Newsletter From Your Friends At Leonardi Automotive

Can A Cup Of Coffee Improve Your Health?

Many people enjoy their daily cup (or more) of coffee. It can have benefits beyond helping people wake up in the morning, though. The Tech Times website lists these positive attributes of moderate caffeine consumption:

- ◆ **Exercise.** A study cited by the *International Journal of Sport Nutrition and Exercise Metabolism* found that people who drank a caffeinated beverage before exercise burned 15 percent more calories during their workouts than those who took a placebo.
- ◆ **Eyesight.** The chlorogenic acid in coffee contains a strong antioxidant that's been shown to prevent retinal degeneration in mice. Research suggests it might play a role in helping humans prevent deteriorating vision and blindness.
- ◆ **Diabetes.** A Harvard School of Public Health study found that people who drank an extra cup of coffee a day over four years decreased their risk of a Type 2 diabetes diagnosis by 11 percent.

Quote

"St. Patrick's Day is an enchanted time, a day to begin transforming winter's dreams into summer's magic."

- Adrienne Cook

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

415-897-1503, Email us at

leonardiservice@yahoo.com Or visit us at leonardiauto.com

The Facts Behind St. Patrick And His Day

For many people, St. Patrick represents an excuse to wear green on March 17, maybe go to a parade, and drink some Irish whiskey. But who was St. Patrick in real life?

The most common belief is that he drove the snakes out of Ireland. Ireland probably never had snakes, though, and the myth may refer to Patrick's efforts to stamp out the serpent imagery used by the Druids. He also may have used the three-leafed shamrock to illustrate the concept of the Holy Trinity to the people he was trying to convert to Christianity as a missionary in Ireland during the fifth century.

Historians agree that Patrick was born in Roman-occupied Britain, the son of a Christian deacon. At age 16 he was captured and taken to Ireland, where he was a slave for six years.

During this time, his Christian faith strengthened. One day, according to a letter he wrote about his early life, he heard a voice promising he would soon return home. Shortly afterward he escaped his captors and went back to his family.

He later wrote that an angel appeared to him in a dream, telling him to return to Ireland as a missionary. Patrick went back to the land where he had been a slave to convert the Irish and to minister to those Christians living there.

Why do we celebrate him on March 17? That's believed to be the date of his death. Although never formally canonized, Patrick came to be considered a saint. March 17 was celebrated as a religious holiday until 1903, when it became a public holiday in Ireland by an act of the British Parliament.

March Events

March 8th	Daylight Savings Time Begins
March 17th	St. Patrick's Day
March 20th	Spring Begins
March 21st	World Poetry Day
March 29th	Palm Sunday



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Never Too Late To Succeed

Are you starting to feel discouraged that you haven't yet made your mark in the world? Whatever your age, take heart. Many famous individuals achieved their greatest accomplishments during their senior years:

- * "Colonel" Harlan Sanders was 65 when he began trying to license his "finger lickin' good" chicken recipe, launching what would become Kentucky Fried Chicken.
- * Dr. William Worrall Mayo was 70 when he founded his world-famous medical clinic.
- * Piano virtuoso Claudio Arrau gave 110 concerts at the age of 75.
- * Architect Frank Lloyd Wright was 89 when he completed work on the Guggenheim Museum.
- * Ichijirou Araya reached the summit of Japan's Mount Fuji at the age of 100.

Don't Let Computer Screens Damage Your Eyesight

Millions of workers suffer from symptoms related to Computer Vision Syndrome (CVS). It's a temporary but unpleasant condition caused by sitting in front of a computer monitor for too long. Symptoms include dry, burning eyes, blurred vision, delayed focusing, altered color perception, and headaches. The cause? Studies suggest that CVS sufferers do not blink enough when sitting in front of the screen, which results in dry eyes.

To alleviate CVS, use eye drops to lubricate your eyes. Other recommendations include stepping away from the computer for brief periods, using anti-reflective screen filters, readjusting monitors to soften display colors, and wearing tinted glasses.

Kids Say The Smartest Things

These words of wisdom are said to have come from real kids who obviously have a lot more wisdom than one might expect:

- * Never trust a dog to watch your food.
- * When your dad is mad and asks you, "Do I look stupid?" don't answer him.
- * Never tell your mom her diet's not working.
- * Home is where the house is.
- * Laugh and the whole world laughs with you, cry and ... you have to blow your nose.
- * If you want a kitten, start out by asking for a horse.
- * Don't pick on your sister when she's holding a baseball bat.
- * When you get a bad grade in school, show it to your mom when she's on the phone.

Snappy Comebacks

At one time or another, we've all been victims of insults that leave us fuming without an appropriate reply. Would that we could have been as quick-witted as these individuals:

- ★ An actress to actress/writer Ilka Chase: "I enjoyed your book. Who wrote it for you?" Chase: "I'm so glad you liked it. Who read it to you?"
- ★ Playwright George Bernard Shaw to his wife: "Isn't it true, my dear, that male judgment is superior to female judgment?" Charlotte Shaw: "Of course, dear. After all, you married me—and I you."
- ★ Poet Lewis Morris to writer Oscar Wilde: "There's a conspiracy against me, a conspiracy of silence, but what can one do? What should I do?" Wilde: "Join it."
- ★ Member of Parliament to Winston Churchill: "Mr. Churchill, must you fall asleep while I'm speaking?" Churchill: "No, it's purely voluntary."
- ★ Playwright Noel Coward to writer Edna Ferber (who was wearing a tailored suit at the time): "You look almost like a man." Ferber: "So do you."

Quote

"A best friend is like a four leaf clover: hard to find and lucky to have."

- Unknown



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The Lighter Side

As they were driving to yet another dinner, Albert Einstein mentioned to his chauffeur (who resembled him) that he was very tired of speechmaking.

The chauffeur said he had heard that speech so many times, he could give it himself. So Einstein let him do it.

At the dinner, Einstein wore the chauffeur's cap and jacket and sat in the back of the room. The chauffeur gave a nice rendition of Einstein's speech. Then a pompous professor asked a question about antimatter formation.

Without missing a beat, the chauffeur said, "Sir, the answer to that is so simple that I will let my chauffeur answer it!"

A Dangerous Mixture?

You don't have to be a scientific genius to get a laugh from these jokes, but a little knowledge of physics and chemistry will help:

- Never trust atoms, they make up everything.
- Did you hear about the guy who read a whole book about helium in one sitting? He couldn't put it down.
- What do you do with a bunch of dead chemists? Barium.
- What's the first rule of chemistry? Don't lick the spoon.
- The optimist sees the glass half full. The pessimist sees the glass half empty. The chemist sees the glass completely full, half in the liquid state and half in the vapor state.
- A chemist's motto: If you're not part of the solution, you're part of the precipitate.



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Moms At Home On The Upswing

The percentage of mothers who don't work outside the home has risen in recent years. The Pew Research Center reports that the number of stay-at-home moms reached 29 percent in 2012, up from a low of 23 percent in 1999.

"Traditional" mothers—married and staying at home while their husbands work—make up the majority: approximately two-thirds of the 10.4 million total.

One possible reason for the increase (though not the only one): difficulty finding work. In 2000, just 1 percent stated they remained in the home because they couldn't find a job; in 2012, that number had grown to 6 percent.

Driving At Night

According to data from the Nationwide Personal Transportation Survey, the hours between midnight and 5 a.m. are the riskiest time for crashes. Here are some night driving safety tips:

- ❖ Make sure your headlights are properly aimed.
- ❖ Keep your headlights and windshield clean to increase your visibility.
- ❖ Slow down. Remember that posted speed limits are for driving in daylight with optimal driving conditions.
- ❖ Don't look directly at oncoming headlights; it can reduce your night vision for several seconds.
- ❖ Look around and keep your eyes moving from side to side to help your eyes adjust to the dark. Focusing only on the road ahead can lead to "highway hypnosis" and lull you to sleep.

Anaheim Chili

Combine 3 pounds of ground beef with 1 cup of finely chopped garlic. Simmer until the beef is brown, and remove the excess fat.

Add 1 15-oz. can of tomato sauce, and 2 teaspoons red chili powder.

Add 1 teaspoon ground cumin seed, 1 teaspoon ground coriander, 4 minced Anaheim or other chili peppers, 1 15-oz. can of pinto or black beans, and 3 cups of water.

Bring all ingredients to a boil and turn down the stove to low. Simmer uncovered, stirring frequently, for about 30 minutes. Serves 6 or more.

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A Free Monthly Newsletter
From Your Friends At
Leonardi Automotive
7426 Redwood Blvd
Novato, CA 94945

March

What's Inside?

- The Facts Behind St. Patrick -
- Kids Say The Smartest Things -
- Never Too Late To Succeed -
 - Snappy Comebacks -
 - March Events -
- Money Saving Offers -
& Much More!



What's The Answer?

Can A Cup Of Coffee Improve Your Health?

Why Do We Celebrate St. Patrick On March 17th?













What's The First Rule Of Chemistry?

*How Old Was 'Colonel' Sanders When He Tried Licensing His
"Finger Lickin' Good" Chicken Recipe?*



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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. March is America's Red Cross Month 	2. Did You Know? We also use Jasper engines & Transmissions Call for details	3. FREE Oil Change License Plate Game: if you have a symbol in place of a number it's free	4. Did You Know? We repair all Asian cars including Hyundais and Kias	5. FREE Clutch Adjustment with this flyer	6. FREE reusable grocery bag	7. Did You Know? We are transmission replacement specialists.
8. 	9. Did You Know? Child safety seats expire. Go to seatcheck.org for more information	10. Free Oil Change Today only if you have an "A" and a "6" on your license plate. 2 available please call now	11. Like us on Facebook for more deals! 	12. Helpful Tip Most cars use a little oil so be sure to check oil level monthly	13. Today Only FREE Battery Test. 	14. Did You Know? Get an approximate repair estimate at www.repairpal.com We are happy to match prices anytime!
15. Did You Know? We repair all Asian Imports including Lexus and Acura	16. Free Oil Change Today only if you have a "Z" and a "5" on your license plate. 2 available please call now	17. St. Patrick's Day 	18. Fresh Popcorn Everyday! 	19. Today Only FREE 1 day rental car with any repair over \$100  2 available please call now	20. First Day of Spring! 	21. Did You Know? We also use Jasper engines & Transmissions Call for details
22. Did You Know? We do wheel alignments.	23. Free Oil Change Today only if you have a "B" and a "7" on your license plate. 2 available please call now	24. Did You Know? You should have your transmission serviced every 30 to 50 K. Today you can have \$20 off a transmission service	25. Did You Know? We are transmission replacement specialists.	26. Free Coffee Always Freshly Brewed  valid anytime	27. FREE Check Engine Light Scan (OBDII vehicles) valid anytime	28. Did You Know? We have a 3 year/36,000 mile Nationwide hassle free warranty on most repairs!
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