



# Car Buzz

January  
2010

A Free Monthly Newsletter From Your Friends At Leonardi Automotive

## Keep Your Brain In Top Condition

Like any other part of your body, your brain needs exercise to stay healthy.

Although physical exercise can encourage the growth of new brain cells, mental exercises will also help your mind stay sharp.

Incorporate these strategies into your life:

- ♦ Mix up your routine. When you take the same route to work every day, or even fix the same peanut butter sandwich for your lunch, your mind stops stretching itself. Look for different activities that force you to think actively about what you're doing.
- ♦ Stay mentally active. Crossword puzzles, Sudoku, and other games can keep your mind in shape. So can taking a class, learning a new language, or reading something challenging in a book group.
- ♦ Reduce your stress. Easier said than done for many of us, but meditation, yoga, and getting plenty of sleep can relieve pressure that interferes with the ability to form fresh memories.
- ♦ Socialize. Don't let yourself get isolated. Talking to people and making new friends will stimulate your brain and give you more opportunities to learn and grow.
- ♦ Test yourself. Make up a few simple mental exercises. For example, try to identify the coins in your pocket, or the keys you carry, by touch instead of sight.



## Stick To Your Fitness Resolutions

It's a week into the New Year, and already you've chowed down a dozen brownies. And you've only gone to the gym once. Don't be too hard on yourself, but don't give up on the diet and exercise resolution either. Try again, and this time consider the following tips:

1. Be realistic. If you're trying to lose weight, set your sights on losing no more than a pound or two a week. Don't try to lose it all in a month. Also, know that you're human and prone to setbacks. Don't let a failure to stick to a plan derail you from picking up and trying again.
2. Be specific. Don't say you'll exercise more. Instead, commit to walking 30 minutes during your lunch break three days a week. Whenever possible, take the stairs; it's free exercise, and every little bit helps.
3. Find a buddy. It's almost always easier to get any goal accomplished if you have a partner who's trying to accomplish the same thing.
4. Log your progress. Writing down how much you've walked in the past week gives you a sense of accomplishment—and the encouragement to keep going. Also, it helps you to spot any trouble spots before they impede your overall progress.

"It is never too late to be what you might have been."

- George Eliot

## 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**, or email us at [leonardiautomotive@yahoo.com](mailto:leonardiautomotive@yahoo.com), or visit our website [leonardiauto.com](http://leonardiauto.com).

## January Events

- |                            |                                |
|----------------------------|--------------------------------|
| January 1 <sup>st</sup>    | New Year's Day                 |
| January 9 <sup>th</sup>    | Ascension Day                  |
| January 18 <sup>th</sup>   | Martin Luther King, Jr. Day    |
| January 18 <sup>th</sup>   | Winnie-the-Pooh Day            |
| January 28 <sup>th</sup>   | Christa McAuliffe Day          |
| January 1-31 <sup>st</sup> | Birth Defects Prevention Month |



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*“If money is your hope for independence, you will never have it. The only real security that a man will have in this world is a reserve of knowledge, experience, and ability.”*  
- Henry Ford

## **Visions**

*We grow great by dreams. All big people are dreamers. They see things in the soft haze of a spring day or in the red fire of a long winter's evening.*

*Some of us let these great dreams die, but others nourish and protect them, nurse them through bad days until they come to the sunshine and light. It comes always to those who sincerely hope that their dreams will come true.*

-Woodrow T. Wilson

## **Follow This Checklist For Getting Promoted**

Most of us don't want to stay in the same job forever. We plan to move up, advance, get promoted—if not to the CEO's office, at least to a level that keeps us challenged and fulfilled. Luck plays a role, but you can't depend on luck alone. To find and take advantage of the opportunities within reach, follow this advice:

- Talk to your boss. Let your manager know you're looking for more responsibility.
- Take on extra tasks. Become the go-to person when your bosses or co-workers need help.
- Be reliable. Show up on time. Keep your promises.
- Deal with crises. When an emergency hits, don't waste time looking for blame or making excuses. Work to solve the problem.
- Stay up to date. Look for training programs that will keep your skills current.
- Manage your time. Show your boss you can successfully juggle a variety of responsibilities.
- Promote yourself. Don't brag, but do let your organization know what you've done and what you're capable of.

## **Work Still Important To Older Americans**

As people live longer, more of them are also working longer—sometimes because they have to, but frequently because they want to.

A study from the Pew Research Center found that 38 percent of participants age 62 or older say they may delay their retirement because of the current recession.

However, 54 percent of employees 65+ say they're still working because they want to.

The oldest working American may be Jack Borden, a 101-year-old Texas lawyer.

According to the CNN Web site, Borden continues to put in a 40-hour work week, arriving at his office at 6:30 most mornings and working until about 4 p.m. (though he takes a 45-minute nap in the afternoon, per his doctor's instructions).

## **Remember That Movie, 'Lost In Translation'?**

Some movie titles translate smoothly into names that audiences overseas can relate to. Others, not so much. Here are a few movies whose new names may surprise you:

- ☺ Cloudy with a Chance of Meatballs in Israel, Cloudy with a Chance of Falafel
- ☺ Eternal Sunshine of the Spotless Mind in Italy, If You Leave Me, I Delete You
- ☺ The Naked Gun in Israel, The Gun Died Laughing
- ☺ Get Smart! In Taiwan, Is the Spy Capable or Not?
- ☺ Annie Hall in Germany, Urban Neurotic
- ☺ Knocked Up in Peru, Slightly Pregnant
- ☺ The Full Monty in China, Six Naked Pigs

## **Better Than Nothing**

Two friends met on the street. “How are you doing since you lost your job?” asked one.

“Great!” said the friend. “I've taken up meditation.”

“Meditation? You can't make a living doing that.”

He shrugged. “It beats sitting around doing nothing.”



### **Leonardi's Customer Referral Program**

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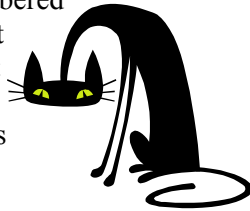
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## The Fable Of The Cat

A guru leading classes in meditation was distracted by a cat wandering through the temple every day. He instructed his followers to tie the cat up during meditation, and for many years his sessions went on without interruption.

When the guru died, his followers continued tying up the cat during the meditation practice led by a successor. When the cat died, new followers brought a new cat into the temple to be tied up during the sessions. Eventually no one remembered why they were supposed to tie a cat up during meditation, but they kept doing it anyway.

How many meaningless actions do you repeat out of habit?



## Learn The New Jargon Now

Some of the most creative thinking in the workplace comes from the desire to avoid saying what we really mean. Check out these innovative (and humorous) euphemisms for typical workplace antics:

- ✓ **Blamestorm:** A discussion centered around finding an excuse—or a scapegoat—for failure.
- ✓ **Data transport system:** A briefcase.
- ✓ **Ohnosecond:** The fraction of a moment between hitting “send” and realizing you’ve just sent an embarrassing e-mail to everyone in your organization.
- ✓ **Percussive maintenance:** Hitting a computer or other electronic device in an attempt to get it to work.
- ✓ **Presenteeism:** The opposite of absenteeism—an obsession with being visible at work regardless of how productive you are.
- ✓ **Run it up the flagpole:** Hoping someone with real authority will give you permission to do something if you ask politely.
- ✓ **Stress puppy:** Someone who thrives on pressure.
- ✓ **Vulcan nerve pinch:** The awkward hand stretch needed to reach all the keys necessary for certain computer commands.
- ✓ **Xerox subsidy:** Using the office photocopier for personal reasons.

“The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do. You can act to change and control your life; and the procedure, the process is its own reward.”

- Amelia Earhart

## If You Could Talk To The Animals . . .

The TV collie Lassie may have barked to let people know that Timmy had fallen down the well (again), but animals in the wild have many different ways to communicate. Here’s what scientists have observed:

- **Ants.** The Argentine ant emits a chemical scent to tell other ants it’s alive. When it dies, so does its aroma, telling the other ants it’s time to discard the body before it shows any sign of decay.
- **Prairie dogs.** Prairie dog barking communicates specific details about threats from dogs, hawks, and humans, including the size and shape of the nearby enemy. Prairie dogs also bark in different dialects depending on where they’re from.
- **Elephants.** The elephant’s trumpet is well known, but these massive beasts can also emit a sort of “silent trumpet” that humans can feel but not hear, signaling their presence to other elephants up to five miles away.

## Three Simple Words (Tenfold) For A Better Life

Improving your life begins with your attitude. You don’t need subliminal tapes or hypnosis. Just try using some of these three-word phrases more often:

- |                       |                      |
|-----------------------|----------------------|
| • I thank you.        | • Please forgive me. |
| • I forgive you.      | • I trust you.       |
| • Maybe you’re right. | • Let me help.       |
| • Count on me.        | • I believe you.     |
| • I understand you    | • Go for it.         |

The material contained in this newsletter is for informational purposes only and is based upon sources believed to be reliable and authoritative; however, it has not been independently verified by us. This newsletter should not be construed as offering professional advice. For guidance on any specific matter, please consult a qualified professional.

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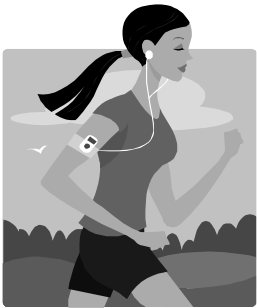
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## **What's Inside?**

- Keeping Your Brain In Top Condition -
- Tips For Sticking To Your Fitness Resolution -
- The Translation For 'If You Leave Me, I Delete You' -
  - Learn The New Jargon -
  - January Events -
  - Money Saving Offers -
  - & Much More!



## ***What's The Answer?***

- ***Do You Know How To Get Promoted?***
- ***What The Heck Is A Stress Puppy?***
- ***How Old Is The Oldest Working American?***
- ***How Are You Going To Stick To Your Resolution?***
- ***Do You Repeat Meaningless Actions Out Of Habit?***



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





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