

March
2011

Car Buzz



A Free Monthly Newsletter From Your Friends At Leonardi Automotive

Build Exercise Into Your Day With Instant Recess

Don't have time to exercise? It's a common excuse. Setting aside half an hour every day can seem daunting, so how about "instant recess"? It's the title of a book by Dr. Toni Yancey, a professor of health services at the University of California, Los Angeles, and also a strategy for getting some serious exercise every day.

The idea is simple: At least twice a day, devote 10 minutes to some physical activity. Take a brisk walk, do some mild aerobic exercise, dance, or lift weights, anything that gets your blood pumping a bit.

Three 10-minute exercise breaks add up to 30 minutes of exercise a day, which is the amount that doctors usually recommend for a healthy lifestyle. You'll feel better physically and emotionally, and you'll probably find yourself looking forward to "instant recess" throughout your day.

Start Packing: Americans Are In The Mood To Travel

If you're already planning your summer vacation, you're not alone. According to a travel trends survey from TripAdvisor, 36 percent of Americans say they expect to spend more on leisure travel in 2011 than they did last year, and 42 percent expect to spend the same amount.

Las Vegas, New York, and San Francisco are the most popular intended destinations this year, and 69 percent of people in the survey said they're planning an international vacation. Europe is the No. 1 choice, followed by Asia and South America.



March Events

March 2nd	Read Across America Day
March 3rd	National Anthem Day
March 8th	Fat Tuesday
March 16th	Freedom of Information Day
March 17th	Saint Patrick's Day



Creative Or Crazy? Consider These Innovative Products

Build a better mousetrap, as the saying goes, and the world will beat a path to your door. But not every invention means instant riches for the genius behind it.

From the Business Insider website comes this selection of some of the more outlandish (but creative!) products recently brought to market:

- ◆ **Tongue-brush.** It's like a toothbrush for your tongue, with soft, pointed bristles designed to eradicate bacteria and make your breath fresh. And there's one for your pet, too!
- ◆ **Zip bed.** No time to make your bed (or just too lazy)? This bed allows you to zip everything up into a self-contained pod. Downside: You can't let your feet stick out from under the covers when you're trying to sleep.
- ◆ **See-through refrigerator.** Don't waste time and energy while deciding what to eat. Transparent neoprene panels allow you to view the contents without opening the door. In addition to saving energy, this may motivate you to clean your refrigerator a whole lot more often.
- ◆ **Online profanity detector.** Worried about accidentally typing a bad word while you're updating your Facebook profile? This device plugs into a USB port on your computer, tracks your keystrokes, and emits a foul odor when it picks up foul language. Your words will be safe for Grandma to read.



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 leonardiautomotive@yahoo.com or visit us at leonardiauto.com



March Oil, Lube & Filter Change Special

Includes 5 Quarts Of Oil, New Oil Filter,
Lubricate Chassis
& 48-Point Courtesy Inspection

Special Price
\$29.70

Reg. Price
\$59.95



Expires 3/31/11

That's A LOT Of Sushi

Here's a fish story about one that didn't get away: Sushi vendors in Hong Kong bought a 754-pound bluefin tuna for \$396,000.



That's a record, breaking one set in 2001 for a fish that weighed a mere 445 pounds.

"It was an exceptionally large fish," said an official at the auction, "but we were all surprised by the price."

Hunger In America Continues . . .

In the 21st century, some Americans are still struggling to get enough food. According to a survey cited by the *Chicago Sun-Times*, one in 10 Americans went to bed hungry at least once in 2010, and 28 percent either knew someone who had to choose between buying food and paying their bills, or was forced to make the same choice.

At least we're trying to do something about it, though: Forty-six percent of Americans in the survey described themselves as "very concerned" about the number of people without enough to eat, up from 38 percent in 2009. And 65 percent said they've made donations to food-related charities.

"I'm glad cavepeople didn't invent television, because they would have just sat around and watched talk shows all day instead of creating tools."
- Dave James

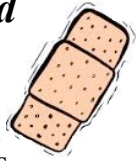
'You Missed Work Because Of What?'

A survey by CareerBuilder.com collected some of employees' more unusual excuses for missing work. Here are some highlights:

- * An employee said his mother had been attacked by a chicken.
- * Another employee reported that his finger had gotten stuck in a bowling ball.
- * An employee simply told the boss he wasn't feeling too clever that day.
- * An employee said he needed to mow his lawn right away in order to avoid a lawsuit from his homeowner's association.
- * One employee's foot got caught in a garbage disposal.
- * The day after Thanksgiving, one employee called in to say she'd burned her mouth on a piece of pumpkin pie.

Got A Cut? Get A Band-Aid

The adhesive bandage is commonplace in medicine cabinets and first-aid kits around the world. It was invented in 1921 by Earle Dickson, an employee of Johnson & Johnson. Dickson was concerned for his wife Josephine, who suffered frequent cuts and burns in the kitchen. They originally tried to wrap Josephine's wounds in gauze and adhesive tape, but the dressing usually fell off in a short time. Dickson tried placing some gauze in the center of a piece of tape, and covering the whole thing with crinoline to keep it sterile.

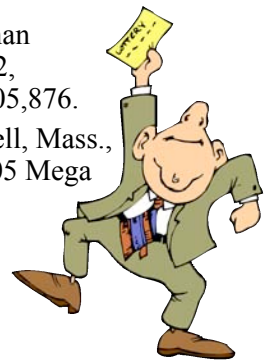


The invention worked so well for his wife that he took some to work to show to his colleagues. The company owner, James Johnson, caught wind of the idea, asked for a demonstration, and ultimately decided the company should manufacture them. And Dickson went on to have a successful career at Johnson & Johnson, becoming a vice president before his retirement in 1957.

Just How Big Do Those Lottery Jackpots Get?

"Winning the lottery" may not be a sound investment plan, but it's paid off for a lucky few. Here are some of the biggest jackpots in U.S. history:

- ➔ **\$390,000,000.** In 2007, two ticket holders (one from Georgia and another from New Jersey) split this Mega Millions jackpot, both choosing a lump-sum payout worth \$116,957,083.
- ➔ **\$365,000,000.** This was a Powerball jackpot in 2006, jointly held by eight co-workers at a meat processing plant in Nebraska. The lump-sum payout came to \$177,270,519.67.
- ➔ **\$315,000,000.** A group calling itself "the Lucky 7" invested in this winning ticket in 2005 and took a lump sum of \$175,000,000.
- ➔ **\$314,900,000.** A West Virginia man won a Powerball drawing in 2002, collecting a lump sum of \$170,505,876.
- ➔ **\$294,000,000.** A woman in Lowell, Mass., was the sole winner of a July 2005 Mega Millions jackpot, taking home \$168,480,412.



Leonardi's Customer Referral Program

Give this portion of the newsletter to a friend or family member who is not already a customer. Both parties will get a complimentary lube, oil and filter service when the new customer returns this card to Leonardi's for their service. After the new customer's service is performed, your account will show your free service is due when you come in!

Referred by: _____

Taxes & EPA Fee Paid By Leonardi's

(415) 897-1503 CALL now for an appointment

Know Where Your Identity Is?

Americans worry about identity theft, with good reason. About 5 percent of us—11.7 million people—age 16 or older have been victims of identity theft over the last two years, most often through unauthorized use of a credit card.

The good news, if any: Only about 25 percent of those victims lost any money, and half of them lost only \$200. But the average out-of-pocket loss was \$1,870; identity theft costs a total of about \$17 billion in the United States, according to the Bureau of Justice Statistics.

Live And Learn



You're never too young to start learning about life, or too old to stop.

Here are some words of wisdom from people of all ages that nearly everyone can relate to:

- * I've learned that our dog doesn't want to eat my broccoli either. (Age 7)
- * I've learned that silent company is often more healing than words of advice. (Age 24)
- * If someone says something unkind about me, I must live so that no one will believe it. (Age 30)
- * I've learned that motel mattresses are better on the side away from the phone. (Age 50)
- * I've learned that whenever I decide something with kindness, I usually make the right decision. (Age 66)
- * I've learned that even when I have pains, I don't have to be one. (Age 82)
- * I've learned that I still have a lot to learn. (Age 92)

The Value Of Words

Three children on the playground were bragging about their parents.

One little girl said, "My father is a songwriter. He writes a few words and calls it a song, and they pay him 500 dollars."

"Oh, yeah?" said a little boy. "My dad writes a lot of stories and calls it a book, and they pay him 1,000 bucks."

"That's nothing," said the third child. "My dad's a pastor. He scribbles a few words and calls it a sermon, and it takes six people to collect all the money!"

Mixing Business And Pleasure?

A wealthy banker was enjoying a day on a friend's sailboat when an unexpected gust of wind tipped the boat, causing him to fall overboard.

The friend ran to the rail and called down, "Can you float alone?"

"Of course I can!" the banker sputtered, "but this is no time to talk business!"



Explore The Universe From Your Back Yard

Amateur astronomy is a mainstream hobby for more than 300,000 people in the United States. Struck by the wonder of the stars and the availability of relatively inexpensive and effective telescopes, many people are traveling to the stars in their spare time. If you're interested in getting to know your universe a little better, here's a good way to start stargazing:

- * **Start with naked-eye astronomy.** Check out the monthly charts in publications (and their online versions) such as *Sky & Telescope* and *Astronomy*. Keep an eye out for the different phases of the moon, constellation movements, and meteors, as well as artificial satellites.
- * **Pick up binoculars.** A good starting point is a pair of 7x50 binoculars. Consult star charts to view the nebulae and star clusters that will be visible with the binoculars.
- * **Join an astronomy club.** You can compare notes about equipment and share knowledge about the sky above.

Eyeballs On The Run

Does the thought of sneezing keep you awake at night? Are you afraid if you forget to close your eyes in an "achoo moment" your eyeballs will come flying from your head like something out of a Poltergeist movie? Well good news, this cannot happen. Since we have been little we have been told by some paranoid friend that if we don't shut our eyes while sneezing they will pop out of our heads. And like fools, we all believed this crazy idea. Did we think our eyes are just floating around and could fall out at any time? Rest assured, our eyes are attached to our heads securely and a simple sneeze will not send them rolling across the room.



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. ©2011 CMG



**Please Become A Fan On
Facebook And Keep Up To
Date On Money Saving Offers.**

facebook.

A Free Monthly Newsletter
From Your Friends At

MARCH



7426 Redwood Blvd.
Novato, CA 94945

What's Inside?

- How To Build Exercise Into Your Day -
- Creative & Crazy Innovated Products -
 - Eyeballs On The Run -
 - Live And Learn -
 - March Events -
- Money Saving Offers -
& Much More!



What's The Answer?

Are Americans In The Mood To Travel Again?

Who Invented The Band-Aid?

You Missed Work Because Of What?

Just How Big Do Those Lottery Jackpots Get?

Are You Mixing Business With Pleasure?

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





\$29.70

Reg price \$59.95
Lube, Oil & Filter

- Up to 5 quarts oil
- New oil filter
- Lubricate chassis
- 48 Point inspection

Most vehicles Expires 04/30/11

\$10.00 off

Fuel System Tune-up

Clean Throttle Body, Fuel Injectors and Combustion Chamber.

Removes harmful carbon deposits

- Every 2 years / 30,000 miles
- Improve fuel economy
- Restore performance

Most vehicles Expires 04/30/11

\$20.00 off

Transmission Service

- Every 2 years / 30,000 miles
- Avoid costly repairs.
- Flush virtually 100% of your automatic transmission's fluid.

Most vehicles Expires 04/30/11

\$20.00 off

Timing Belt Replacement

- Avoid breakdown
- Prevent engine damage
- Replacement on many cars required every 60,000 miles.

Most vehicles Expires 04/30/11

FREE

Tire Rotation

Inspect tread depth, rotate, balance & set air pressure.

- Smoother ride
- Longer tire wear

EXPIRES 04/30/11

\$15.00 off

Cooling System Flush

- Every 2 years / 30,000 miles
- Rid your cooling system of harmful contaminants
- Refill with new anti-freeze

Most vehicles Expires 04/30/11

\$20.00 off

Brake Service

- Disc or Drum Brakes
- Includes resurface
- New brake pads or shoes

Most vehicles Expires 04/30/11

\$10.00 off

Power Steering System Flush

- Every 2 years / 30,000 miles
- Avoid premature Rack & Pinion failure
- Restore steering ease

Most vehicles Expires 04/30/11

\$80.00 off

4 Struts

or

\$40.00 off 4 Shocks

- Improves control & safety
- Longer tire life

Most vehicles Expires 04/30/11