

November
2009

Car Buzz



A Free Monthly Newsletter From Your Friends At Leonardi Automotive

Always Drive With Care

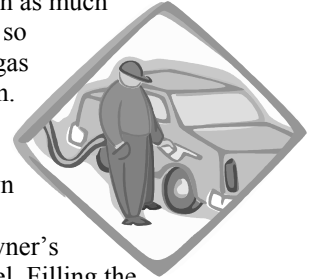
Whether you're just going to the store or driving cross-country, safety behind the wheel is paramount. Avoid becoming a statistic by following these safe-driving tips:

- ✓ **Stop signs.** To ensure you come to a full stop and avoid an accident (or a ticket), spell the word S-T-O-P to yourself and feel the car rock backward before stepping on the gas again. Remember to look left, right, and straight ahead before proceeding.
- ✓ **Stopping time.** Always make sure you've got enough time to stop your car if the vehicle ahead of you slams on the brakes unexpectedly. To be safe, start counting when the car in front passes a stationary object. If you pass the object before reaching a count of four, you're too close. Slow down. At night, or when the weather is hazardous, increase the count to give yourself enough room.
- ✓ **Parked cars.** In the city, be careful when driving past a line of parked cars. Stay toward the center of the road in case someone opens a door without warning.
- ✓ **Armrests.** Don't use the armrest while driving. Your arms need to be free and ready to turn the wheel in case of an emergency.
- ✓ **Lights.** Check regularly to make sure they're clean and clear so oncoming drivers and pedestrians can see you in low visibility. If your car has a center-mounted brake light in the rear window, be sure that's clear when wiping off snow, ice, or mud. Switch your headlights on any time visibility may be even slightly impaired.
- ✓ **Steering wheel.** Keep your hands at the 10 o'clock and 2 o'clock positions while driving, or the 9 and 3 positions. This gives you maximum control over your steering.

Don't Dump Your Dollars At The Pump

Saving on gasoline helps the environment as well as your own personal bottom line. To minimize the amount of money you pay at the pump, follow these guidelines:

- Maintain your car. Have us service and maintain your vehicle regularly so it runs as efficiently as possible. You can help by keeping your tires properly inflated or stop by and we will do it for you. All these things can improve your car's performance and mileage.
- Get a windshield shade. Blocking the hot sun in the summer will keep your car's interior cooler and reduce your air conditioning needs.
- Fill up carefully. Don't overfill your tank and allow gas to slosh out. Tighten the gas cap so fuel can't evaporate through any gaps.
- Brake with care. Try to avoid slamming on your brakes. Once in motion, a car doesn't burn as much gasoline as it needs to accelerate, so braking unnecessarily can waste gas when you need to accelerate again. Keep a safe distance between cars, and be alert for anything that might cause you to slow down so you can brake early.
- Buy the right gas. Check your owner's manual for the correct octane level. Filling the tank with a higher octane doesn't usually improve performance, and it generally costs more. If you need assistance with this, just stop by.



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**, or visit our website **leonardiauto.com**.

November Events

November 1 st	Daylight Savings Time Ends
November 3 rd	Election Day
November 3 rd	Sandwich Day
November 11 th	Veterans Day
November 26 th	Thanksgiving
November 9-15	World Kindness Week
November 22-28	National Game & Puzzle Week
November 1-30	American Diabetes Month
November 1-30	National Alzheimer's Disease Month



Canned Food Drive



Take \$5.00 OFF Any Service With 3 Non-perishable Food Items

Limit 6 Items Per Household

Offer Expires 11/30/2009 & Must Present Coupon

“The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving.”

- H.U. Westermayer

Sharpen Your Mind To Learn Better

As we grow older, learning and remembering new information can grow more difficult.

But here are some tips to help you stay on top of the knowledge game and keep you learning as you age:

- Focus on concentrating. Distractions are the bane of any learning attempt. If you're attending a seminar or training session, sit near the instructor and maintain eye contact with him or her. Try not to fidget; simply relax into the session and let your focused attention do the job.
- Say it out loud. Read aloud the material you're trying to learn and repeat out loud the facts you want to retain. This way, both your eyes and your ears are delivering information to your brain
- Tame frustration. If you're getting frustrated over material you're trying to learn, remind yourself that getting emotional will only hamper your ability to retain information. If you have to, step back and take a break.

Don't Assume It's Easy As 1-2-3

A brand-new Little League baseball coach called a friend for advice. The friend, who had coached everything from soccer to track with his kids, told him, “I always started by numbering the bases.”

The new coach was surprised. “What do you mean?”

The friend explained that the first year he coached Little League, he laid out the bases and had the kids line up. “To warm up, let's have everybody jog around the base path,” he said. And the first four kids took off toward third.

“Ever since,” he said, “I've numbered the bases and explained that you have to run them in order. You'd be amazed at the number of kids who go from first to third by cutting across the pitcher's mound.”

The moral: Never assume people know what's obvious to you. Explain what they need to know.



Are Cell Phones Dangerous? Watch For These Symptoms

Doctors are calling it “cubital tunnel syndrome,” but it's more commonly known as “cell phone elbow,” and experts say it's the second most common nerve compression syndrome in the upper extremities after carpal tunnel syndrome.

Symptoms include tingling, burning, aching, or numbness in the lower half of the arm (the ulnar forearm—the region between elbow and wrist facing away from the body when you bend the arm to touch your shoulder).

The symptoms usually arise after prolonged cell phone use. The easiest way to get rid of it? Switch your cell phone to the other hand, or use a hands-free set. You could also just hang up.

Journey To The Center Of The Earth...? (Not Quite)

Scientists have drilled nearly a mile into the Earth's crust and for the first time extracted specimens of gabbro—dense black rock formed by the slow cooling of magma chambers beneath the ocean. The Web site LiveScience reports that the ship JOIDES Resolution, drilling about 500 miles west of Costa Rica, also was able to bring up an intact section of the stratified layer of crust overlaying the gabbro. Experts hope to analyze both samples for a better understanding of the formation and structure of the ocean's crust, which affects how mountains form and contributes to the creation of earthquakes and volcanoes.

Spinal Cord Recovery In A Lovely Shade Of Blue?

Eating blue M&Ms won't save your life, but the compound that produces their distinctive blue color may decrease the severity of spinal cord injuries. Tests with mice at the University of Rochester Medical Center in New York found that injecting Brilliant Blue G intravenously into the spinal cord after trauma can block a chemical that causes irreversible damage to spread beyond the site of the original injury. The compound has to be administered within 15 minutes of the injury and has the side effect of turning the subject's skin a bright blue. Researchers will have to conduct more tests before determining whether it's safe to try on humans.



IS YOUR VEHICLE READY TO GO "OVER THE RIVER & THROUGH THE WOODS"?

The Holidays Are Just Around The Corner And We Want To Make Sure Your Vehicle Can Go All Those “Extra Miles”. For The Month Of November, We Will Be Running A Pre-Holiday Special! You Will Get A 48-point Inspection, Oil Change, Lube & Filter For Only \$29.70!

Expires 11/30/09

(Must Present Coupon)

Call For An Appointment (415) 897-1503

“If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome.”

- Charlotte Bronte

Murphy Was An Optimist

Here are some laws that seem to govern everything that could possibly go wrong in life:

- ❖ Any technical problem can be solved if you have enough time and money. Corollary: You never have enough time or money.
- ❖ When you ask your husband to pick up five items at the grocery store, and then you add one more as an afterthought, he will forget at least two of the first five.
- ❖ Food that starts out hard will soften when it gets stale. Food that starts out soft will harden when it gets stale.
- ❖ The candy bar you bought to eat on the way home from the store is always hidden at the bottom of the grocery bag.
- ❖ When you work late, no one will notice. When you leave work five minutes early, you will always meet your boss in the elevator.

Proofreading Is A Dying Art, Wouldn't You Say?

- Cold Wave Linked to Temperatures
.....Who would have thought?

- Red Tape Holds Up New Bridges
..... You mean there's something stronger than duct tape?

- Man Struck By Lightning: Faces Battery Charge
.....He probably IS the battery charge!

- Astronaut Takes Blame for Gas in Spacecraft
.....That's what he gets for eating those beans!

- Hospitals are Sued by 7 Foot Doctors
.....Boy, are they tall!

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.

A Thanksgiving Chuckle...

A biologist called a leading genetics journal to announce his great news: “After years of research, I’ve found a way to end every argument over who gets the drumstick at Thanksgiving dinner! I’m thinking Nobel Prize! I’ve bred a turkey with six legs!”

The editor was skeptical. “But how does it taste?”
“I don’t know. I can’t catch the thing!”

If I Had A Hammer . . . But No Light



Scientists have hit the nail on the head in a new study that examined who’s better at pounding nails—men or women. The results may surprise you: Women are more accurate when hammering nails, at least when the lighting is good, but men do better in the dark.

The scientists used a mechanical plate to measure force and accuracy when different test subjects pounded at nails. Women aimed their hammers 10 percent better than men in the light, but men were 25 percent more accurate in the dark. Why? The University of Massachusetts at Amherst researchers aren’t sure.

One possibility: Men and women have differences in their ability to perceive objects depending on lighting conditions, and that may affect their motor skills. More research will have to be done.

What Money Can't Buy

A very rich investor was bragging to a well-off author at a cocktail party: “You know, I made more money on one investment last month than you’ve made with all your best-sellers. I’ll probably make more money this year than you’ll make in your entire life. What do you think of that?”

The author replied,
“That may be true, but I have one thing you’ll never have.”
“What’s that?”
“Enough.”



Did You Know?

You don't have to go back to the Dealer for service or maintenance on your new or used vehicle! Federal Law (Magnusen-Moss Act 1975) prohibits new car dealers from implying or denying warranty service because routine scheduled maintenance was performed at an independent repair facility. We can handle your maintenance needs – and you get a live person on the phone when you call. Call us for your 15K, 30K, or 60K Maintenance.

A Free Monthly Newsletter
From Your Friends At



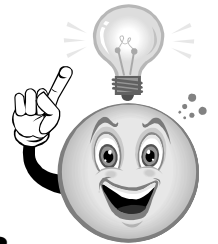
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What's Inside?

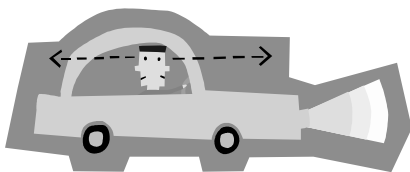
- Driving With Care -
- How You Can Sharpen Your Mind To Learn Better -
- A Thanksgiving Chuckle -
- Proofreading Is A Dying Art -
- November Events -
- Money Saving Offers -
- & Much More!



What's The Answer?



- ***How Long Should You Stop At A Stop Sign?***
- ***What The Heck Is 'Cubital Tunnel Syndrome'?***
- ***Are You Spending Too Much Money At The Pump?***
- ***Will Blue M&M's Be Used To Treat Injuries In The Future?***



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





\$29.70

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Lube, Oil & Filter

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

Most vehicles Expires 5/31/10

\$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

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

Most vehicles Expires 5/31/10

\$20.00 off

Timing Belt Replacement

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- Prevent engine damage
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4 Struts

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\$40.00 off 4 Shocks

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- New brake pads or shoes

Most vehicles Expires 5/31/10

\$10.00 off

Power Steering System Flush

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

Most vehicles Expires 5/31/10

Free

Tire Rotation with any service

Inspect tread depth, rotate, & set air pressure.

- Smoother ride
- Longer tire wear

Most vehicles Expires 5/31/10