

September
2009

Car Buzz

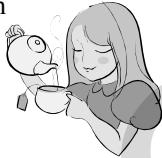


A Free Monthly Newsletter From Your Friends At Leonardi Automotive

Tea Time! It's Good For You

Drinking three cups of tea a day can have important health benefits, according to doctors and researchers. Among its potential advantages, tea may help in these areas:

- ✓ **Cancer.** Tea, especially the green variety, has been in shown in some studies to be linked to a decreased risk of breast cancer, as well as prostate and other cancers. It seems to stimulate the production of certain enzymes that detoxify carcinogens and reduce inflammation.
- ✓ **Obesity.** Some studies with animals have suggested that green tea and oolong tea may contribute to better weight management. The caffeine in tea might boost the body's metabolism and help the body burn off calories from fat.
- ✓ **Brain Activity.** Green tea (again!) may help prevent cognitive impairment among older people, as suggested by some epidemiological studies.
- ✓ **Heart Disease.** Antioxidants in tea can help the body better regulate its insulin production, which can aid in preventing diabetes and heart disease. In addition, tea can reduce risk factors such as high blood pressure and high cholesterol.



Tomorrow's Careers Are Coming

Lots of people these days are investigating new careers, thanks to the recession and the changing economic landscape.

Yahoo's HotJobs Web site targets some jobs that just might become major options for today's and tomorrow's jobseekers:

- ❖ **Data Miner.** Collectors of data from the Internet for marketing purposes may become very important as more and more commerce moves online. The mean annual salary is just over \$70,000; the top 10 percent can pull over \$100,000.
- ❖ **Environmental Engineer.** Climate change, fluctuating energy prices, and ecological concerns are driving a new need for people who can create clean, low-impact vehicles, buildings, and products. Salary: approximately \$74,000.
- ❖ **Accent Reduction.** Globalization means being able to communicate clearly with people from other cultures. Trainers work with executives, customer-relations specialists, and others around the world to eliminate speaking styles that impede clarity of communication. Salary: about \$64,000.

Don't Let Stress Stand In The Way Of Your Success

Stress is a fact of life. How you handle it, though, is up to you. Here are a few tips for keeping stress and anxiety under control in turbulent times:

Focus on right now. Worries about the past or the future can undermine your attempt to accomplish anything in the present. When you feel yourself growing anxious, concentrate on what you can do right now, and do it.

Identify your fears. Sort out your feeling so you know exactly what you're worried about. Overcoming a vague dread is difficult, but once you've got a specific target, you'll be able to find ways to deal with your fear directly.

Look for positive energy. Don't hang out with people whose anger or depression spills over onto you—find friends who support you and offer encouragement. Watch hopeful movies, listen to upbeat music. The more positive energy in your life, the better you'll be able to keep stress at bay.

September Events



September 7 th	Labor Day
September 11 th	Patriot Day
September 13 th	National Grandparents Day
September 17 th	Constitution Day
September 1-30 th	Library Card Sign-Up Month

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**.



Back To School Special

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The Pen Of The Future?

Just what you wanted: a pen that never misses a word. The Pulse smartpen from Livescribe doesn't just let you write down notes, it actually records voices with noise-canceling software, lets you play recordings back, a USB connector that allows users to recharge the pen and also transfer notes and audio to their computers. And it also writes! For more information, go to www.livescribe.com.

"If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step forward, you're always in the same place."

—Nora Roberts

Have A Happy 'Family' At Work

Your co-workers aren't your family, but the same rules that ensure a warm relationship with family members can apply to the workplace.

Here are some guidelines for communication and respect that will create a positive atmosphere at work:

- ☺ Respect boundaries. Understand that people have their own concepts of personal space and privacy. Just as you wouldn't go into your sister's room without her permission, don't assume you can open someone's desk to look for a pen or a piece of candy. Stay out of your colleagues' personal lives, and don't share too much of your own.
- ☺ Keep promises. Family members and co-workers both want to know they can depend on you. Don't make commitments you can't keep. If something prevents you from doing what you've said you will, be honest and explain it at once. And do everything reasonable to live up to the promises you make. You'll build a reputation for trustworthiness that will aid your career.
- ☺ Don't waste people's time. We're all busy with our jobs or our chores. Although a certain amount of informal chat helps build and maintain a friendly atmosphere, don't overdo it, and don't let your co-workers waste your time on irrelevant discussions. Keep an eye on your priorities, and other people's, so everyone can concentrate on getting work done.
- ☺ Pay attention to people. No one likes to be ignored, whether it's by your father reading the paper while you're trying to talk about your day or by a co-worker checking his or her BlackBerry during a meeting. Give people your full attention when they're speaking to you. Eliminate distractions. This shows you respect their time and intelligence.

Tactics For Women To Fend Off An Attacker

Too often, women are targets for would-be predators. You and your loved ones can avoid the threat of assault by learning how to take care of yourself—and, if need be, defend yourself against an attacker. Remember these strategies:

Don't run blindly. You have a split second to decide whether to fight or flee. Don't run unless there's safety nearby—a crowd of people or someone who can help you. Otherwise, chances are good the pursuer will catch up to you and you'll lose your advantage.

Attract attention. An attacker may tell you to remain quiet or he'll hurt you. But a scream or a honk on your horn will make it more difficult for him to do what he wants without getting caught. Honking your horn or shouting "Fire!" is sure to draw unwanted attention and likely to make your enemy flee.

Fight with your whole body. Use your elbows, knees, and head in addition to your hands and feet. Don't punch—use your hands to grab, twist, and inflict pain on your attacker. Instead of kicking at his groin, which may cause you to lose balance, use your knees, or your hands to attack this sensitive area.

Attack the right areas. Target the attacker's eyes, throat, and groin. These are the points where you can do the most damage and disable your opponent regardless of your size or physical strength.

To Boldly Go... Without Going

A space mission to Mars is starting right here on Earth. As reported by The New York Times, a crew of six boarded their vessel in March for the 105-day voyage, during which time they'll breathe recycled air, eat dehydrated food, and have limited contact with anyone outside their spacecraft.

Except they won't leave Earth. Their "ship" is a research center in Moscow, and their journey is actually a test of how well an international crew could cope with the isolation of a real Mars mission.

The ultimate test will be a full 520-day simulation of a complete trip to Mars and back. The longest period any human has ever spent in space is 438 days, set by a cosmonaut aboard the Russian space station Mir in 1994-95.

The Moscow simulations are intended to test how a long space journey would affect astronauts' metabolism, sleep cycles, immunity, and cardiovascular systems, as well as to study how a cross-cultural, international crew would behave when cooped up on a long-term space mission they can't quickly return from.

The Warranty On Your New Vehicle Stays In Effect When Maintenance Is Performed Here.

We are legally authorized to fulfill maintenance obligations on all vehicles, even new ones, & when we use appropriate parts & procedures, the vehicle's manufacturer is bound to honor its warranty obligations. Your vehicle's care starts at 00001 miles.

Believe In Your Future

When writer, actor, and political commentator Ben Stein arrived in Los Angeles as a young man to become a screenwriter, he very much wanted to buy a Mercedes 450 SLC. But even used, the Mercedes was far more than he could afford on his entry-level salary. When he explained this to the salesman at Mercedes-Benz of Beverly Hills, the salesman replied, "Don't you believe in your own future?"

It was the right question. Stein bought the car.

Labor Day: What's It All About?

Labor Day is more than one last chance to fire up the grill before the end of summer. It's a yearly celebration of the American worker, a tribute to labor's contribution to the economic and social well-being of the United States.

Labor Day originated in an age of 12-hour workdays, seven-day-a-week schedules, child labor, and terrible working conditions. Some say the idea of Labor Day originated in 1882 with Peter J. McGuire, a co-founder of the American Federation of Labor. Others claim that a machinist named Matthew Maguire proposed the celebration while serving as secretary of the Central Labor Union in New York. There's little dispute that the first Labor Day parade was held on September 5, 1882, when 10,000 workers in New York City marched from City Hall to Union Square. The Central Labor Union selected the first Monday of September as its annual holiday in 1884.

The first state to recognize Labor Day officially was Oregon, in 1887. By 1894, 23 more states had followed suit, and in that same year Congress passed an act making the first Monday in September a legal holiday throughout the country.

You Know You're Grown Up When

You're not a kid anymore. Here's the proof:

- Your refrigerator has more food than beer in it.
- 6 a.m. is when you get up, not when you go to bed.
- You hear your favorite song . . . on the elevator.
- You make plans to watch the Weather Channel.
- A clean sweater and jeans is no longer considered "dressing up."
- You have no idea how late the pizza place delivers.
- Your older relatives feel comfortable telling dirty jokes around you.
- You feed your dog Science Diet instead of cold pizza.
- A \$7 bottle of wine is no longer "the good stuff."

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 Pets-Only Airline

It's been a long time coming, especially if your name is Spot or Fluffy, but the first pets-only airline began services this summer. As reported in the Los Angeles News, Pet Airways, based in Florida, flies its "pawsengers" between Los Angeles, Denver, Chicago, New York City, and Washington D.C. for a base rate of \$150. The airline maintains a fleet of 20 planes, and pets will travel in their main cabin with a flight attendant to take care of them. ("Milk, catnip, or squeeze toy?") Owners can track their beloved pet's flight status so they can arrive on time for pickup at the pet's destination.

Cherish The Diversity Of Nature

New species of animals and plants are discovered every year. The International Institute for Species Exploration (at Arizona State University) recently named the top new species of 2009, as identified by a panel of experts. The list includes:

- The Barbados threadsnake. The world's smallest snake, it measures only about four inches long.
- The Tahina palm. Found in Madagascar, this palm produces a fantastic display of flowers, then collapses and dies—essentially working itself to death.
- Phoebaeticus chain. The longest insect in the world, found in Borneo, this creature has a body 14 inches long and an overall length of about 22 inches.
- The ghost slug. Nocturnal and predatory, this ghostly white slug is found in Wales.
- Charrier coffee. The first naturally caffeine-free species of coffee bean comes from Cameroon.

Plastic Surgery Down In 2008

We're reinventing ourselves in some ways, but not in others. The American Society for Aesthetic Plastic Surgery reports that cosmetic surgery procedures declined in 2008, mostly because of the economy, as patients put off treatments while waiting for better economic conditions. Still, more than 10 million procedures were performed in the U.S. last year, with breast augmentation leading the numbers. Liposuction, cosmetic eyelid surgery, rhinoplasty, and tummy tucks rounded out the top five. Incidentally, 2008 was the first year that breast augmentation beat out liposuction as the most popular form of cosmetic surgery.

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!

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- How To Create A Happy 'Family' At Work -
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What's The Answer?



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- *Can Stress Stand In The Way Of Your Success?*
- *Women....Do You Know How To Quickly Fend Of An Attacker?*
- *What State Was The First To Officially Recognize Labor Day?*
- *Does Drinking Tea Really Improve Your Health?*



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

