

May
2014

Car Buzz



A Free Monthly Newsletter From Your Friends At Leonardi Automotive

Keep The Spark Alive In Your Key Relationships

Your most important relationships—with your spouse, your friends, and your children—could probably use an infusion of fun from time to time. Fortunately, you don't have to go to elaborate lengths to avoid falling into a rut.

Here are some small steps you can take to keep those relationships fresh:

With your spouse or partner:

- Plan a date night. No kids.
- Hide some inexpensive gifts around the house.
- Call, text, or email in the middle of the day for no reason.

With friends:

- Send a fun, funny card.
- Get together for no reason.
- Call just to chat from time to time.

With children:

- Have fun with the shaving cream during bath time.
- Have a race with the kids to see who sets the table first.
- Dance and sing.

SPARK



Mom Quotes

"A mother's arms are made of tenderness and children sleep soundly in them."

-Victor Hugo

"All that I am, or hope to be, I owe to my angel mother."

-Abraham Lincoln



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

Boost Your Metabolism With These Fat-Burning Foods

Your body's metabolism is controlled at least in part by your genetic makeup, but you do have a measure of control over how it functions. Specifically, the food you eat can have a positive impact on your body's ability to burn fat. For a healthier weight, try including more of these items in your diet:

- ❖ **Egg whites.** These are said to be rich in branched-chain amino acids, which can boost your metabolism. They also contain plenty of protein and vitamin D.
- ❖ **Iron.** Lean meat, chicken, and cereals fortified with iron can enhance your body's ability to burn fat.
- ❖ **Fruits and vegetables.** High-fiber foods take more energy to digest, giving your body the opportunity to burn away more fat as your metabolism works.
- ❖ **Fish.** The omega-3 fatty acids in fish oil are believed to dramatically boost your metabolism to the tune of about 400 calories per day. In addition, fish oil boosts levels of enzymes that burn fat, and discourages the growth of enzymes that store fat in your body.
- ❖ **Chili peppers.** Without burning your tongue, try to add some chili peppers to your diet: They contain a chemical compound called capsaicin, said to boost your metabolism into higher performance.



May Events

May 1st	Law Day
May 4th	International Firefighters' Day
May 10th	World Lupus Day
May 11th	Mother's Day
May 17th	Armed Forces Day
May 18th	International Museum Day
May 26th	Memorial Day
May 6th-12th	National Nurses Week



Mothers Day Special
Oil Service With 48 Point Inspection

\$30.95

Up to 5 quarts and 1 filter

Most cars and light trucks

Explore Team Goals With A Simple Test

To encourage communication and trust between team members, try this exercise: Ask each team member to write on a 3x5 index card what he or she thinks the goals of the team are. Read the cards out loud, without identifying who wrote them, to give team members a taste of everyone's expectations.



Cut Your Electric Bill In The Summer Months

Summer will be here before you know it, along with the hum of the air conditioner cooling your house while draining money from your wallet. How do you keep your energy bill from skyrocketing? Here are some suggestions:

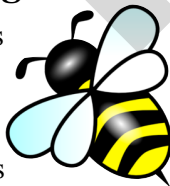
- ★ **Look toward the light.** Switch to dimmers: They can save about 50 percent over standard light switches. Replace your incandescent bulbs with fluorescent light. And don't forget to turn off lights if you're going to leave a room for more than 10 minutes.
- ★ **Invest in ceiling fans.** You could cut cooling costs by up to 80 percent if you use them instead of running the air conditioner constantly. Using them in conjunction with an air conditioner lets you raise the thermostat between 2 and 6 degrees. Every degree can save 4-8 percent on cooling costs.
- ★ **Lower the temperature of your water heater.** Most folks have them set at 140 degrees. Water will still be hot if you lower the temp to 110 or 120 degrees. Another trick: Drain a few gallons of water from the tank every month. Sediment can gather, which makes the heating element work harder.

First Aid For Bee Stings

According to Bottom Line Health, this is a good way to treat bee stings:

- ◆ Remove the stinger by scraping it out with a dull knife or a credit card.
- ◆ Moisten an Alka-Seltzer tablet so it starts fizzing when you apply it to the sting.

Alka-Seltzer contains baking soda, which reduces inflammation, and it contains aspirin, which relieves pain. The fizzing allows both to get under the skin, providing immediate relief.



What's In A Name?

Check out how these colonial words have shifted their meanings.

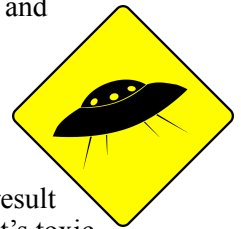
Language is constantly in flux. Words change their meanings over time, which can be obvious to anyone reading Shakespeare or even Dickens. As a case in point, consider the colonial origins of these common words, as explained in *Words They Lived By: Colonial New England Speech, Then and Now*, by Joan P. Bines (*Eye of the Beholder*):

- **Backlog.** In colonial times, this was the largest log in the fire, placed in the back to provide the most warmth while cooks built smaller fires in front that they could regulate more efficiently. Thus, something held back in reserve.
- **Humble pie.** Long ago, this was a pie made from the entrails of deer, which were called the "humbles" and eaten by servants, not the upper crust.
- **Negligee.** Not a sexy garment in the 17th century, but a dress that opened in the front to display an attractive petticoat worn beneath.
- **Smug.** This used to mean well-dressed, instead of the current usage signifying obnoxious self-satisfaction.
- **Wallet.** This would have referred to a knapsack big enough to carry clothes and provisions for a trip of several days.

Mysterious Rings In The Sea Aren't UFO Landing Sites

The mystery is solved: For years, scientists and the public have been puzzled by the presence of rings observed underwater off an island near the coast of Denmark. Some speculated that they were craters blasted by bombs during World War II; UFOs and fairies were also popular theories.

In fact, reports the Sci-News.com website, the circles are a form of eelgrass, which grows at depths of approximately five to eight feet underwater. The circular shape is the result of sulfide in the water, a substance that's toxic to eelgrass, but only when the eelgrass is very young or very old. Since eelgrass grows outward in a circular pattern, the older stalks in the center and the younger concentrations at the rim die first, leaving the adult eelgrass in a ring shape visible from the surface of the sea.



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

Home Buyers Hope To Take A Nice Walk

Home buyers today are looking for “walkability,” according to a survey by the National Association of Realtors. Sixty percent favor a neighborhood with a mixture of houses, stores, and other businesses that are accessible by foot. And although 52 percent of prospective home buyers want a large yard, more than half would downsize the yard for a shorter commute or a reasonable hike to shops, schools, and restaurants.

The Customer Is King (Or Queen)

The founder of the department store Neiman Marcus, according to a story, was firm when he told his son Stanley to issue a full refund to a woman who'd damaged an expensive dress purchased at their store. It wasn't the store's fault the woman hadn't taken proper care of the dress, Stanley argued. What's more, the manufacturer would never make good on the return, so they'd have to eat the entire amount. But the elder Marcus stood firm. The woman didn't buy the dress from the manufacturer, he declared. She bought it from us. He further explained that it cost about \$200 to recruit a new customer, and he wasn't going to lose a \$200 customer over a \$175 dress. He ordered Stanley to issue the refund—and do it with a smile.

It turned out to be sound advice. Stanley refunded the woman's \$175, and in the years to come, the customer spent more than \$500,000 shopping at the store.

Here Comes The Bride (But It Won't Be Cheap)

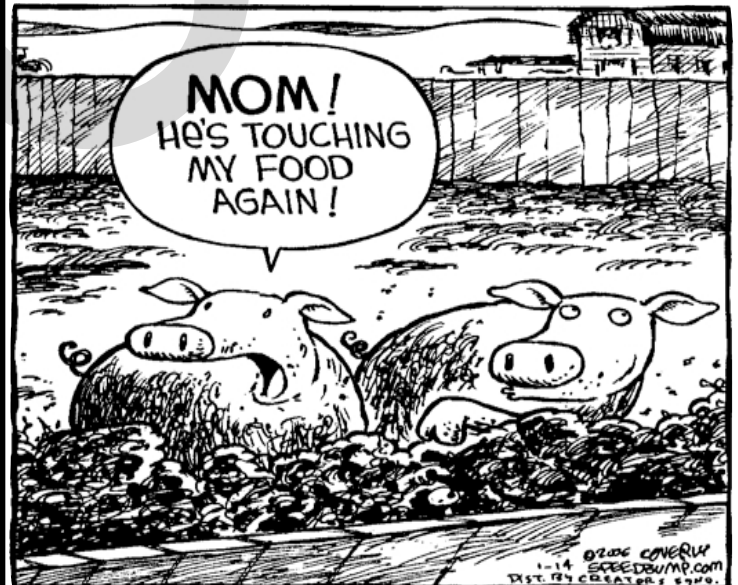
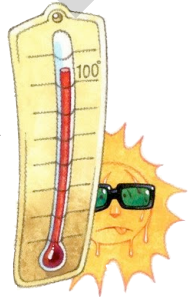
The wedding season is coming, so be prepared: The average cost of a wedding is now \$28,427. The economy isn't much of a factor: A survey from wedding consultants The Knot found that only 26 percent of brides in 2013 said the economic picture affected how much they spent on their big day, a figure down from 29 percent in 2011 and 34 percent in 2009.



Be Ready To Stay Safe During The Hot Summer Months

As we move toward the summer months, you may be working in hotter conditions whether your job takes you outdoors or not, on the road or at home. Be sure to take some basic precautions against heat-related injuries. Keep these tips in mind when the heat starts getting to you:

- * **Drink plenty of fluids.** When temperatures rise, try to drink a pint of water every hour. Avoid drinks with lots of sugar or caffeine, or anything alcoholic; these can dehydrate you more rapidly.
- * **Eat frequent meals.** Don't let your energy get too low because of hunger. Light, balanced meals are best.
- * **Wear your sunscreen.** If you're working outside, be sure to apply and reapply a strong sunblock to avoid sunburn.
- * **Avoid sudden extremes.** Don't try to cool down with a freezing shower. The shock to your system can trigger more problems.
- * **Pay attention to your body.** If you feel dizzy or light-headed move to somewhere cooler. Drink some water. Go to a doctor if you don't quickly feel better.
- * **Watch out for your friends and co-workers.** Someone suffering the early symptoms of heat exhaustion may not be aware of his or her behavior. Step in if a colleague appears woozy or otherwise ill.



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Simply Join Our 'Leonardi Automotive' Group and type **November** on our wall. Then bring this coupon into us and we'll take \$10.00 off your next service or repair with us.



Expires 5/31/14

Cannot be combined with other offers

Limit one per person

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



What's Inside?

- Mom Quotes -
- How To Boost Your Metabolism -
- First Aid For Bee Stings -
- How To Keep Your Relationships Alive -
- May Events -
- Money Saving Offers -
- & Much More!



What's The Answer?

What's In A Name?

Does Alka-Seltzer Really Relieve A Bee Sting?

Are There UFO's Off The Coast Of Denmark?

What 3 Easy Steps Will Help You Save On Your Electric Bill This Summer?



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



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

MAY

Mother's Day Hint:
Care for your Mom
by maintaining her car.



1. Today Only
FREE
Battery Test.



2. Free
Cookie Day!!!
(not just kids) everyone!



valid anytime

3. Did You Know?
We are engine
replacement
specialists

4. Did You Know?
We have been a
family owned
business for over
20 years!



6. Free Oil Change
Today only if you have
a "P" and a "9" on your
license plate.

2 available
please call now

7. Like us on
Facebook
for more deals!



8. Today Only
FREE rental car with
any repair over \$100

2 available
please call now



9.
Guess
the flavor
Friday!



10. Helpful Tip
Most cars use a
little oil so be
sure to check oil
level monthly



Mother's Day

12. Free Oil Change
Today only if you have
an "O" and an "8" on
your license plate.

2 available
please call now

13. Did You Know?
Child safety seats
expire. Go to
seatcheck.org for
more information

14. \$5.00
Starbucks Gift Card
to the first 3
appointments booked.



15. Did You Know?
We are
transmission
replacement
specialists.

16. FREE
Clutch
Adjustment

with this flyer

17. Did You Know?
We are
transmission
replacement
specialists.

18. Did You Know?
We do
wheel
alignments.

19. Free Oil Change
Today only if you have
a "Q" and a "0" on your
license plate.

2 available
please call now

20. Today Only
FREE rental car with
any repair over \$100

2 available
please call now



21. FREE Wi-Fi
Bring your laptop
or smart phone.

Wi Fi
valid anytime

22. Free Coffee
Always Freshly
Brewed

valid anytime

23. FREE
Check Engine
Light Scan
(OBDII vehicles)

valid anytime

24. Did You Know?
We have a
3 year/36,000 mile
Nationwide hassle free
warranty on most
repairs!

25. FREE
Shuttle Rides
valid anytime



26. Memorial Day



27. Free Oil Change
Today only if you have
an "R" and a "1" on
your license plate.

2 available
please call now

28. Today Only
FREE rental car with
any repair over \$100

2 available
please call now



29. Did You Know?
You should have your
transmission serviced
every 30 to 50 K. **Today**
you can have \$20 off a
transmission service

30. Did You Know?
We also use
Jasper engines &
Transmissions

Call for details

31. Did You Know?
We repair all
Asian Imports
including Lexus
and Acura

"Your satisfaction
is my personal goal"

I guarantee it!

Tony Leonardi, Owner



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