

November

FUEL for THOUGHT™

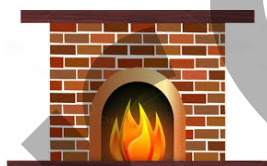
2017

A Free Monthly Newsletter From Your Friends At Mike Palmer Automotive

Follow These Fireplace Safety Tips

The fall is a perfect time for a fire in the fireplace. You'll want to make sure your fireplace is not a hazard to your home. Here are a few tips from the Hearth, Patio & Barbecue Association:

- ★ Make sure to clear the area around the fireplace and chimney. Debris too close to your fireplace could cause a fire in your home.
- ★ Always use a fireplace screen.
- ★ Don't overload your fireplace with too many logs.
- ★ Don't try to burn your Christmas tree or other debris in your fireplace.
- ★ Always keep a fire extinguisher on hand and equip your home with smoke detectors. Don't forget to check your batteries on a regular basis.
- ★ Place your logs to the rear of your fireplace on a grate.
- ★ Never leave the fire unattended. Make sure the fire is extinguished before you go to bed.
- ★ Keep firewood stacked, covered and outdoors—away from the house and off the ground.
- ★ Have your fireplace inspected annually. Make sure it is cleaned by a certified chimney sweep.



Why Kids Stay Home Longer

It's not just a stereotype: More and more young Americans are living with their parents, the U.S. Census Bureau reports. According to a recent study, one in three Americans age 18-34 were living in their parents' home in 2015—some 24 million people. In 1975, the figure was closer to one in five.

One reason: Young people are delaying marriage longer than their older counterparts did. Eighty percent of Americans were married by age 30 in 1975, but nowadays that 80 percent figure isn't reached until age 45.

Younger Americans are also dealing with high student loan debt, which makes staying at home a convenient way for them to pay bills and save to rent an apartment or buy a house.

Quotes

"The hardest arithmetic to master is that which enables us to count our blessings."

—Eric Hoffer

"As much as we want to keep ourselves safe, we can't protect ourselves from everything. If we want to embrace life, we also have to embrace chaos."

—Susan Elizabeth Phillips

November Events

Nov. 1st-7th

November 4th

November 11th

November 12th

November 17th

National Fig Week

Daylight Savings Time

Veteran's Day

International Tongue

Twister Day

Take A Hike Day

Nov. 17th-23rd

Farm City Week

November 23rd

Thanksgiving Day



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 get in touch with us by phone or email, or by visiting our website!

801-595-8724

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www.mikepalmerautomotive.com



Veteran's Day

Expires 11/30/17

Excludes Oil Changes

Must Present Coupon & Valid ID

Cannot Be Combined With Other Offers



Our Veterans Appreciation Month Special

All Veterans Will Receive A FREE \$20.00 Gift Certificate When They Have Any Service Or Repair Performed With Us On Any Monday During The Month Of November!



Retirement Saving Tips For Young People

One thing not often taught in schools is how to manage money and prepare for retirement. Many students, whether they attend college or go straight into the workforce after high school, don't grasp the importance of saving for later in life and are waiting too long to start stashing away money for retirement. Financial planner Eric Hutchinson, author of the book *The Financial Briefing* (Advantage Media Group), offers this advice for young people:

- ❖ Think about saving before a life event forces you to. Major life events such as the death of a family member, being laid off from a job, or a debilitating injury occur before we consider the impact they could have on our financial futures. Don't be caught off guard. Begin to build a nest egg to ensure the financial security of their families.
- ❖ Technology can't replace the human touch. For all the conveniences that technology provides us, it still can't replace the experience of a connection with another person. An experienced personal financial advisor can ask the right questions, provide ongoing guidance, and be an important resource for those who want to plan for retirement. A computerized advisor or even a live advisor supporting an automated advisor service often doesn't deliver the same depth of advice or relationship.
- ❖ Don't give up too quickly. Let time be your ally. Investing in the stock market with retirement savings can feel like a roller coaster ride. There will be plenty of ups and downs, but the descent is no time to jump off, even if you do get jittery. Market history suggests that eventually things may work out, if you allow enough time.

Factors For Avoiding Dementia

Physicians estimate that cases of Alzheimer's disease and dementia could reach 141 million by 2050, but a new study says that 1/3 of such cases could be prevented through better lifestyle management, including:

- Getting an education (staying in school until age 15)
- Reducing high blood pressure, obesity, and diabetes
- Avoiding or treating hearing loss in mid-life
- Not smoking and getting physical exercise
- Reducing depression and social isolation later in life.

New Findings About The Solar System Intrigue Scientists

Our solar system is full of interesting places—maybe not to live, but locations where life might flourish under the right conditions, or may once have been present. Two recent examples from the Science News website:

- * **Life on Titan?** Scientists have discovered that the atmosphere of Saturn's moon Titan contains vinyl cyanide—a molecule that forms membrane-like structures and could support life. Computer simulations suggest the molecule is capable of forming flexible bubbles known as azotosomes, that could serve as an outer shell “protecting” genetic material from biochemical reactions in the moon's frigid methane seas. No one knows whether azotosomes actually exist on Titan, though. A probe would have to check out the seas to detect them.
- * **Water on Venus?** With a surface temperature of 460 degrees, Venus is too hot to support water or life, but scientists speculate it might not always have been so inhospitable. The second planet's slow rotation—116 Earth days for a single Venusian day—might have led to a gradual cloud buildup in its atmosphere some 750 million years ago, bringing surface temperatures down to approximately 15 degrees Celsius—enough for the formation of a shallow ocean. What happened to the oceans, or whether they even existed, isn't clear. Scientists speculate they may have boiled away or been absorbed into the planet's interior.

Take Breaks To Spur Creativity

You can't always wait for a flash of inspiration when looking for new ideas. Try this technique for scheduling your next creative session:

- Before you begin, set a schedule for stopping at regular intervals whether you feel ready to or not. When you take your break, switch to another creative task or do something completely different—whichever you prefer.
- Work alone during the initial phase of solution generation. In studies, researchers have found that exchanging ideas in a group can decrease the number of ideas explored.
- Look out for “cognitive fixation.” When you get on a roll, chances are you're narrowing your field of focus instead of expanding your range. Take your scheduled break and come back ready to start fresh.



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
45-point Inspection, Oil
Change, Lube & Filter
For Only \$39.95!**

Expires 11/30/17 Cannot Be Combined
With Other Offers Must Present Coupon
5qts Conventional Oil - Synthetic Extra

Thanks For The Kind Words

"I was driving from CA to VT in an older Ford Transit van with a wheel bearing issue (among other things). I had gotten the run-around from several other mechanics along the way when I found Mike's shop. He was straight-forward, sensitive to my time issues (needed same-day service) and not even the tiniest bit condescending. They let me use a loaner car at no extra charge (\$1 for the fuel I replaced), and my dog and I had a lovely romp in the beautiful city park down the road while Mike's staff wrestled with my rusty nasty wheel bearing. The price was fair, and I was on my way in no time. My trip was far more pleasant, and safer, thanks to Mike and his staff. I am pleased to report I made it home to Vermont with no vehicular incidents (and without that annoying "unbearing-able" noise). I chose Mike Palmer's shop because of all the great reviews online. Let me join the chorus. Also, Mike was a great representative for Salt Lake City, for which I will now evermore have fond thoughts. Thank you!"

- Cynthia Shelton

Behold, The Pomegranate!

Pick up a pomegranate the next time you visit your local market. Packed with vitamins C and K, folate, manganese and potassium, pomegranates are a nutrient-rich, super fruit. Research has uncovered many health benefits for the heart, skin, liver, and joints that this ancient treasure provides. Here are some other things you should know about the pomegranate:

- ◆ The bush is native to Iran and found throughout the Middle East, India, parts of Asia, and Africa.
- ◆ Its medieval Latin name "pomum granatum" translates to "apple with many seeds."
- ◆ The fruit is actually a berry measuring anywhere from two to four inches in diameter. Inside, a white membrane encases approximately 200 to 1400 edible seeds known as arils.
- ◆ The Spanish city of Granada was named after the fruit. The Spanish word for pomegranate is "granada."
- ◆ Spanish settlers brought pomegranates to California in 1869. A few years later, Thomas Jefferson would plant pomegranate trees at Monticello.
- ◆ It is considered a symbol of prosperity and fertility in many cultures, and is often used in recipes.
- ◆ Some say it was a pomegranate that tempted Eve in the Garden of Eden.

Coffee + Nap = More Energy

Want to take a nap that will leave you refreshed and ready to go again? Try drinking a cup of coffee first.

It sounds counterintuitive, but that's the advice from the Health.com website. The reason why it works: The caffeine in a cup of coffee takes about 30 minutes to kick in. After a 30-minute nap, you'll wake up just as the caffeine takes effect.

Research backs the idea up. In 1997 the journal Psychophysiology reported that sleepy adults who drank 200 mg of caffeine (twice the amount in 8 ounces of brewed coffee) and then took a short nap performed better on a simulated driving test than people who got only the caffeine.

Keep your naps short—15-30 minutes—and take them at least six hours before your regular bedtime so the caffeine doesn't keep you up at night. If you're sensitive to caffeine, try green tea instead.



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0-\$50.00

Take 5% Off Labor

\$51.00-\$100.00

Take 8% Off Labor

\$101.00-\$150.00

Take 10% Off Labor

\$151.00-\$200.00

Take 12% Off Labor

\$201.00 & Up

Take 15% Off Labor



Must Present Coupon

Thanksgiving Labor Savings

Expires 11/30/17

Cannot Be Combined With Other Offers



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From Your Friends At
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What's Inside?

- New Solar System Findings -
- November Events -
- Money Saving Offers -
- & Much More!



What's The Answer?

When Is Daylight Savings Time?



What Fireplace Safety Tips Should You Practice?

How Can Young People Save For Retirement?

Are Kids Staying Home Longer?



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

