

## October Events



October 1st	International Coffee Day
October 2nd	World Smile Day
October 4th	National Golf Day
October 9th	Fire Prevention Day
October 12th	Columbus Day
October 16th	Bosses Day
October 17th	Sweetest Day
October 25th	World Pasta Day
October 31st	Carve A Pumpkin Day
October 31st	Halloween



### What Happened To The Ancient Woolly Rhino?

Prehistoric megafauna—like the woolly mammoth and the woolly rhinoceros—went extinct after the last ice age, and scientists have long believed their disappearance was caused by early human hunting. Now, the Science Daily website reports, there may be a new explanation—climate change.

Researchers sequenced ancient DNA from 14 megafauna and found that the woolly rhinoceros population remained stable and diverse until a few thousand years before rhinos vanished from Siberia, when temperatures likely rose too high for the cold-adapted herbivore species.

Scientists previously thought humans showed up in northeastern Siberia some 14,000–15,000 years ago, about the time the woolly rhinos went extinct—suggesting that their hunting caused the extinction. However, recent discoveries have found evidence of humans in the area some 30,000 years old, suggesting that the decline on the rhino population didn't coincide with the arrival of humans.

Genetic research on woolly rhino DNA found that the population remained stable well after humans appeared in their territory. The rhinos' genes had adapted the animals to survival in colder weather; scientists now think that a brief warming period may have led to their eventual extinction.

## Learn From Body Language

What can people's movements and physical behaviors tell you about what they're thinking? The Cracked website offers these insights into seeing into other people's minds:

- ★ **Mirroring.** If someone is genuinely paying attention to you, they'll start to mirror your movements and gestures.
- ★ **Head tilt.** This can signify interest in what you're saying—the other person tilts his or her head and leans an ear toward you.
- ★ **Hands.** People who feel strong and confident spread their fingers wide. People who are insecure will tighten their fingers, or hide their hands altogether.
- ★ **Baby cradling.** Holding a baby with the left arm, regardless of left- or right-handedness, is a natural human instinct. If someone is holding a baby with their right, the person may be depressed or stressed.
- ★ **Doodles.** People who doodle predominantly with straight lines tend to be more fact-oriented. Curving strokes signify that the person is more creative and flexible.



### 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 reach out to us...

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**James Bunn, Jessica & Donny Miller, Gary White, Garrett Shingler, IvanKrofta, David Tempesta, Johnny Saada, Mike Jessen, Geoff Kachmarchi, Brian Kulpeksa, Jay Ralston, Terry Leister, Alex Stiverson, Collin Berg, Rebecca Berger, Ron McDade, Dan Behl, David & Kim Noble, Andrew Trujillo, Jacob Kline, Selena Jones, & Theresa Darst.**

### ***Jokes***

**Q: What do mummies like listening to on Halloween?**

**A: Wrap music.**

**Q: What plants like Halloween the most?**

**A: Bam-BOO.**

**Q: Why did the policeman ticket the ghost on Halloween?**

**A: He didn't have a haunting license.**

**Q: Why are ghosts bad liars?**

**A: You can see right through them.**



### ***Fitness Trackers Raise Privacy Issues***

Americans are taking extra steps (get it?) to ensure they stay physically fit these days. The Pew Research Center reports that 21% of U.S. adults wear a smart watch or some other kind of fitness tracker to monitor their physical activity—18% of men and 25% of women.

Many fitness apps allow the data they collect to be shared with health researchers, which raises privacy concerns for some. Still, 41% of Americans feel it's acceptable to use information to research the link between exercise and heart disease, as opposed to 35% who disagree; 22% aren't sure. Among people who actually use a fitness tracker, 53% agree that sharing is acceptable, but only 38% of those who don't use trackers say the same.

## ***Avoid The Bad Habits Of Self-Defeating People***

Are you holding yourself back from success in your career? If you think so, then according to an online survey of 972 people conducted by corporate trainer VitalSmarts, you're not alone. A whopping 97 percent of those participating in the survey identified at least one career-limiting habit that prevents them from reaching their full potential at work.

The top five bad habits:

- Unreliability
- The "It's not my job" syndrome
- Procrastination
- Resistance to change
- Negative attitude

In addition, survey participants noted other behaviors limiting their careers, including disrespect, short-term focus, selfishness, passive/aggressive tendencies, and avoidance of risk.

Don't despair. You can overcome your self-sabotage with this advice:

- Create a personal motivation statement.** Think about where you want to go in your career and what you want to accomplish. Visualizing your goal will help you overcome your tendency to slip into one of these self-defeating practices.
- Seek professional development.** Look for training programs, conferences, and books that will help you learn the skills you need. Invest in these yourself if your employer won't pay for them.
- Associate with positive role models.** Don't hang out with people who share your bad habits. Seek out the company of high achievers whose attitudes and strengths you can learn to emulate.
- Get a mentor.** An experienced pro can help you learn how to make better decisions about your work and career.



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**"Raise your words, not your voice. It is rain that grows flowers, not thunder."**

*- Ancient Poet*

THIS WEEK I'M GOING TO BE...  
FABULOUS ON MONDAY,  
FABULOUS ON TUESDAY,  
FABULOUS ON WEDNESDAY,  
FABULOUS ON THURSDAY, AND  
BRILLIANT ON FRIDAY - ONE  
DOESN'T WANT TO BECOME  
PREDICTABLE



RF

*Thank You For The Kind Words*

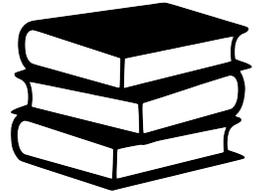
**"Professionalism,  
Punctuality,  
Quality, value. What  
a great place! Always  
a good experience!"**

*- Arthur*

## **Odd Jobs Of Future Famous Writers**

Few great authors spring up overnight. Most work odd jobs while they struggle to create. The Literacy Site shares these stories of the famous before they became famous:

- ✓ **Langston Hughes.** The would-be poet worked as a busboy at a prestigious Washington, D.C. hotel. One day the well-known poet Vachel Lindsay came to lunch, and Hughes worked up enough courage to show her some of his poems. Lindsay was impressed by his talent, which led to him being discovered and going on to lead the Harlem Renaissance.
- ✓ **Kurt Vonnegut.** The future author of *Slaughterhouse-5* and other classics owned the first Saab dealership in the U.S. He went on to serve in the U.S. Army during the World War II, which had a major impact on his later writing.
- ✓ **J.D. Salinger.** Before breaking onto the literary scene, the author of *The Catcher in the Rye* and other classics worked as entertainment director on a Swedish cruise ship.



## **CHECKING AND ADDING AIR TO YOUR TIRES IS IMPORTANT SAFETY KNOWLEDGE**



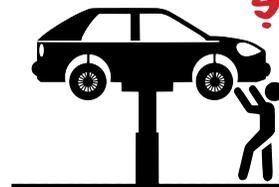
Simply check the inside of your drivers door jamb to see if you have a sticker with your tire information. It will show your tire size, air pressures, Vehicle Identification Number (VIN#), body color number, etc. If it is unreadable, check your owners manual. For both your own and your passenger's safety, keep your vehicle's tires in tip top shape for the cold weather ahead. Call us anytime. We are always happy to help!

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## What's Inside?

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## *What's The Answer?*



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*Are Fitness Trackers Raising Privacy Issues?*

*Will Confronting Your Fears Help Conquer Failure?*



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

