

November

FUEL for THOUGHT™

2019

A Free Monthly Newsletter From Your Friends At Beany's Auto Service Center



November Events

November 2nd
November 11th
November 12th
November 13th
November 17th
November 20th
November 28th
November 29th

Book Lovers Day
Veteran's Day
Young Readers Day
World Kindness Day
World Peace Day
Universal Children's Day
Thanksgiving Day
Black Friday



Study Measures Global Trust In Science

If you're worried that science seems under attack lately, a study by the Wellcome Foundation, reported on the Salon website, has some comforting news. The foundation surveyed some 140,000 people in 140 countries on their understanding of and trust in science.

The good news is that 72% of respondents reported an overall trust in scientists and health care professionals, along with 79% trusting vaccines (72% in North America, but only 50% in Europe). Similarly, 70% of people around the world said they feel science benefits society, with Saudi Arabia heading the list at 89%.

Low trust in science is highest in Central Africa, Southern Africa, and South America, where people are least likely to believe that science benefits society and feel excluded from its benefits.

Still another study noted by the Salon website article found that 35% of people around the world are skeptical of science.



Crystalline Net Draws Water From The Air

A solar-powered device that soaks up water from the air could provide relief in water-starved regions, according to an article on the website of the American Association for the Advancement of Science.

The device is a metal-organic framework (MOF), a crystalline net that can suck water vapor out of the air—even in a desert—and then release it as liquid water. It's the brainchild of Jordanian-born Omar Yaghi, now a chemist at the University of California, Berkeley. He and his colleagues created their first MOF in 1995, and tens of thousands have been produced since.

The MOFs are made of metal atoms that work like hubs in a Tinkertoy set. The atoms are connected in a porous network held together by organic linkers, creating holders that hold molecular particles. Using different metals and linkers, scientists can tailor the structure to capture molecules like water and carbon dioxide.

Early versions were expensive and degraded quickly, but Yaghi's team has managed to create a more robust model that promises commercial applications. A recent market report predicted that sales of MOFs for detecting and storing detecting gases will grow to \$410 million annually over the next five years, up from \$70 million in 2019.

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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Reading Makes People Better, Study Suggests

Do you read a lot? If so, chances are you're more kind and empathetic than most people, according to a study reported on the Peace Quarters website.

Researchers in Great Britain asked 123 people about their reading or television watching habits. Then they analyzed participants' social skills, asking questions like, "How often do you consider other people's points of view versus your own?" and "Do you go out of your way to actively help others?"

The results showed that the book readers, usually considered introverted and antisocial, displayed more empathetic traits than people who primarily watch TV. The genre of books seemed to make a difference, with readers of romance and drama showing more empathy and skill at seeing things through another person's eyes.

Of course, it could be that empathetic people tend to read more, instead of reading creating more empathy. Either way, it's good news for bookworms.

No Monster DNA In Loch Ness

The Loch Ness monster has haunted imaginations for more than 1,000 years, but it's apparently not really haunting the lake in Scotland believed to be its home.

According to the Live Science website, a DNA survey of the waters of the famous loch uncovered no evidence of any kind of giant reptile or prehistoric monsters.

The survey did reveal DNA traces of more than 3,000 species living in or near the banks of Loch Ness, including fish, deer, pigs, birds, humans, and bacteria—but no reptiles at all. They did find lots of eels living in the water. Researchers believe it's possible—though unlikely—that the monster sightings could really be glimpses of oversized eels.

Try Interval Fasting To Lose Weight

Looking to lose weight and get healthier? Instead of counting calories, you might consider ADF—alternate-day fasting.

The Medical News Today website reports on a study that enrolled 60 people in a four-week trial. A control group could simply eat whatever they wanted, whenever they chose. The other group went on a schedule of a 36-hour fast followed by 12 hours of unrestricted eating.

Those in the second group experienced a 7.7-pound weight loss over the four-week study, along with lower levels of cholesterol and belly fat. Although on eating days they compensated for calories lost on fasting days, they didn't replace all the calories, leading to these and other health benefits.

Tips For Smart Shopping

Whatever you're buying—groceries, airline tickets, clothes, or big-ticket products—saving money is always a good idea. Here are some tips from the Good Housekeeping website for being frugal when you spend:

- ✓ **Watch for tricks.** Stores sometimes play slow music to slow you down as you shop, enticing you to spend more time and more money. They also may highlight certain items with stickers and signs suggesting they're on sale when they're really not. You can find apps to check whether the price of a product is really a good deal.
- ✓ **Time your travel spending.** The best time to book airline tickets is two to five months ahead of time. Some say Tuesday is the best day to book if you want to get the lowest price. It's generally cheaper to fly on a weekday than on a weekend.
- ✓ **Save your online shopping basket.** Leaving items in your shopping basket without purchasing them right away may lead to a discount code offer a few days later to tempt you back. This is especially useful for big-ticket items.
- ✓ **Try it on.** Try on clothes in store before you buy them. Changing rooms may be awkward or inconvenient, but you'll avoid making a mistake and having to go back to return an item—or just keeping it because returns are too much trouble.



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Quotes

"Every great advance in science has issued from a new audacity of imagination."

— John Dewey

"Life is worth living as long as there's a laugh in it."

— Lucy Maud Montgomery

"Hope lies in dreams, in imagination, and in the courage of those who dare to make dreams into reality"

— John Salk



When And Where To Pay Cash

Credit and debit cards are convenient, but sometimes you're better off using cash. The *Reader's Digest* website suggests keeping your card in your wallet in these situations:

- ★ **Tipping.** Tipping in cash instead of adding it to your bill ensures that your server gets the full amount.
- ★ **Farmer's markets.** Many vendors have credit card machines nowadays, but not all of them. And the machines can always go down because of a power outage or spotty Wi-Fi. Keep cash handy so you don't miss out.
- ★ **Minimum purchases.** Coffee shops and other venues frequently have a \$5 or \$10 minimum for credit card purchases. Paying cash ensures you don't buy more than you need in order to meet the minimum.
- ★ **Private transactions.** You want to buy a special gift for your spouse, but you don't want him or her seeing it on a credit card statement. Use cash to keep the transaction secret.

"GIVING BACK" FALL INITIATIVES

You, our wonderful customers, donated OVER 500 cans of Green Beans for needy folks this summer and fall!!

Our goal was 500, and we collected a little over 550.

You are all terrific!!!! These beans will go to the Byron Saunders Foundation to feed Columbus area folks a Thanksgiving dinner. From your house to our shop to the table of someone who otherwise wouldn't have food on the table this holiday. I never cease to be amazed at the generosity of our customers. Thank you again and again!



In November and December we are collecting gently used coats to donate to Joseph's Coat, a local organization that provides clothing and household items to folks who need those things. Bring in a coat, save \$5.00, keep someone warm... it's an all-around WIN!!!



Love, Kerri and the staff

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What's Inside?

- November Events -
- Money Saving Offers -
- & Much More!



What's The Answer?



What Are 4 Tips For Smart Shopping?

What Is Alternate-Day Fasting?

When And Where You Should Pay With Cash?

How Much Do We Really Trust In Science?



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

