

A Free Monthly Newsletter From Your Friends At Joe Davis Autosport Inc

April Events

April 1st	April's Fools Day
April 2nd	Children's Book Day
April 7th	Caramel Popcorn Day
April 12th	Easter Sunday
April 15th	Tax Day
April 16th	National Stress Awareness Day
April 22nd	Earth Day
April 24th	Arbor Day
April 25th	World Penguin Day



STRESS

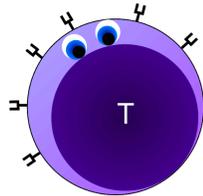
New T-cell May Be Grown To Fight All Cancers

Scientists may have discovered a type of immune cell that kills most cancers—by accident. According to the Mother Nature Network website, a team of scientists in Cardiff, England, were studying a special type of genetic screening, using technology derived from the genomes of bacteria that can flag and edit genes within organisms. During the course of their study, they discovered a special type of human immune cell, or T-cell, capable of targeting and killing cancerous tissue and leaving normal tissue untouched.

Using T-cells to fight specific cancers isn't a new idea. However, this T-cell appears to target a wide variety of cancers, including lung, skin, blood, colon, breast, bone, prostate, ovarian, kidney, and cervical cancer. Scientists don't know yet how these T-cells single out and attack cancer while leaving normal cells untouched, but the immune response seems real.

They're already studying how to make use of them by extracting normal T-cells from blood and genetically modifying them to find cancer. After being grown in large quantities in a lab, the cells would be sent back into the patient's bloodstream.

Much more testing is needed before the process can be tried with humans, but if it works, the discovery would have as powerful an impact as the discovery of antibiotics.



A Snapshot Of Doctors' Lifestyles

How well do you know your doctor? A Medscape survey on physicians' lifestyles, shared on the Fierce Healthcare website, surveyed more than 15,000 doctors from across 29 specialties, with attention to generational difference between millennials, Gen Xers, and baby boomers. Here's some of what the survey found:

- ➔ **Specialties.** The most popular specialties for millennials are dermatology and neurology. Most Gen Xers choose critical care and nephrology, and boomers opt for gastroenterology and pulmonary medicine.
- ➔ **Exercise.** Boomer physicians exercise the most, with about 37% of boomer physicians exercising at least four days per week. Millennials do the least—only 25% exercise that much.
- ➔ **Alcohol.** Baby boomers are the biggest drinkers, with 21% having five or more alcoholic drinks per week, compared to 20% of Gen Xers and 17 percent of millennials.
- ➔ **Cars.** Across all generations, Toyota is the most popular brand for physicians, followed by Honda.

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...

Call us at (215) 257-0204

Email us at

ryan@joedavisautosport.com

evan@joedavisautosport.com

Or visit our website at

www.joedavisautosport.com

Is Your Vehicle Earth Day Friendly?

April 22nd Is Earth Day, And We Want To Help Make Sure Your Vehicle Is Earth Friendly All Year Long. For The Month Of April, We Will Be Running An EARTH DAY Special!



Factory Maintenance Service-Includes Oil Change Lube & Filter SAVE \$10.00

Expires 4/30/20

May Not Be Combined With Other Offers

Call for your appointment today!

Thank You! Thank You! Thank You!

Special thanks go out to all of our clients and friends who graciously referred our shop to their friends and neighbors last month! Our business is built based on the positive comments and referrals from people just like you. We just couldn't do it without you.

Eric Hayes, Jason Hillaert, Dan Cullen, Ian Smith, Russell Boehring, Jeff Christy, Jason Sturges, Jon Kane, David Carter, Deb Miller & Wayne Fantozzi.

First Fossil Brain Discovered In Utah

Scientists have long believed that brain matter could not become fossilized because soft neural tissues would decay before the fossilization process could start—but a recent discovery has overturned that misconception. The SyFy Wire website reports that paleontologists have unearthed a fossilized brain in the remains of a small arthropod (an invertebrate animal with an exoskeleton) in Utah.

The animal, an *Alalcomenaeus*, lived during the Cambrian period some 500 million years ago. That era has left an unusual abundance of preserved plant and animal life that under most circumstances would have been lost to decay. However, researchers from Harvard studying fossils found that what looked like a stain was actually the creature's brain.

The *Alalcomenaeus* brain is a central nervous system like those of many arthropods living today. It has an elongated brain structure from its head to its upper back and neural tissue connecting to the creature's four eyes and four pairs of segmented nerves. More nerves extend down its back.

The finding casts doubt on the idea that brains can't become fossilized, meaning that a fossil human brain could be lying underground for someone to find.

Give Yourself A Break

An ergonomic workstation isn't enough to prevent musculoskeletal discomfort. You also need to take frequent breaks. Because computer-intensive tasks can strain the neck, shoulders, back, and eye muscles, experts recommend taking a five-minute break every hour to prevent a lot of the discomfort you may experience from excessive computer work.

5 Ways To Keep Your Wheels Of Creativity Turning

Are you feeling stressed, spread thin, and low on energy at work? Don't fret. Here are a few ways to bring some creative energy back into your workday, and they just might help you keep the boredom and the burnout at bay:

1. **Surround yourself with inspiration.** Make sure the things that help you enter your creative zone are always close at hand. It could be a playlist of songs you keep on your phone, a book of inspirational quotes, a picture of a beautiful place, a diffuser with essential oils, etc. Whatever tools you need to use should reside on your desk or in one of your drawers so they are available to create the atmosphere that allows you to be creative.
2. **Change perspective.** If you're not having success making a go of things, consider what your mentor or coach might do to turn around this situation. Changing the way you perceive an issue might offer valuable insights for handling it.
3. **Take action.** If you already have an idea that you've been turning over in your mind, get to work on it. The timing will never be perfect, so start and let the momentum of your actions guide you to the path of your next steps.
4. **Take small steps.** Maybe you don't have everything figured out yet, but you know you will be working on a certain project very soon. Start doing some of the groundwork now. Create small goals you can easily focus on and accomplish. Think of it as a way to implement the infrastructure needed for the work you will be doing.
5. **Brainstorm on the go.** Whether you work alone or with a team, sometimes having a change of scenery is enough to inspire new ideas. Take a walk. Get up, get out of the office, and get moving to a space or place that might inspire your creativity and a wealth of ideas. Just make sure you bring along a notepad and pen, or use the voice recorder on your mobile device to keep track of ideas.



4-Wheel Alignment Special!

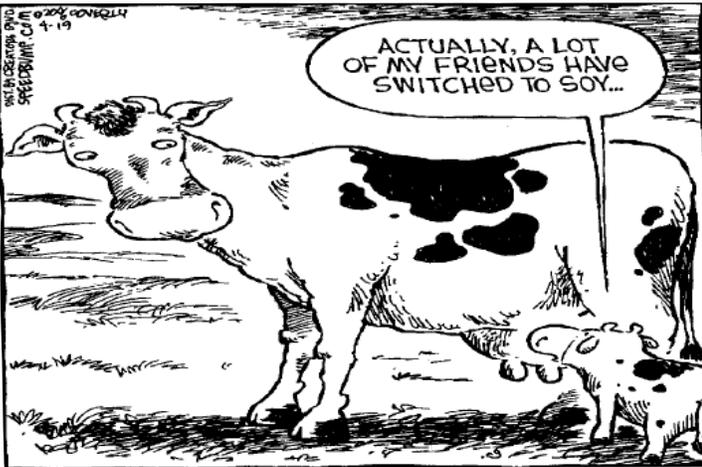
All vehicles can benefit from a four-wheel alignment. Many problems such as a steering pull to one side, uneven tire wear on the rear tires, or misaligned rear wheels can cause poor tracking. Yearly alignments can add thousands of miles to the life of your tires - that's money in your pocket from tires not bought & extra fuel not

**SAVE
\$10.00**

Expires 4/30/20
May not be combined with other offers

Come Together in Spirit

While we all battle through the up and coming days and months ahead, let it bring comfort knowing the resiliency of our fellow man, our community, our country, our world. As everyone follows our social distancing rules, we must stay close and cherish one another.



Thanks For The Kind Words

"This garage is a model of what all garages should be. Friendly and extremely knowledgeable staff at every position. The property interior and exterior are clean and maintained. When I leave with my car, my receipt clearly indicates the work completed along with future recommendations and any manufacturer recalls. I only wish I could give 10 Stars!"

Dolphins Demonstrate Cooperative Behavior

Humans cooperate on tasks, and so do many other animal species. Most studies on cooperative behavior have centered on land-based animals, but as the Science Daily website reports, scientists have recently observed partner-based behavior in dolphins.

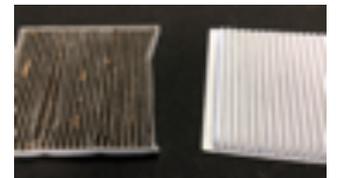
Dolphins operate in social groups known as pods, which merge and split over time. However, creating experiments to test cooperative behavior has been difficult. Scientists in Japan tried one in which two dolphins received a reward for pulling at opposite ends of a rope simultaneously. The process was simple—researchers would send out a leader dolphin, called an initiator, toward the rope, wait a few seconds, then send a second dolphin after the first. The two dolphins coordinate their swimming to match each other and get to the rope—and the reward.

The lead scientist says that such coordination is probably rooted in a method of social interactions that reinforce social bonds within a group.



Concerned About Your Health? Replacing Your Cabin Air Filter Can Help Allergy Sufferers

The primary purpose of cabin air filters, located in the dashboard of most vehicles, is to filter the air inside of your vehicle keeping it free of allergens, pollen, dust & spores. Squirrels and mice often make nests—storing nuts and leaves in the filter (as shown) which doesn't allow air to flow which can cause performance issues with your heater and air conditioning system. If you are not an allergy sufferer, your passenger may be. We are happy to check your manufacturer's factory schedule to see if your vehicle is due to change your filter. Call today. Stay Healthy.



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Cooling System Flush

Check thermostat, heater & coolant hoses, pressure check, cooling system, drain & refill radiator with new coolant. This service will make your vehicle's engine & computer a lot happier!

SAVE
\$10.00

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May Not Be Combined With Other Offers



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APRIL

What's Inside?

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



What's The Answer?



What Are 5 Ways To Keep Your Wheels Of Creativity Turning?

What Animal Did The First Fossil Brain Belong To?

How Well Do You Know Your Doctor?

*How Often Should You Take A Break To Prevent Discomfort
From Excessive Computer Work?*



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

