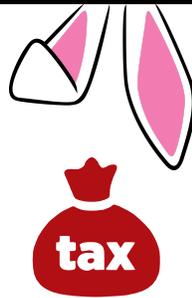


A Free Monthly Newsletter From Your Friends At Joe Davis AutoSport Inc

### April Events

- April 1st April's Fools Day
- April 9th Easter Sunday
- April 16th Mushroom Day
- April 18th Tax Day
- April 22nd Earth Day (U.S.)
- April 28th Arbor Day



### Ease Kids' Worries About Surgery

Surgery is scary—especially for children. If you've got a young one who needs an operation, you can manage his or her fears—and your own—with this advice from the Cleveland Clinic:

- ✓ **Take care of yourself first.** Children will pick up on your fears. Pay attention to your own health and stress levels so you can help your child manage his or hers. Get plenty of rest and enough to eat. Ask doctors lots of questions so you can relax about the procedure.
- ✓ **Explain the situation honestly.** Sit down with your child in a quiet, calm place at home to tell him or her what's going to happen and why. Use age-appropriate language to ensure they understand completely. Answer any questions they might have. Assure your child that he or she will be well taken care of.
- ✓ **Visit the hospital ahead of time.** If possible, schedule a tour of the facility before the procedure takes place. Show your child what kind of room he or she will stay in, and let him or her talk to nurses and doctors if they'll allow it. Getting familiar with the environment ahead of time will help ease their worries.
- ✓ **Bring toys from home.** Let your child pick a toy or stuffed animal to take with him or her. Even if it's an outpatient procedure, a "friend" from home will provide some added emotional security.



### Start Thinking Green This Spring

Most of us can do a lot better when it comes to being ecofriendly. Here are two areas where we can improve upon our good intentions while we lessen our negative impact on the environment:

- ♻️ **Recycling.** It's great if you always throw your empty soda cans and water bottles in the recycle bin, but are there other items you are overlooking? If your municipality has a recycling program they probably have a set of guidelines posted online that explains what they accept and how you should prepare those items for disposal. Even though that peanut butter jar is marked as being recyclable, it might be considered garbage if traces of peanut butter are still in it. Find out what you need to know and make a commitment to recycle as much as possible, properly.
- ♻️ **The brown bag lunch.** Embrace sustainability when you take your lunch to work by eliminating the amount of disposable products you use. Carry your lunch in a cloth sack, bento box, or small basket. Pack food in glass, metal, or some other kind of reusable containers. Swap out paper napkins with cloth napkins, and plastic straws with metal ones. Consider keeping a coffee mug and set of flatware at your desk in an effort to generate less waste.

***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**  
**contact@joedavisautosport.com**

**Or visit our website at**  
**www.joedavisautosport.com**

**Bring This Coupon In During The Month Of April & Take \$10.00 OFF Any Service Or Repair Over \$200.00!**

Expires 4/30/23 Not Valid With Other Offers Excludes Oil Changes Must Present Coupon



## ***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.

**John Frank, Jessica DeGroot, Stephen Graber, Denise Harmany, Rita Margolis, Nicholas Rodriguez, Christian Hanna, Dan Bray, Brian Morgan, Talon Falcone, Joe Kowalsky, Kerri Nash, Sean Riley, Stephen Santus, Dan Silva, Joseph Leng, Madison Grimaldi, Troy Detweiler, Julius Feraldo, Andrew Fox, Dan Wlodarczk, Philip McGreevy, Takiya Boyd, Joseph Thomas, Leonel Ramos & Gary Toth**

## ***Be Patient When Seeking Great Ideas***

Whether you're brainstorming on your own or with a team, your goal is to naturally generate creative ideas and solutions as quickly as possible. But don't stop looking for answers too soon. Sometimes an idea will catch everyone's attention early in the discussion, and an immediate consensus will form around it. But further discussion will frequently yield more ideas, some of them better, so you don't want to cut off the flow too soon. Allow your idea-generation process to run its full course, then take a look at your results. The initial winners will still be there, along with some possibly great late arrivals.

## ***Doing Your Best—Is It Enough?***

Tom Peters, co-author of the influential book *In Search of Excellence*, learned a very important lesson while serving as a Navy SeaBee in Vietnam. As he writes in his blog, one time he was sent back to headquarters for a short meeting with the commandant of the Marine Corps, General Chapman.

Chapman and Peters spoke briefly, and as he dismissed Peters, Chapman asked, almost as an afterthought, "Tom, are you taking care of your men?" Peters led a detachment of 20 sailors.

"I'm doing my best, sir," he answered.

Chapman's face darkened. "Mr. Peters, General Walt and I and General Buse are not interested in whether or not you are 'doing your best,'" Chapman said. "We simply expect you to get the job done—and to take care of your sailors. Period. That will be all, Lieutenant."

It was a powerful message: Don't settle for "doing your best." A leader's responsibility is to accomplish his or her task—no excuses.

## ***Take Care Of Your Body And Mind At College***

If you or someone you love is starting college, remember that grades aren't the only thing to pay attention to. Stay on top of your physical and mental health as you ease into college life with this advice from the Chapman University website:

### **Physical health**

- ▶ **Sleep.** Get six to seven hours of sleep a night. Pay attention to how you feel when you don't get enough sleep, and listen to what your body is telling you.
- ▶ **Diet and alcohol.** How do certain foods make you feel after eating them? How does caffeine or alcohol affect your mood or behavior? Learn to recognize what's good for you and whatever interferes with your ability to function.
- ▶ **Stress.** Headaches and other symptoms may be signals that the pressure is getting to you. Go to your student health center to get checked out and learn how to balance schoolwork and activities.
- ▶ **Exercise.** Try to get at least 30 minutes of physical activity in each day. Go to the gym, or just take a walk around campus. It'll help with weight, stress, and emotional stability.



### **Mental health**

- ▶ **Practice mindfulness.** Pay attention to how you're feeling. What makes you happy, sad, angry, or depressed? Learning what causes your emotions to surge can help you manage situations more effectively.
- ▶ **Find a support network.** Cultivate a group of friends who value and support you. Stay in touch with your family and friends at home. Reach out when things are difficult.
- ▶ **Remember gratitude.** Instead of dwelling on the negative, spend some time every day thinking about the things you're grateful for in life—your friends, family, health, and the opportunity to learn. It'll improve your attitude and overall good health.

## **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 burned!

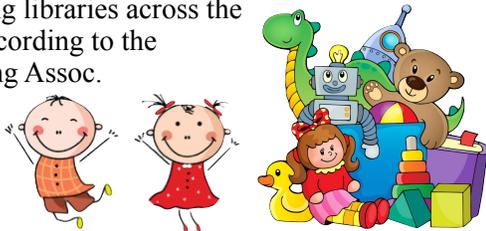
**SAVE  
\$10.00**

Expires 4/30/23  
Not Valid With Other Offers

## Toy Joys!

Toy Libraries are a growing trend as parents realize the convenience, the cost savings, as well as the benefit of borrowing toys rather than purchasing them. There are about 400 lending libraries across the United States according to the USA Toy Lending Assoc.

Visit [Usatla.org](http://Usatla.org) to find a toy library closest to you.



## Don't Be Afraid To Ask For Help

Many people avoid asking for advice from fear of being seen as ignorant or incompetent. But soliciting guidance from others can show that you're open to new ideas and focused on success. Here's how to ask for help and look good doing it:

- ★ **Be sure you really need help it.** Don't interrupt a colleague for something you can figure out on your own with a little more time and effort. Save requests for problems that are truly difficult to solve.
- ★ **Ask the right person.** Identify the person who can really help you. You'll irritate your co-workers by asking for help on something that's outside their area of expertise.
- ★ **Be direct.** Don't beat around the bush when you need assistance. If you don't know the person, introduce yourself and explain why you think he or she is best person to help you out. Most people are happy to lend a hand, and they'll feel flattered that you think highly of their skills.



## Thank You For The Kind Words

"Joe Davis AutoSport is an incredible gem located in the heart of Perkasie. They repair and work on almost every type of car and do it with incredible precision and total honesty."

## Tips To Improve Our Minds

- **Be Active** - Take walks, bike ride, garden
- **Meditate** - Can help anxiety
- **Turn Off Electronics** - Calms your brain
- **Take A Vacation Or A Long Weekend** - Time off and away helps improve work performance
- **Be Social** - Call or meet a friend
- **Sleep** - Take a hot bath before bedtime. Try to get 8 hours of sleep



The material contained in this newsletter is for informational purposes only and is based upon sources believed to be reliable and authoritative; however, it has not been independently verified by us. This newsletter should not be construed as offering professional advice. For guidance on any specific matter, please consult a qualified professional. ©2017 CMG

## 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!**

Expires 4/30/23  
Not Valid With Other Offers

**A Free Monthly Newsletter  
From Your Friends At  
Joe Davis AutoSport  
308 South 7th Street  
Perkasie PA 18944**



## **What's Inside?**

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

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## ***What's The Answer?***

# 2

*How Can You Ease Kids' Worries About Surgery?*

*What Are Two Ways You Can Think Green This Spring?*

*How Can You Take Care Of Your Body And Mind At College?*

*Why Should You Be Patient When Seeking Great Ideas?*



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

