

August

# FUEL for THOUGHT™

2016

A Free Monthly Newsletter From Your Friends At Joe Davis AutoSport

## Strive For Excellence, Not Perfection

“Perfect” may be the ultimate praise, but trying to attain perfection can cause stress, hinder efficiency, and create unnecessary conflicts with the people around you. A more productive goal is excellence: meeting the highest standards agreed upon for oneself or by the group.

To go from perfectionism to the pursuit of excellence, follow this advice:

- ❖ **Be realistic.** When you find yourself becoming frantic about a goal, stop and ask, “Is this goal really worth all the frustration I’m experiencing?”
- ❖ **Establish clear expectations.** If you know what’s expected of you, you can better track your progress and draw boundaries when needed, which will help you move forward with the project instead of trying to make it better.
- ❖ **Identify your triggers.** Learn to recognize the factors that lead or contribute to your perfectionist thinking and behaviors, and avoid them.
- ❖ **Delegate.** Many perfectionists mistakenly believe that they, and only they, can complete the task at hand. Allow other people to assist you, which will improve the odds that the group will more easily reach excellence.
- ❖ **Know what’s important.** Ask yourself, “What’s most important about this project?” Consult with friends, colleagues, and your boss. Analyzing your objectives, then narrowing down key points and agreements, allows everyone to measure his or her performance accurately.



## August Events

August 4th	U.S. Coast Guard Day
August 5th	International Beer Day
August 9th	Book Lover's Day
August 12th	World Elephant Day
August 22nd	Be An Angel Day
August 31st	National Dog Day



## DOG DAYS OF SUMMER SPECIAL

Oil, Filter & Lube Service (up to 5 quarts), 22 Point Vehicle Inspection, Tire Rotation (as needed), Complete Brake Inspection, Check Antifreeze & All Fluids, Inspect Belts & Hoses, Test Battery & Charging System.

Must Present Coupon

Cannot Be Combined With Other Offers



ONLY  
**\$29.99!**

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Expires 8/31/16

## Choose The Right Food To Combat Stress

We all have our go-to foods when we’re stressed out, chocolate cake or a bowl of ice cream. But certain foods can actually help you relax without blowing your diet. Consider these alternatives:

- ◆ **Leafy greens.** Spinach, lettuce, and other leafy vegetables can help your brain produce dopamine, which can calm you down.
- ◆ **Turkey.** The tryptophan in turkey boosts serotonin levels, relieving depression.
- ◆ **Salmon.** Salmon is high in omega-3 fatty acids, which can inhibit hormones that cause stress.
- ◆ **Cashews.** The zinc in these nuts can reduce anxiety and depression.



## Quotes

“Every great love starts with a great story.”

- Nicholas Sparks

“The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.”

- Vince Lombardi

“Other things may change us, but we start and end with the family.”

- Anthony Brandt

## 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 give us a call at **215-257-0204** email us at

[joe@joedavisautosport.com](mailto:joe@joedavisautosport.com),

[nate@joedavisautosport.com](mailto:nate@joedavisautosport.com)

or visit us at [www.joedavisautosport.com](http://www.joedavisautosport.com)

## **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.

**Samantha Lawrence, Tyler Horn,  
Rich, Rita & Brittany Cianela, Kelley Winton,  
Jessica Romigh, Larry Stackhouse, Ron  
Hunsberger, Michael Farnoli, Russ Billman,  
Brian & Bea Grazelkowski, Kate & Todd Davis,  
Connor Pursell, Janell Breyer, Dylan Miller,  
Clara Emert, John Maketa & Johanna Sisto.**

## **Be Careful When Seeking Parenting Advice**

Many resources, books, websites, blogs, videos, are available to help parents do a good job of raising their children. But all that advice can be confusing. Here's some advice for deciding which advice to follow:

- ★ **Listen to your intuition.** If a piece of advice doesn't jibe with your own beliefs, don't get pressured into following it blindly.
- ★ **Don't go for quick fixes.** Parenting is complex and has no simple solutions. If the advice seems sounds, try it out, but drop it if it isn't working. Listen to your own instincts, not your mother, mother-in-law, or parenting "expert."
- ★ **Investigate experts' credentials.** Check out the people you're seeking advice from. The back of a book or the "About Me" section of a blog can tell you whether your views are likely to mesh.

## **Say 'See You Later,' Not 'Goodbye,' To Summer Help**

As your summer help and interns prepare to return to their studies, take some time to maintaining the relationships you built with them. Send a personal thank-you to each, specifying how they contributed to your organization. As the year goes on, send them your newsletter and any other publications you put out, including notice of your employees' accomplishments. This will help them remember you when next summer rolls around. Spring may be a long time coming, but the best workers will have competing offers, and they'll remember the place that remembers them.



## **The Refreshing Story Behind Lemonade**

Lemonade stands dot many neighborhoods during the hot summer months. Lemonade's refreshing flavor is enjoyed worldwide.

Lemons are said to have been first found in North India, China, and Burma and were introduced in Persia, Arab countries, Iraq, and Egypt in around 700 A.D. Lemon was the main ingredient of various dishes, and lemonade would have been introduced in a country where lemons were found.

The first written evidence of the existence of lemonade is found in Egyptian writings. They say that the peasants in Egypt drank a wine made from lemon, dates, and honey. Some believe that lemonade was introduced in France during the 16th century.



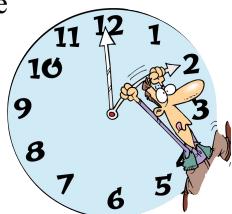
*"The summer night is like a perfection of thought."*

- Wallace Stevens

## **Time Theft? Take Control Of Interruptions**

Is too much of your time stolen by chatty co-workers and windy bosses? Don't let your work suffer because you can't control interruptions. Try these time-saving tactics:

- \* **Make your calls just before lunch or at the end of the day.** People are more apt to wrap up business quickly during these times of the day.
- \* **Stand when people enter your workspace.** If you stand up just as someone stops to talk, you send the message that you're on your way to do something else. People respond by getting to the point faster.
- \* **Ask pointed questions.** Stay away from open-ended questions like, "How are you?" It opens the door for lengthy conversations that eat away at your time.
- \* **Take advantage of day's end.** The least productive time of the day is usually the hour before you go home. Don't waste that time. Use it for easy, routine tasks like responding to email or planning the next day's schedule.



## **Back To School Brings Savings!!!**



Your Choice:  
Transmission,  
Coolant Or  
Brake



Any Flush Service.....  
Take \$10.00 OFF

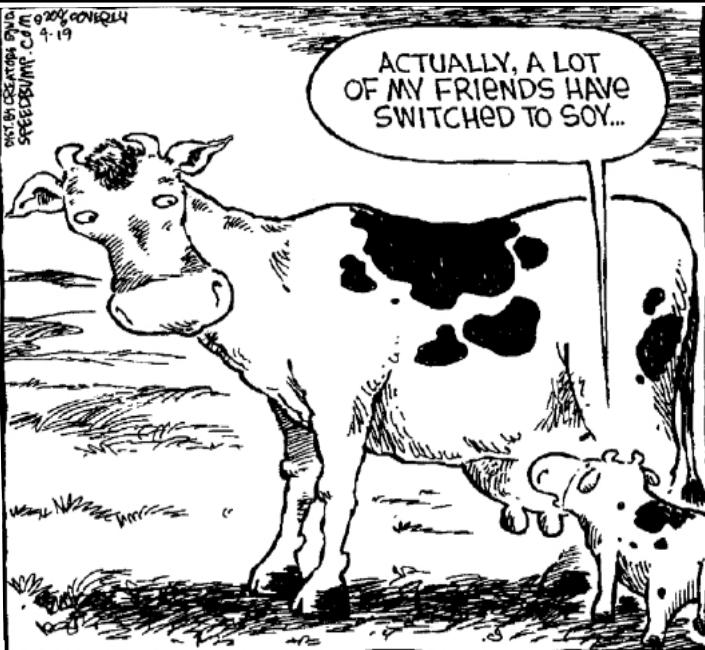
Expires 8-31-16  
Cannot be combined with  
other offers or coupons  
Must present coupon

## Fire Safety Tips At College Dorms

Thousands of fires break out in college dorms each year according to the National Fire Protection Association.

When you take your college student off to school, stick around for a few minutes after unloading the van to check for these essentials:

- Clearly marked fire exits & fire extinguishers
- Sprinkler & alarm systems
- Ask the RA whether all equipment is tested regularly
- Inquire about smoking & fire policies.



## Thanks For The Kind Words

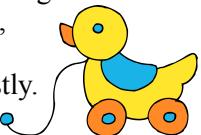
Extremely professional services at very reasonable prices. If you are looking for a "dealership" quality job without going to the dealer, give Joe Davis AutoSport a call. We will be back.

## The Real Problem

A little girl was running a high fever with a bad cough and an aching feeling throughout her body, so her father took her to see the doctor. After waiting for an hour, the doctor finally took them into her office for an examination.

"Now, Christina," she said after checking her heartbeat and looking down her throat, "What's bothering you the most?"

"My brother Sam," she replied honestly. "He breaks all my toys!"



## TIRE AGE- Do You Know How To Tell?



Example: DOT 1014

First two numbers represents  
the week it was made.

Second two numbers-represents  
the year it was made

The tire was made the Tenth Week  
in the Year 2014.

## A Costly Game

Bill and Fred were playing golf one day. When they came to a hole with a large water hazard, Bill teed up and watched his ball drop into the water. He checked his golf bag and found he didn't have any extra balls, so he asked Fred to give him one.

That ball, too, went into the water, so Fred gave him another, which also sank. After the third golf ball disappeared into the drink, Fred said, irritated, "You know, those golf balls cost \$10 a piece!"

"Hey," Bill said, "you shouldn't play the game if you can't afford it."



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## Improve Fuel Economy, Vehicle Performance + Help Reduce Emissions!



Summer is a good time to give your engine's fuel system a good cleaning. Our Carbon Cleaning system will help restore power and smooth running condition and it cleans your injectors, fuel rail and valves.

Must Present Coupon

Only \$89.99



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From Your Friends At



## What's Inside?

- Stress Reducing Food -
- Refreshing Lemonade Story -
  - A Costly Game -
  - Striving For Excellence -
  - August Events -
  - Money Saving Offers -
  - & Much More!



## *What's The Answer?*

*What's Most Important?*

*Should You Play If You Can't Afford It?*



*What Steals Your Time?*

*What's Bothering You Most?*



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

