

A Free Monthly Newsletter From Your Friends At Joe Davis AutoSport

August Events

August 7th	Sisters Day
August 6th	Campfire Day
August 8th	International Cat Day
August 14th	National Creamsicle Day
August 15th	Relaxation Day
August 19th	Aviation Day
August 26th	National Dog Day



Get Up And Work Out

The alarm rings. Do you leap out of bed to head for the gym? Or hit snooze and tell yourself you'll work out tomorrow? Motivating yourself to get up and start exercising can be tough. If you give in to temptation to skip the health club more than you'd like, try these tips to get moving:

- ▶ **Watch what you eat before bedtime.** A heavy snack right before you hit the mattress will make you feel lethargic in the morning. Stick to fruit, vegetables, and lean, protein-rich foods, and don't eat anything for at least 90 minutes before you go to bed.
- ▶ **Go to bed early.** You'll wake up feeling refreshed and ready to work out if you get enough sleep—seven to eight hours. Limit your TV, computer, and cellphone use before bedtime so you can get to sleep easier.
- ▶ **Look forward to something.** Don't think of exercise as drudgery. Find something you enjoy about it so you wake up excited about hitting the gym, or give yourself a reward for working out once you're finished.
- ▶ **Find a workout buddy.** Exercising alone can be boring. Ask around your neighborhood, workplace, or health club and find someone who works out on the same schedule you do. When you know you've got someone waiting for you, you'll be more motivated to show up.

Protect Your Home From These Hazards

Your home should be a safe place for you and your family. Keep everyone healthy and happy with these tips from *U.S. News & World Report*:

- ▶ **Store hazardous materials securely.** Keep items like paint thinner locked up in a safe location. Keep liquid cleaners, detergent pods, and other substances out of the reach of children.
- ▶ **Dispose of medications.** Once a prescription has expired, or you've stopped taking it, get rid of immediately instead of letting it sit in your medicine cabinet. Check with your doctor or pharmacist for the safest disposal method. Some medications can be mixed with coffee grounds and thrown away with the trash; others should be taken to a drug disposal site.
- ▶ **Remove brush from around your house.** Dry brush, leaves, mulch, and other flammable substances can increase the risk of fire. Clean out your gutters—dry leaves there can ignite if there's heat nearby.



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

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.

Expires 8/31/22 - Must Present Coupon - Not Valid With Other Offers



SAVE
\$10.00

Thank You! Thank You! Thank You!

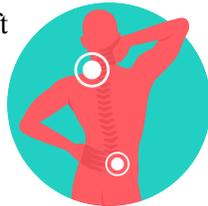
Special thanks go out to all of our clients and friends who graciously referred our shop to their friends and neighbors last month! Our business is built based on the positive comments and referrals from people just like you. We just couldn't do it without you.

**Luke Martin, Nate Firestone, Richard Gastner,
Matt Vaders, Mike Gregoris, Kevin Michener,
Micheal Yorty, Melissa Kelley, & Jim McGowen.**

Your Aching Back? Avoid Back Injury In The Workplace

No matter what your job is, chances are it involves at least some lifting. And as we get older, lifting becomes even more hazardous. Don't take any risks with your back. Follow this advice from the Mayo Clinic:

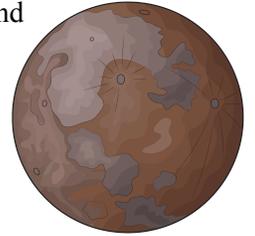
- ✓ **Eat a healthy diet.** Get enough calcium and vitamin D to prevent your bones from growing weak and brittle due to osteoporosis. Bone fractures can lead to back pain.
- ✓ **Exercise regularly.** Combine walking or swimming with exercises that stretch and strengthen your back muscles, as well as tai chi and yoga to maintain your balance.
- ✓ **Watch your posture.** Remember to balance your weight evenly on both feet when standing, and don't slouch. When sitting, choose a chair that supports your lower back, and adjust the height so your feet lie flat on the floor.
- ✓ **Practice proper lifting.** Stand close to the object you're lifting, bend your knees, and tighten your stomach muscles. Stand slowly, supporting your weight with your legs. Hold the object close to your body and maintain the curve of your back. Don't twist while you're lifting.
- ✓ **Pay attention to your body.** Don't lift if something hurts. If you're sitting for a long time, shift position often, and take frequent breaks to walk around and stretch your muscles, reducing muscle tension.



What's Behind The 'Red Cap' On Pluto's Moon?

Astronomers have been puzzled for years by a red "cap" on Pluto's moon Charon, first observed by the New Horizons space probe in 2015. The EurekaAlert website reports that now they think they know what's causing it.

Scientists theorized that reddish material at Charon's north pole could be created by ultraviolet light breaking down molecules originally from Pluto, captured by Charon and then frozen in the polar regions. The team created a computer simulation to model the Plutonian moon's atmosphere, and found that solar wind generates ethane in the polar zones. Although ethane has no color, the scientists believe that solar wind may convert ethane into reddish deposits on Charon's surface, creating the red cap phenomenon.



The Truth About Catfish

August is Catfish Month, but did you know that there are many more kinds of catfish than those that you and your grandfather used to catch and fry up on lazy summer afternoons? From 2003 to 2005 alone, more than 100 new species of catfish have been identified and named. Here's a look at some of the more unusual members of this aquatic family:

- The Wels catfish, found in central, southern, and eastern Europe, can reach almost 10 feet in length and weigh hundreds of pounds. There have been reports of them attacking small children.
- The Upside-Down catfish swims belly-up. Ichthyologists explain that it's a feeding strategy, enabling it to feed along the bottoms of submerged branches and logs.
- Most catfish are harmless, but the Candiru, a small, worm-like South American specimen, is considered dangerous because of the way it invades and paralyzes the human urethra. The Goonch catfish of Thailand is reported to have attacked humans bathing in rivers.
- The largest catfish ever caught was a Mekong catfish, a 650-pound giant caught in Thailand in 2005.

BACK TO SCHOOL BRINGS SAVINGS!



**Transmission Flush,
Coolant Flush,
OR Brake Flush**

\$10.00 OFF!

**Expires 8-31-22
Must Present Coupon
Not Valid With Other Offers Or Coupons**

"When all else fails,
take a vacation."

-Betty Williams



Polar Bears Adapt To Greenland's Fjords

"Life," Ian Malcolm says in the movie *Jurassic Park*, "finds a way." So do polar bears, apparently. The Live Science website reports that although polar bears are endangered by melting sea ice due to climate change, a colony of them is surviving by living in remote Greenland.

The bears live on steep slopes around Greenland's fjords, hunting on shards of ice broken off from nearby glaciers. This suggests the bears have been able to adapt to the lack of sea ice they usually use to seek food in the water when other sources of sustenance are hard to find.

Groups of bears live on Greenland's eastern coast. Scientists monitoring their numbers over the years discovered that one group always stayed above the latitude of 64 degrees north, making them distinct from another group of bears that didn't wander that far north. The group represents a new polar bear population, with about 300 individual bears.



Health Is Wealth

The greatest wealth is our health. A healthy body can earn great wealth, but a wealthy person cannot earn great health. We live in a fast-moving world where people have no time for themselves. Some choose to live their life in search of materialistic wealth to outshine others, but along the way they lose their health. Wealth matters but is not as important as health. Spending lots of money on "things" has little advantage other than self-satisfaction.



Thank You For The Kind Words

"Always exemplary
service from the
nicest people. I
wouldnt trust my
car to anyone else."

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The Warranty On Your New Vehicle Stays In Effect When Maintenance Is Performed Here.



We are legally authorized to fulfill maintenance obligations on all vehicles, even new ones. We use appropriate parts and procedures to ensure that the vehicle's manufacturer is bound to honor its warranty obligations. Your vehicle's care starts at 00001 miles.



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

August

What's Inside?

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

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What's The Answer?



How Can You Avoid A Back Injury At Work?

Are There More Species Of Catfish Than Were Used To?

How Can You Motivate Yourself To Get Up And Exercise?

What Are 3 Tips To Keep Your Home Safe?

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

