

December

FUEL for THOUGHT™

2020

A Free Monthly Newsletter From Your Friends At JOE DAVIS AUTOSPORT INC

December Events

December 4th	Santas' List Day
December 7th	Pearl Harbor Day
December 9th	Christmas Card Day
December 18th	Bake Cookies Day
December 20th	Go Caroling Day
December 21st	Winter Solstice
December 24th	Christmas Eve
December 25th	Christmas Day
December 31st	New Year's Eve



Exercise! It's Good For Your Memory

A good memory is useful for creativity; remembering something you've just learned helps you make connections and see possibilities. A new study reported on the Science Daily website suggests that one way to boost memory and retention is exercise.

In the study, conducted by the Donders Institute at the Radboud University Medical Center in the Netherlands, 72 subjects learned a series of picture/location associations. They were then randomly separated into three groups—one worked out on exercise bikes immediately after the session, another exercised four hours later, and the third group didn't exercise at all. Two days later, all the participants were tested on what they'd learned while undergoing an MRI.

The subjects who had exercised four hours after the session retained their knowledge better than those in the two other groups, the researchers found. The brain images indicated that delayed exercise appeared to be associated with activity in the hippocampus—where learning and memory take place—whenever a participant answers a question correctly.

The experiment suggests that exercise isn't just good for your health—it strengthens your memory as well.



Keep Your Fireplace Safe This Winter

The winter months are perfect for snuggling up in front of a nice cozy fire. Just make sure your fireplace doesn't pose a hazard to your home with these tips from the Hearth, Patio & Barbecue Association:

- ▶ Clear the area around the fireplace and chimney. Debris too close to your fireplace can ignite.
- ▶ Always use a fireplace screen.
- ▶ Don't overload your fireplace with logs.
- ▶ Don't try to burn your Christmas tree or other refuse in your fireplace.
- ▶ Always keep a fire extinguisher nearby.
- ▶ Equip your home with smoke detectors and check your batteries on a regular basis.
- ▶ Place your logs on a grate at the rear of your fireplace.
- ▶ Never leave the fire unattended. Make sure the fire is fully extinguished before you go to bed.
- ▶ Have your fireplace and flue inspected and cleaned annually by a certified chimney sweep.



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

evan@joedavisautosport.com

Or visit our website at

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Must Present Coupon Cannot Be Combined With Any Other Offers

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.

**Olive Kurucz, Craig Meshon, Frederick McCann,
Brian Geraghty, Don Delmar, Jennifer Ramos,
Linda Benton, Francois Chantal, Ray Johnson,
Wayne Dietrich, and Matthew Pickett.**

Moon May Have Shielded Earth From The Sun Billions Of Years Ago

Approximately 4.5 billion years ago, when Earth was a newly formed planet, hot and unstable, an object the size of Mars, called Theia, collided with enough force to send chunks out into space. Some of those chunks formed the moon. We may be alive today thanks to that collision, according to the Science Alert website

It was long thought that the moon, unlike Earth, had no magnetic field, but rocks brought back by the Apollo astronauts in the 1960s and 1970s showed traces of magnetism, suggesting that the moon had once possessed a magnetic field of its own after its explosive formation. Evidence in recent years shows that the moon was at one time warm enough to have a molten iron core like Earth, and was able to produce a magnetic field up to 1–2.5 billion years ago until it cooled and its core solidified.

The moon and Earth were much closer than they are today—close enough that computer models suggest they could have shared a magnetic field at the poles. The joint fields would have been strong enough to shield Earth's atmosphere from fierce solar winds that would otherwise have stripped it away.

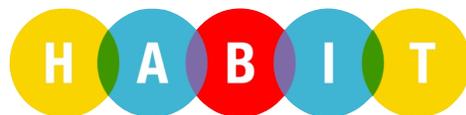
These two magnetic fields remained joined up until about 3.5 million years ago. The computer findings match up with the timeline of the lunar atmosphere, which may have mixed with Earth's atmosphere during their close proximity. New samples from future lunar missions may provide more information, and could retain oxygen and nitrogen from Earth's atmosphere during the years of solar bombardment.



Follow These Habits To Success

We all know people whose success we'd like to emulate. What do they do? The answer is in their personal habits. The Ladders website explains the daily routine of highly successful people:

- ✓ **Exercise.** Staying healthy through good exercise improves your energy, stamina, and brain activity. It reduces stress and offers challenges which can boost your self-confidence.
- ✓ **Eat breakfast.** It may be tempting to skip breakfast if you're busy, but you need sustenance to get through your morning. A mix of protein, carbs, and some fruits or vegetables will give you energy and help you prepare to tackle your day.
- ✓ **Reflect.** Take some time every day to meditate or just think about what you're doing, without making plans or worrying about the future. Clear your mind and let your thoughts go wherever they want to. You'll feel refreshed and more creative overall.
- ✓ **Focus.** Plan your time so you can work productively without distractions or needless interruptions. When you're working, work. Don't waste time on the internet or your phone. Breaks are important, but the key to getting things done is to concentrate on the task at hand.
- ✓ **Connect.** Make an effort to get to know people in your workplace and industry—not just your immediate co-workers, but people in different departments, and not just peers in your own industry but knowledgeable people in other fields. You'll increase your knowledge and also have a reliable network of acquaintances to draw on when you have questions or need assistance. (By the same token, always be ready to offer assistance to people in your network.)
- ✓ **Stay up to date.** Don't bury your head in the sand. Keep up on what's happening in your industry and the world at large. Follow reliable news sources so you don't fall for scams or hoaxes. Talk to people about current events. The more you know about what's going on, the better equipped you are to respond to it.



Help is here

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90,000 Mile Factory Recommended
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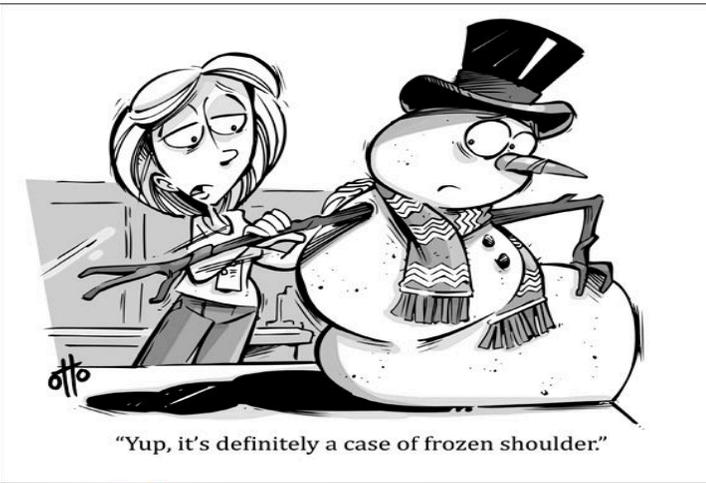
Must Present Coupon

Happy Holidays

BEST WISHES!

This time of year brings to mind those things in life that are most important. It reminds us to focus on all the good things around us and to take the time to slow down and enjoy the simple things. It is with your support we can continue to help others in our community and touch the hearts of all throughout the coming year. May you find peace this Holiday Season.

- Joe, Cindi, Evan, Ryan, Peter, and Chris



"Yup, it's definitely a case of frozen shoulder."

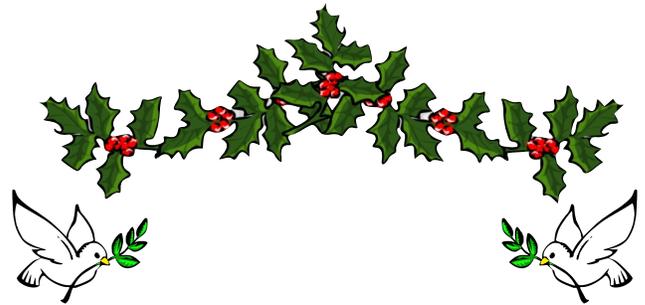
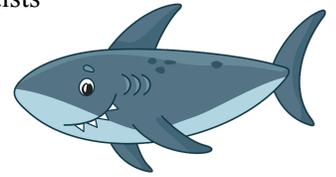
Thank You For The Kind Words

"The service here is exceedingly reliable, efficient and honest. A great asset to the community!"

Rare Shark May Have Lived Almost 400 Years

Trees can live thousands of years. Animals don't live nearly so long, but scientists have discovered what they believe may be the longest-living vertebrate animal—a Greenland shark. Analyzing carbon in the eye lenses of one Greenland shark after its death, marine biologists at the University of Copenhagen determined that the shark was 392 years old, give or take about 120 years. That beats the previous record holder for vertebrate longevity, a bowhead whale that lived about 211 years.

Little is known about the Greenland shark. It's one of the largest carnivores in the world, and dominates the food chain in northern waters. The scientists studied Greenland sharks accidentally caught by fishing boats, analyzing their eye lenses because sharks don't have the kind of bones that build up calcified rings as they age. Although some scientists disagree that the shark's age is typical, they concede that we know little about the average lifespan of this mysterious predator.



The Holiday Season is a perfect time to reflect on our blessings
And seek out ways to make life better for those around us.



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Have You Heard?

You don't have to go back to the Dealer for service or maintenance on your new or used vehicle! Federal Law (Magnusen-Moss Act 1975) prohibits new car dealers from implying or denying warranty service because routine scheduled maintenance was performed at an independent repair facility. We can handle your maintenance and repair needs. Just give us a call.

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



What's Inside?

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



What's The Answer?

Is Exercise Good For Your Memory?



What Are Some Tips To Keep Your Fireplace Safe This Winter?

Are Personal Habits Really The Key To Success?

Did The Moon Previously Shield The Earth From The Sun?

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

