

December FUEL for THOUGHT™ 2022

A Free Monthly Newsletter From Your Friends At Joe Davis AutoSport

December Events

December 6th St. Nicholas Day
December 7th Pearl Harbor Day
December 10th Nobel Prize Day
December 21st Winter Solstice
December 24th Christmas Eve
December 25th Christmas Day
December 31st New Year's Eve



Winter Driving: Stay Safe When Roads Are Tricky

Winter is far from over, and whether you drive on the job or just to and from work, safety on the road is trickier on icy or slippery streets. Avoid becoming another traffic statistic by following these basic winter driving tips:

- ❖ **Slow down.** Remember that you need more room to stop when roads are slick or visibility is poor.
- ❖ **Check your engine.** Make sure your battery is fully charged so it can start easily in cold weather. Have a mechanic examine your ignition system, spark plugs, wiring, and other components.
- ❖ **Get plenty of rest.** Fatigue leads to accidents. Get a full night's sleep before getting behind the wheel.
- ❖ **Watch your exhaust.** Don't warm up your car in a garage or other small, enclosed space. The carbon monoxide buildup can be dangerous.
- ❖ **Limit cruise control.** Don't rely on cruise control when driving on slippery roads. Be alert and ready to stop or change course in the event of anything unexpected.
- ❖ **Clean up.** Make sure your lights and windows are clean and clear so you can see everything on the road, especially at night. Make sure your windshield wipers are in good condition.

Keep Stress In Check During The Holidays

The holidays should be a joyous time for family and friends, but they can be stressful if you feel stretched too thin. Don't let the pressure bring you down. Here are some helpful hints for keeping your stress levels under control during what should be a fun and relaxing time:

- ✓ **Pay attention to your mood.** Recognize the signs of stress, such as irritability and anxiety. Avoid these by getting a handle on things instead of just letting them happen.
- ✓ **Set reasonable limits.** Allow yourself to say "No." Be realistic about what you can and cannot do during this busy month.
- ✓ **Watch your diet.** Overindulging in holiday treats can affect your mood. Sugar overload will make you sluggish, for example, and the stimulating effect of caffeine may make you overanxious.
- ✓ **Exercise.** Take a walk or visit the gym regularly. Not only will it combat the extra calories you're consuming, you'll also relieve tension and get some relaxation.

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



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Purchase Must Be At Least \$150.00

Must Present Coupon

Not Valid 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.

Michelle Dunsmore, Frank Guarrieri, Munmun Greger, Lauren Pieciak, Lindsey Sosnowski, Peter Hansen, Ethan Haire, Elliot Moroz, Albert Zhong, Ben Koberg, Desere Meaden, Jack Walls, Matt Peka & Vincent Russo.

Learn About Stroke—And How To Recognize One

What is a stroke? Also called a “brain attack,” it’s when blood to an area of the brain is blocked, or when there’s sudden bleeding in the brain. Someone suffers a stroke every 40 seconds in the United States, according to the NBC News website. The website describes two different kinds of strokes that can occur:

- **Ischemic stroke.** This is caused by a blood clot or plaque blocking a blood vessel in the brain.
- **Hemorrhagic stroke.** This is the result of a blood vessel bursting and bleeding into the brain.

The main causes of a stroke, according to the CDC, are high blood pressure, high cholesterol, smoking, obesity, and diabetes. How can you tell if someone is having a stroke? Remember the acronym FAST:

F: Face. The face of a person having a stroke usually droops. Ask the person to smile. If the smile is uneven, a stroke could be happening.

A: Arms. Ask the person to lift one or both arms above the head. Does one arm drift downward? A weak or numb arm is another symptom of stroke.

S: Speech. Is the person slurring his or her words, unable to speak, or difficult to understand? Ask the person to repeat a short sentence like, “Remember the Alamo.” Do they repeat the sentence correctly?

T: Time to call 911. If the person exhibits any of these symptoms, call for medical help immediately.

Follow This Route To Entrepreneurial Success

Maybe you’ve always dreamed of starting your own business. There’s no reason you can’t, but you’ve got to know what it takes to succeed. From the Investopedia website comes this advice for would-be entrepreneurs:

- ★ **Get organized.** A simple to-do list will help you manage your time and resources effectively. Don’t just respond to crises; have a plan for what you want to accomplish daily, weekly, monthly, and further out.
- ★ **Keep records.** You can’t remember everything. Keep detailed records so you know what you’ve spent, what you’ve spent it on, where your revenues are coming from, and what your significant challenges are.
- ★ **Study your competition.** Find out everything you can about other organizations in your industry. Knowing where they’ve succeeded and failed can help you seize opportunities and avoid mistakes.
- ★ **Analyze the risks.** Understanding how much risk you’re facing can help you plan strategies to minimize it—and help you learn how much risk you’re willing and able to tolerate.
- ★ **Be creative.** Look for fresh ways to solve problems instead of continuing to do what you and everyone else has always done, the same way it’s always been done.
- ★ **Keep your focus.** You’ll be distracted by problems, people, and opportunities. Don’t let them draw you away from your central goal.
- ★ **Prepare for sacrifice.** The challenges of entrepreneurship mean you’ll have to make sacrifices —time, money, comfort, and so forth. Decide up front how much you’re willing to sacrifice so you’ll be ready to make the right decisions.
- ★ **Provide top-notch service.** The key to any successful business is satisfying your customers. Commit to doing everything you can to meet their needs, and they’ll come back for more.



**WINTER
SPECIAL**

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Not Valid With Other Offers

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This time of year brings to mind what in life is most important. It reminds us to focus on all that is good around us and to take the time to slow down and enjoy the simple things. Our thanks to each of you for your dedication.

It is with your support that Joe Davis AutoSport can continue to help others in our community and touch the hearts of all throughout the coming year. May the Spirit of the Holidays fill your life with Peace, Love, and Joy.

- Joe, Cindi, Evan, Jon, Ryan, Peter, Justin & Sean.



Thank You For The Kind Words

"I come a long way to have service done at Joe Davis. I do so because they provide service that is worth the price. Evan is knowledgeable about the services that he recommends on a given vehicle. Justin and the other technicians are very knowledgeable and care about customer satisfaction with their work. I do not like to hand the keys of my vehicles over to any standard shop but I can with confidence in the case of Joe Davis. Hope that Evan, Justin, and all the technicians are there for years to come. I will keep coming back. Thanks all."

Reading Stories Helps Develop Kids' Brains

Reading bedtime stories to your children doesn't just help them go to sleep. It can also stimulate the development of their brains. *The New York Times* reported that a study of children 3-5 years old using functional magnetic resonance imaging (fMRI) discovered significant differences in brain activity related to how much the children had been read to.

In the study, the brains of children who were read to a lot revealed greater activation in the left hemisphere, a region that ingrates sounds and visuals. The area lights up under fMRI scans when kids listen to stories. Scientists theorize that reading to children help them visualize what they're hearing. And the more practice kids get in generating visual images in their young brains, the better they develop cognitive skills that help them later on with more complex subjects.

It's one more reason to read to your children—not just at bedtime, but as often as you can.

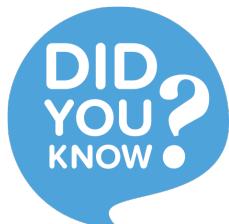


NEW PA LAW - Motorists to Clear ALL Snow Off Vehicles

Governor Tom Wolf signed Christine's Law into effect July 11 as per AAA Travel. The law requires motorists to thoroughly remove all snow and ice from their vehicle before driving. It was first introduced in 2006 after the death of Christine Lambert on Christmas Day 2005. She died when a 10 inch chunk of ice came off a box truck and crashed through her windshield. The law will help to improve road safety for Pennsylvanian's. It allows police officers to be more proactive to pull over vehicles that are dangerously covered in ice and snow. Violators could be fined \$75.00



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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.

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From Your Friends At
Joe Davis AutoSport Inc
308 South 7th Street
Perkasie PA 18944
(215) 257-0204



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What Are 6 Tips To Stay Safe When Roads Are Tricky?

How Can You Recognize A Stroke Early?



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

