

A Free Monthly Newsletter From Your Friends At Joe Davis AutoSport



February Events

February 1st	Chinese New Years
February 2nd	Groundhog Day
February 4th	Bubble Gum Day
February 6th	Super Bowl Sunday
February 14th	Valentine's Day
February 21st	Presidents' Day
February 28th	Floral Design Day

Neandertals Practiced Ancient Landscaping—Possibly With Fire

Ancient Neandertals apparently cleared a vast forest and transformed it into grassland some 125,000- years ago, according to the Science News website. The findings come from areas excavated near two lakes in central Europe, at a site called Neumark-Nord in Germany. During the 2,000 years the Neandertals lived there, scientists say, they constructed shelters, hunted, ate game, collected wood, and made tools.

The Neumark-Nord sites were discovered by a coal mining operation in 1985. Pollen from the sites shows that grasses and herbs which typically thrive in an open landscape appeared around 125,000 years ago, along with large numbers of stone artifacts and animal bones displaying butchery marks dating to the same period, before Homo sapiens inhabited Europe.

The Neanderthals may have cleared the large area with fire, although that's uncertain. Modern hunter-gatherers did that, and early humans in southern and central Africa used fire to keep landscapes open around 85,000 years ago. The stone artifacts at Neumark-Nord display signs of having been heated by fire, possibly to make sharp edges, and evidence of campfires has been found around the site. On the other hand, archeologists note that geological remnants of many small campfires can sometimes resemble a smaller number of larger fires.

Listening To The Groundhog

Most of us know the story of Groundhog Day. On Feb. 2, the legend goes, a groundhog that comes up out of its burrow to check the weather will go back inside if it sees its shadow, and winter will continue for six more weeks. But if the sky is cloudy and it casts no shadow, the harsh winter weather is over.

Punxsutawney, Pa., hosts the best-known Groundhog Day event, featuring "Punxsutawney Phil" (who gained fame in the 1993 film *Groundhog Day*), but other towns in Pennsylvania and Maryland hold similar celebrations.

Where does the legend come from? It may have origins in ancient European beliefs involving a badger or a bear as a weather forecaster, as well as the pagan festival Imbolc, whose traditions point to a bear or a serpent as a herald of good or bad weather. In the United States, Groundhog Day can be traced back to 1841, when a Pennsylvania shopkeeper wrote in his diary that that Candlemas day (Feb. 2) was the day on which, "according to the Germans, the Groundhog peeps out of his winter quarters and if he sees his shadow he pops back for another six weeks nap, but if the day be cloudy he remains out, as the weather is to be moderate."

So keep an eye out for the groundhog's report, and dress appropriately.



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

www.joedavisautosport.com

**SWEETHEART
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\$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.

Brian Gintowt, Rhonda Reed, Vince Smit, Ashley Landes, Rodney Allebach, Tyler Black, Jennifer & Brian Walsh, Camden Stieve, Diane Fisfis, Don Hall, Brittany Kane, Evan Yagliniski, Angeline O'Grady, & Mark Marcelis.

Keep Your Diet Balanced With This Simple Advice

Staying healthy, especially during the winter months, requires commitment, but it's not all that complicated. Just remember these health and wellness tips from the Savvy Mom website:

- ✓ **Eat breakfast every day.** Eating something in the morning helps kick your metabolism into gear. A piece of toast, some oatmeal, or a smoothie can help you wake up and feel energized for the day.
- ✓ **Practice moderation.** You don't have to starve yourself or deny yourself your favorite foods. Just keep things in the right proportion. Eat slowly, and resist the temptation to binge. You'll find yourself just as satisfied if you give your body a chance to digest without stuffing your stomach.
- ✓ **Stay hydrated.** Water helps flush things through your system and makes you feel full. You can add some flavor to it with a slice of lemon or a drop of orange or cranberry juice if plain water is too boring.
- ✓ **Monitor your emotions.** Depression and anxiety can push you into overeating. Don't wallow in guilt for having a good meal. Put it behind yourself and focus on maintaining a healthy balanced routine going forward.
- ✓ **Keep a food journal.** Write down everything you eat. This helps you keep track of habits and patterns so you can make better choices during and between meals.



Limit Your Distractions

If you're finding it hard to tap into your creative center, multitasking might be to blame. Answering texts or voicemails, checking your emails, and dividing your attention among too many tasks are probably hampering your ability to think and act creatively.

What can help? Quality time focused on thinking, creating, or doing nothing so a flood of ideas has a void to fill. Give yourself this time, whether for a few minutes or an hour, to take a walk, journal, meditate, or focus on a creative practice.

Think of it this way: If you're learning to play the guitar or taking ballroom dance lessons, you would commit to a specific amount of time for instruction and for practice. You wouldn't be making phone calls or writing a report or doing chores during this time. The same is true for times when you are engaged in any creative endeavors, or just need space to think freely. Remove distractions so the ideas can flow.



Try These Basic Tips For Saving More Money

Some people are good at saving money. Whether they have a natural gift or have trained themselves in frugality, they manage to sock away cash at a steady rate, ensuring a healthy retirement or a good-size nest egg. The Fatherly website shares some of their advice:

- ★ **Know why you're saving.** Set a goal—retirement, your kid's college, charitable donations, or something else important to you. This will help you stay on track as the years go by.
- ★ **Have a plan.** Once you've set your goals, put a plan in place for achieving them. Contributing to your 401(k) is a good first step. After that, make a habit of setting aside a fixed amount of money every payday without fail so you'll have it when you need it.
- ★ **Track your spending.** Use a spreadsheet to determine exactly where your money is going. You may be surprised to find out how much you're spending on eating out or going to the movies. Tracking your expenses will suggest areas where you can cut down and save more.

BIG GAME SPECIAL

**Bring This Coupon In This February & Take
\$10.00 OFF Any Repair Or Service Over \$200!**

Expires 2/28/22 Must Present Coupon Not Valid With Other Offers



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Even Cats Get The Blues

If the cold weather, lack of sunshine, and short days of February have you feeling out of sorts, imagine the havoc it's playing on the lives of our animal companions. Confined indoors and longing to feel the earth beneath their paws and a gentle breeze ruffling their fur, our pets can get depressed and a bit stir crazy this time of year.

Talk to your vet if you notice changes in your pet's eating, activity, and sleeping habits to rule out the possibility of an illness. Be on the lookout for an increase in destructive behaviors such as chewing and scratching that can be an indication of boredom or anxiety. The same holds true for repetitive behaviors such as excessive meowing or barking.

If your pets are otherwise healthy, a little extra attention may help to alleviate their winter doldrums. Introduce a new toy into the mix or add a few extra minutes of playtime to their daily routine to help them stay stimulated and active. Consider baking up a batch of natural dog biscuits or growing a patch of cat grass to give pets a treat that will show them that you're thinking of their well-being.

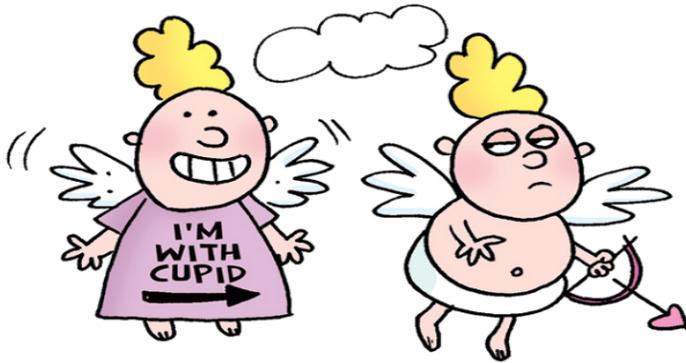


AVOID DISTRACTION WHILE DRIVING

Try these tips to help you focus. Be in control. Be safe, not sorry.

- ✓ Use cell phone only in an emergency. Don't text while driving.
- ✓ Use Apps that automatically block messages during travel.
- ✓ Finish personal grooming before getting in the car.
- ✓ Adjust seats, mirrors, climate controls & music before driving.
- ✓ If children or pets need help, pull off the road.
- ✓ Eat before or after trips, or while parked.
- ✓ Store loose gear that can move like purse or beverages.

"Meaningful relationships are what matter most. Showing the people around you that you care about them and that you're willing to put them first, is the mark of a true leader. Great leaders are vulnerable and unselfish. Ultimately they thrive by exhibiting the behavior and in so doing, they earn the respect of all."



Thank You For The Kind Words

"Words cannot describe our appreciation to you for always being there and taking care of us!! Our "ride" on this journey is safer because of you!!;) THANK YOU for all you do!!"

- Melissa

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



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What's Inside?

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



What's The Answer?

What Are 5 Tips For A Balanced Diet?

Can Removing Distractions Help Creativity?

What Are 3 Basic Tips To Save More Money?

Can Animals Get The Winter Blues?

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

