

January Events

January 1st	New Year's Day
January 2nd	World Introvert Day
January 4th	Trivia Day
January 13th	Friday The 13th
January 16th	Martin Luther King, Jr. Day
January 18th	Winnie the Pooh Day
January 24th	Compliment Day
January 29th	National Puzzle Day



Set Your Sights On The Right Target

Your organization won't grow unless you and your team are working toward goals. Setting the right goals, though—goals that will inspire and motivate—is crucial. Aim for goals that are:

- 🎯 **Quantifiable.** You should be able to measure success in objective terms so everyone can see the value of your efforts.
- 🎯 **Challenging.** If it's too easy, chances are your objective won't have significant impact on your organization.
- 🎯 **Company-focused.** Set a goal that supports your organization's agenda, not one that just makes you or your department look good.
- 🎯 **Realistic.** Although challenge is important, pursuing an impossible dream will result only in a morale-crushing letdown.
- 🎯 **Flexible.** Don't back yourself into a corner. Although you don't want to adjust your goal to suit your results, be willing to modify your ambitions if circumstances yank your original objective out of reach.

Is That All There Is?

You've reached the top. Congratulations! But are you truly satisfied with your life and career? Many people achieve success only to find themselves wondering if it was all worth it. If you're questioning your choices, get back on the right track with this guidance from the Entrepreneur website:

- ▶ **Pay attention to your feelings.** Don't try to deny what you're feeling. Pushing emotions away isn't good for your mental health. Be honest about what's bothering you so you can deal with it openly.
- ▶ **Take a break.** Step away from your job for a while. Once you're free of the everyday responsibilities of your position, you can take a fresh look at what you really want out of life.
- ▶ **Seek advice.** Go to a trusted colleague or friend to talk about what you're going through. Ask them what they think you should do. You don't necessarily have to follow their advice, but you'll get a different perspective on what's possible for you.
- ▶ **Consider your options.** Don't be afraid to make a career change if that seems called for. You've already proven you can succeed. Switching gears to something more in line with your passions and interests can renew your energy and send you in a more rewarding direction.

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

Spread The Savings With Referrals

Send a friend, family member, or associate to us as a new client & they will receive **\$20.23** off their final bill & we will send you a **\$20.23** gift certificate!

Most of our new customers come from our existing happy clients, and we are always looking to service. Stop by & pick up your referral cards today!

REFER A FRIEND
— AND BE REWARDED —

Expires 1/31/23

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.

**Rob Dillingham, Tom Trainer, Alex Brown,
Kara Guerra, Adam Fuhs, Kassandra Grimson,
Andrea Haungs, Nate Jensen, Rachel Nyce,
Zoe Kistler & Worthwhile Wear.**

Try These Tactics To Save On Groceries

We've all got to eat, and unless you're growing (or hunting for) your own food, that means you're got to head to the grocery store on a regular basis. Follow these six tips to save money on your next shopping trip:

- § **Avoid the inner aisles.** Most grocery stores place essential items—dairy and produce—at opposite sides of the store. Pushing your cart through the inner aisles can tempt you to buy stuff you don't really need. Stick to the perimeter and pick out only what you're really after.
- § **Go for generics.** Often generic items have the same ingredients as higher-priced brand items. Check the labels, and choose generics as much as you can.
- § **Look up and down.** Grocery stores generally place more expensive items at eye level, because that's where they're most easily seen. Scan the top and bottom shelves for lower-priced alternatives.
- § **Stay away from prepared foods.** A packaged dinner may seem convenient, but you can usually make the same meal for a fraction of the cost.
- § **Grate your own cheese.** Buy a cheese grater and a block of Parmesan instead of buying it in packaged form. It's cheaper and fresher, and you'll be sure of what you're getting.
- § **Join loyalty programs.** You can get discounts and money back on your purchases through your store's loyalty program.

Don't Fall For Fad Diets

Dieting to lose weight can be good for your health, but only if you choose the right diet. Unfortunately, many fad diets promoted on social media can actually be harmful to your health. Watch for these red flags from the Healthline website:

- **Flimsy credentials.** A social media influencer may not be qualified to provide reliable nutrition advice. Your doctor, or a registered dietician, can offer better options. A nutritionist may or may not have formal training in some states, so ask about their education and experience before following any diet plans from them.
- **Sponsored content.** Check to see if people dispensing advice have any financial relationship with the products they're touting. If they're being paid to endorse a supplement or diet plan, they may not be trustworthy.
- **Unrealistic claims.** If a product sounds too good to be true, it probably is. Diet pills promising to help you lose lots of weight in a few days or weeks may be dangerous, for example. Avoid anything that offers a "cure," a quick fix, or immediate results.
- **Overly restrictive diets.** Popular diet plans that try to restrict or eliminate entire food groups aren't healthy. Often they rob your body of the nutrients it needs to stay healthy. The best diet is a balanced one.

Investing In Cryptocurrency

Have you dabbled in cryptocurrency? Do you even know what it is? The Pew Research Center reports that 86% of Americans say they've heard at least a little about Bitcoin, Ether, or other forms of cryptocurrency, and 24% say they've heard a lot about them. And 16% say they've invested in cryptocurrency, or traded it, or used it for themselves.

They tend to be younger—about 31% of Americans 18-29 say they've invested in, traded, or used cryptocurrency. They're more likely to be men overall at 22%, versus 10% of women. Only 3% of people 50+ have done anything with cryptocurrency.



ANY Flush Service

Coolant Flush OR Brake Flush

SAVE \$10.00

Expires 1/31/2023

Must Present Coupon
Not Valid With Other Offers

Joe Davis AutoSport Celebrating 33 Years of Service!!

Thank you! Thank you! Thank You!
We just can't thank you enough! Our success would not be possible without our communities support. Your continued confidence means the world to us.
Whatever 2023 has in store, know we will be here for you.



Beware: The Hidden Hazards Of Cold Weather

Winter is full of unexpected hazards. As the cold weather continues, keep these safety tips in mind:

- **Frostbite strikes fast.** It can happen in a short amount of time, especially with children. That's because they lose body heat quickly, sometimes in as little as 20 minutes. Dress kids warmly, but don't overbundle. That can cause sweating, which speeds the loss of body heat.
- **There's poison in the air.** Carbon monoxide poisoning can often be mistaken for the flu-achiness, headache, and nausea. Carbon monoxide is odorless and colorless, and can affect children before it affects adults. Be sure you check your furnace and other gas-coal-oil or woodburning appliances to make sure they aren't generating any carbon monoxide.
- **Ice can be deadly.** We all know to walk carefully on icy roads and sidewalks. But walking-related injuries also stem from sliding and skidding vehicles that may not be able to avoid hitting someone. Be sure to walk in bright or reflective clothing, and be careful when walking near snow piles and drifts that may obscure your view or the view of driver.



Stay Hydrated When You Work Out

Hydration is important to staying healthy, especially if you have an active lifestyle. *U.S. News & World Report* shares these tips for hydration before, during, and after your workout:

- ✓ **Start your workout well hydrated.** Drink water and other healthy fluids, and eat foods with lots of water, like fruits, vegetables, soup, and smoothies. This will help you with strength, speed, and stamina.
- ✓ **Get extra electrolytes.** Electrolytes can help prevent cramping in your muscles. Look for drinks containing sodium, potassium, and calcium to boost your electrolyte levels. Adding some salt or soy sauce to your foods can also increase your intake.
- ✓ **Replace your sweat.** Your body can lose a lot of liquid when you exercise, so replace that with a bottle of water or a sports drink. This is in addition to your regular hydration need of 11.5 cups of fluids for women (90 ounces) and 15.5 cups (125 ounces) for men every day.

Thank You For The Kind Words

"Brought my car in for routine service and the mechanics recommended some services that I knew would be coming. Able to do that day. Such an easy transaction.....until the drive home.

My car and a hidden rock [that had finally dislodged] had different ideas. The staff at Joe Davis had me turn back around and they tried to figure out the issue, never giving up. Gave me a loaner and they kept working the next day as well. Finally found that rock that was causing such a ruckus. So appreciate everyone going out of their way to make sure my car was safe to drive. Sure they were frustrated, but they never showed me. Class Acts."

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



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 & procedures, 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 Inc
308 South 7th Street
Perkasie PA 18944
(215) 257-0204

January

What's Inside?

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

What's The Answer?



What Are 4 Red Flags Of Fad Diets?

How Can You Save On Groceries?

What Are 3 Tips To Staying Hydrated While Working Out?

Are You Satisfied With Your Life And Career?



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

