

A Free Monthly Newsletter From Your Friends At Joe Davis AutoSport Inc

Fun Advice To Introduce Kids To Gardening

Warmer months are likely to have the whole family eager to dive into outdoor activities. This year, as you tackle the garden, find ways to get the youngest family members in on the action, too.

Not only is gardening an activity you can enjoy together, there are numerous ways to incorporate age-appropriate, teachable moments from counting and colors to responsible care of living things.

Creating a positive first experience with gardening can start with this simple advice:

- ★ Dedicate a spot for a junior garden, which allows you to instill a sense of pride and ownership in the little gardener while protecting your own garden areas from ambitious young hands.
- ★ Provide appropriate tools in child sizes. Just as you would teach a child the finer points of baseball using a bat and glove, demonstrate the joys of gardening with tools such as a rake, hoe and trowel, all of which can be found in sizes more manageable for little helpers.
- ★ Let the kids choose what to plant. Whether flowers or food plants, allow children to make their own decisions (within reason) about what they would like to grow. This can help them engage in the magic of watching items they selected emerge from the ground and grow into their finished forms.
- ★ Encourage exposure to unfamiliar plants that entice the senses with appealing smells and flavors. Herbs such as chives, mint and basil are good choices, or consider edible flowers such as pansies or violets.
- ★ Set an example for your child to imitate by giving regular and proper care to your own garden.



July Events

- July 1st Canada Day
- July 4th Independence Day (U.S.)
- July 7th Global Forgiveness Day
- July 11th World Population Day
- July 16th National Ice Cream Day
- July 20th Moon Day
- July 29th International Tiger Day
- July 30th Paperback Book Day



Exercise With Caution

An energetic workout can leave you feeling refreshed and ready for anything. Just don't overdo it. Pushing yourself too hard can strain your muscles and cause other problems that may negate the positive aspects of vigorous exercise. Keep these guidelines in mind:

- ➔ If you're working out at a light intensity level, you should be able to sing a song as you exercise.
- ➔ At a moderate intensity level, you should be able to carry on a conversation with a friend as you're working out.



If you don't have sufficient breath for either of these tasks, you're probably straining too hard.

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

**SAVE
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Air Conditioning Service

We will inspect your A/C System, check for leaks, clean A/C condenser, and check system pressures!



Expires 07/31/23

Not Valid With Other Offers

Must Present Coupon

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.

Brandon Bennett, Chaisana Phongphachone, Patrick Kelly, Art Smith, Elizabeth Albanese, Katie Liebhaber, Sam Clark, Ken Agena, Nick Sciosciolo, Chris Luce, Christina Haller, Eric Andersen, Michael Goodwin, Eamon McAdam, Anna Rosanelli, Dan Wolfe, Shelley Bache & Sanat Usmanov.

Stay Safe On The Stairs

When a clown falls down a flight of stairs as a gag, it's funny. In real life, though, falling down a staircase can be dangerous, even fatal. Here are some basic tips for preventing stairway accidents in your home:

- ▶ **Handrails.** Install sturdy railings that extend along the entire length of the staircase on both sides.
- ▶ **Lights.** The top and bottom of every stairway should be well lit, with light switches at both ends.
- ▶ **Rugs.** Avoid loose rugs or carpets on stairway landings. Either securely fasten them to the floor to prevent tripping hazards or remove them altogether.
- ▶ **Steps.** Make sure the steps are not slippery by using non-stick treads on each step to enhance traction.
- ▶ **Obstacles.** Keep stairs clear of books, toys, and anything else that might clutter the path.
- ▶ **Gates.** If you have small children living in or visiting your house, gates to prevent them from tumbling down the stairs are a must.
- ▶ **Mindful carrying.** Avoid overloading yourself with items while ascending or descending the stairs. Ensure that at least one hand remains free to grip the handrail securely.
- ▶ **The bottom step.** Paint the lowest step white, particularly for stairs leading into dark basements. This visual contrast enhances visibility, making the final step easier to detect.

Essential Tips For An Unforgettable Summer Vacation

Summer is the perfect time for a memorable vacation. Whether you're hitting the beach or exploring a new city, careful planning can enhance your experience. Here are some essential tips for a successful summer getaway.

- ✓ **Plan ahead:** Research your destination, create a flexible itinerary, and list must-visit places. Consider factors such as weather, local attractions, and the activities available.
- ✓ **Pack wisely:** Choose lightweight clothing, don't forget to pack essentials such as sunscreen, hats, sunglasses, and comfortable walking shoes. Roll your clothes instead of folding them to maximize space in your luggage.
- ✓ **Stay hydrated:** Summer vacations often involve spending time outdoors in warm weather, so it's crucial to stay hydrated. Carry a reusable water bottle and drink plenty of fluids throughout the day. If you're traveling to a hot climate, consider consuming electrolyte-rich drinks to replenish essential minerals lost through sweating.
- ✓ **Protect from the sun:** Sun protection is vital during summer vacations. Apply sunscreen with a high SPF, wear protective clothing, and use hats and sunglasses to shield yourself from harmful UV rays. Seek shade during peak sun hours and remember to reapply sunscreen regularly, especially after swimming.
- ✓ **Capture memories:** Preserve your summer vacation memories by taking photos and videos of your experiences. Carry a camera or use your smartphone to capture breathtaking landscapes, local attractions, and special moments with loved ones. Remember to take some time to disconnect from technology and be fully present in the moment.
- ✓ **Stay flexible:** While it's important to have a rough itinerary, allow room for spontaneity and unexpected discoveries. Some of the most memorable experiences often arise when you venture off the beaten path or stumble upon hidden gems. Embrace flexibility and be open to new experiences that may enrich your vacation.

Is It Your Birthday This Month?

We'd like to Celebrate your Birthday with you! Just stop by and show us your Drivers License and you'll receive a \$10.00 OFF any service over \$100.00!

Expires 07/31/23



JOE DAVIS AUTOSPORT SAFETY PRE-TRIP VACATION SPECIAL!

Before you pack, **DON'T FORGET** to schedule your vehicle. Let our trusted technicians look it over before you take off!

We Will Help To Make You & Your Family Have An Enjoyable Uneventful Safe Trip!



Alternatives To Meat Growing In Acceptance

Meat isn't automatically on the menu these days, according to the *Lansing State Journal*. A 2021 Michigan State University Food Literacy and Engagement poll found that approximately 41% of Americans say they're likely to buy artificially produced forms of meat that look and taste the same, up from 33% in 2018.

The survey looked at people's understanding of the relationship between food and climate change. One finding: Fewer than 50% of people surveyed realized that eating plant-based foods can help reduce greenhouse gas emissions.

Meatless meat was originally made from beans, soy, cauliflower, and the like. Newer versions feature plant-like "meat" designed to resemble traditional meat. But Americans are becoming more open to eating meatlike products made from other sources, like insects. One 2019 poll found that 25% of Americans are willing to try that. Meat grown from cells in labs are a potential future option, though none are commercially available in the U.S. right now. Still, 35% of Americans say they're likely to buy some when it comes out.

Watch A Sunrise

One of the most wonderful ways to begin your day is to watch a sunrise. Yes, it's early but it will be worth seeing this spectacular show of nature.

Grab your lawn chair, a blanket, coffee, your camera, and relax. Seeing this magnificent art show in the sky gives you the opportunity to see how grand our world is. The beauty of the morning is a good way to start your day.



HAPPY
4th Of July

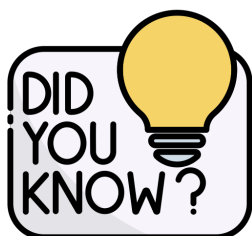
Thank You For The Kind Words

"AMAZING from start to finish. Mercedes Benz has NOTHING on this shop. Courteous, communicative, friendly, competitive and reliable. The text updates are great, the explanation of services fantastic, the breakdown of costs and warranty on performed services spot on. I couldn't think of one recommendation that could have improved my experience.

THANK YOU AGAIN!

- Patrick

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Give us a call at (215) 257-0204 to schedule your appointment.

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

July

What's Inside?

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



What's The Answer?



How Can You Stay Safe On The Stairs?

What Are 5 Fun Ways To Introduce Kids To Gardening?

How Can You Exercise With Caution?

What Are 6 Tips For An Unforgettable Summer Vacation?

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

