

July Events

July 1st	Canada Day
July 4th	Independence Day (U.S.)
July 8th	Video Games Day
July 14th	Shark Awareness Day
July 21st	National Junk Food Day
July 22nd	Hammock Day
July 30th	National Cheesecake Day



Shop Smarter When You Buy Groceries

Everyone wants to stretch his or her money at the grocery store. Fortunately, you can do it without too much effort. Try these tips for savvy shopping:

- ✓ **Determine what's really on sale.** Don't assume items stacked at the end of the aisles—like sodas—are on sale. More often than not, they're marked at the regular price.
- ✓ **Remember that you pay for convenience.** Skinless chicken breasts cost more than those packaged with skin. The same applies to the pre-cleaned and cut carrot sticks. You can save money if you're willing to put a little extra work into your food preparation.
- ✓ **Check out store brands.** If you compare the contents and nutritional value of name brand versus generic items, you'll discover that they're often identical. In fact, they're often made in the same plant in the same way.
- ✓ **Use your coupons.** How often have you clipped coupons only to allow them to expire? Develop a system that will ensure their use.
- ✓ **Avoid stores on the weekend.** The stress of crowded stores and long lines makes you more susceptible to speed buying. Try to shop during the weekdays, first thing in the morning or late at night.

Warren Buffett's Mantra For Success

Billionaire Warren Buffett is an obvious success, in financial terms at least. The *Inc.* magazine website shares the four-word mantra that's guided his career: "Face down your fears." How to do that? Here's his advice:

- ▶ **Assess every possible outcome.** We fear failure because we fear the unknown. Thinking through every possibility gives you a heads-up on what to expect.
- ▶ **Think positive.** Banish pessimism from your thinking. Train yourself to visualize the results that you want. This will help build your self-confidence and prevent you from sabotaging yourself.
- ▶ **Re-evaluate the worst-case scenario.** You've got to be realistic, but don't assume defeat before you start. Looking at your worst-case scenario may help you realize it's not inevitable and could give you some ideas for avoiding failure.
- ▶ **Set small goals.** Don't tackle your big goal all at once. Set smaller, intermediate milestones that you can work toward step by step. Your ultimate goal will be easier to attain if you focus on manageable segments.



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

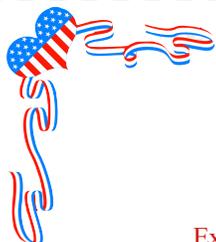
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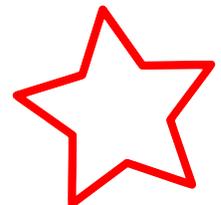
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(Must Present Coupon)

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.

Natalie VanPelt, Joseph Piccuiro, Heather Devery, Steve Custer, Jaydon Kahm, Emily Froehlich, and Jennifer Birtchet.

The Weight

A psychology professor was teaching stress management principles to an auditorium filled with students. As she raised a glass of water, everyone expected they'd be asked the typical "glass half empty or glass half full" question. Instead, with a smile on her face, the professor asked, "How heavy is this glass of water I'm holding?"

Students shouted out answers ranging from eight ounces to a couple pounds.

She replied, "From my perspective, the weight of this glass doesn't matter. It all depends on how long I hold it. If I hold it for a minute or two, it's fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it feels to me."

As the class nodded in agreement, she continued, "Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed—incapable of doing anything else until you drop them."

The moral: It's important to remember to let go of your stresses and worries. No matter what happens during the day, as early in the evening as you can, put all your burdens down. Don't carry them through the night and into the next day with you. If you still feel the weight of yesterday's stress, it's a strong sign that it's time to put the glass down.

PERSPECTIVE

Boost Your Creativity When Social Distancing

The stress of dealing with recent events can make it hard to stay creative, especially if you're social distancing. Working from home means you don't have your co-workers to bounce ideas off. The *Entrepreneur* website shares some exercises for keeping your mind and imagination fresh and active:

- ✓ **Freewriting.** Sit down at your keyboard and just write whatever comes into your head. Don't stop, don't edit, don't worry about punctuation or grammar, just let the words flow. If you're lucky, you'll generate ideas. Even if you don't, you'll loosen up your brain so you can go back to work with an open mind.
- ✓ **Time tracking.** Turn your everyday tasks into a game. How quickly can you finish that report? Challenge yourself to do something in less time than you usually use. Use a timer to stay focused.
- ✓ **Mindstorming.** When you've got a problem to solve, write it down and then quickly generate 20 possible solutions. The first four or five will probably come easily, but don't stop until you've hit 20. This will stretch your mind and force you to be more creative. You'll also gain confidence when you succeed.
- ✓ **Sketchnoting.** Don't limit yourself to words. When searching for ideas or trying to solve a problem, try drawing pictures. This can put you in touch with the other side of your brain and lead to different solutions.

A Glimpse Of The Future

A man visited a psychic.

"Hmmm. Mmmmh," she hummed as she waved her hands over her crystal ball. "I see your future very clearly. You will be poor and unhappy until you reach the age of 42."

"What happens then?" the man asked. "Do I win the lottery? Will I inherit my great-uncle Sal's estate? Do I invent the next big thing and become a millionaire?"

"No," the fortune teller replied. "You will still be poor, but by then you will be used to it."

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Expires 07/31/20

Cannot Be Combined With Other Offers

Limit One Per Person

Be Aware Of Motorcycles

Every year millions of motorcycles head out on the highways to enjoy the open road.

- ✓ Check your blind spots. Cycles are smaller and often not easy to spot when changing lanes and when turning.
- ✓ Don't get too close. Maintain a safe distance when following a motorcycle.
- ✓ Stay in your lane. Give them as much space as possible.

According to the Motorcycle Safety Foundation, more than half of all fatal motorcycle crashes involve another vehicle with the car or truck driver most often at fault.



Thank You For The Kind Words

"As always I enjoy my visit to the shop. I always leave satisfied and worry free bout my vehicle and the gang in the shop. As long as Joe Davis is in business I'll drive worry free. Kudos!!"

-Darrell

Ancient Footprints Point To Ancient Lives

Scientists have discovered more than 400 ancient footprints in hardened volcanic sediment in east Africa. As the Science News website reports, the footprints may provide a look into the social lives of hunter-gatherers who lived some 10,000–12,000 years ago in the region.

The footprints were found in northern Tanzania and are the largest collection of ancient human footprints ever found in Africa. One set of tracks was made by a group of 17 people walking southwest—14 women, two men and one young boy. Researchers speculate that the women were foraging for food as the males visited them. Some present-day hunter-gatherers form largely female food-gathering groups, scientists say. It's unknown whether they were gathering plants or hunting prey.

Another set of footprints show six tracks heading northeast. Instead of people traveling in a group, they were probably one man and two women walking slowly together, a woman and a man walking briskly, and another woman running—presumably at different times.



Headlights Cloudy? Our Professional Restoration will:

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Did You Know?

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 to schedule any of your preventative maintenance needs.

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July

What's Inside?

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



What's The Answer?



How Can You Shop Smarter When You Buy Groceries?

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

