

A Free Monthly Newsletter From Your Friends At Joe Davis AutoSport

March Events



March 1st	World Compliment Day
March 8th	International Women's Day
March 10th	Daylight Savings
March 11th	Johnny Appleseed Day
March 14th	National Pi Day
March 17th	St. Patrick's Day
March 20th	International Earth Day
March 25th	National Puppy Day
March 25th	Pecan Day



Know How To Use Your Most Powerful Tool

Anyone who's worked with power tools knows the importance of handling them with care. As a member of a team or manager of a department, you have a powerful tool in your kit—your mouth. Used properly it can reinforce positive behavior and build loyalty. Used carelessly it can demolish self-esteem and destroy camaraderie. Remember these basic safety rules:

- ★ **Choose the right tool for the job.** Beware of making rude comments to your colleagues or using public reprimands in situations calling for private instruction. Remember, a few well-chosen words do best to convey your message in a professional manner.
- ★ **Make sure you are grounded.** Carelessly using your power tool when you're tired, frustrated, anxious, overwhelmed, or otherwise off balance can be hazardous and cause shocks.
- ★ **Avoid using in a volatile atmosphere.** The more unstable the situation, the greater the chance that you'll spark an explosion. Exercise extreme caution when you must employ your tool in these situations.
- ★ **Unplug when not needed.** If you're not sure it will help, don't activate it.

Genetic Tweak Makes Earthworms Live Longer

We can't make people immortal—yet—but scientists have discovered some genetic tweaks that can extend the lives of earthworms by 500%, according to the Science Alert website.

The earthworms in the study live only two or three weeks, making them good candidates for experiments involving genetic and metabolic processes that they share with humans. Scientists have already discovered that changing the worms' insulin signaling pathway can increase their lifespan 100%. Similarly, alterations to a pathway called TOR (target of rapamycin) results in a 30% extension.

A new study has found that genetically shifting both pathways appears to cause an effect four to five times higher than the single genetic procedure—a synergistic approach that pulls a combination of networks together for the long term.

It's unclear whether the research will ever result in expanded human lifespans, as humans live longer than a few weeks, making experimentation more difficult (and ethically problematical). For now, scientists will have to rely on shorter-lived species like worms, fruit flies, and mice—although in the last year scientists were able to extend the life of mice and reduce their chances of cancer by working with their telomeres.

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

ryan@joedavisautosport.com

evan@joedavisautosport.com

Visit our website at

www.joedavisautosport.com

March Maintenance Service



SAVE \$10.00

Includes: 5 Quarts Of Oil, New Oil Filter, Lubricate Chassis, & Multi-Point Courtesy Inspection

Expires 3/31/20

Cannot Be Combined 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.

Jeff Derby, James Burns, Andrea Berest, Christian Buehler, Emily Conville, Jason Napolitan, Kathleen Stowell, Ted Zimmerman, & John Bergstresser

Eliminate These Excuses For Poor Safety

Why do people neglect safety at work? According to safety expert Ronn Lehmann in an article on the Prairie Business website, it's for these reasons:

- ▶ They don't know what to do.
- ▶ They don't know how to do it.
- ▶ They don't have the tools to do it safely.
- ▶ They don't want to.
- ▶ They don't think they have to.
- ▶ They think they are working safely.

You can address the above issues with three key strategies:

- ➔ **Know your values.** Safety should be a primary value in every organization. Be sure everyone knows that safety is a top priority.
- ➔ **Be a role model.** Don't skimp on safety measures yourself if you want others to follow the right procedures. Set the example.
- ➔ **Communicate.** Talk about safety issues and concerns in your organization, and encourage employees and co-workers to do the same without fear of reprisal.



Obesity Affects Teen Brains

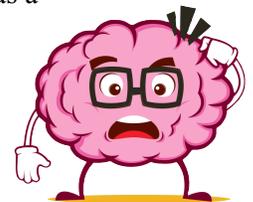
Obesity is a problem at any age, but a new study suggests it has specific risks for teenagers. As the *U.S. News & World Report* website explains, advanced MRI techniques show that obese teens tend to have less integrity in the white matter of their brains (white matter contains fibers that connect different parts of the brain).

The lower white matter integrity was observed in the region of the brain associated with emotional control and reward seeking.

The study looked at 120 teenagers, and its findings are considered preliminary. Researchers speculate that excess body fat damages the brain through inflammation. The study found a correlation between higher levels of inflammatory substances in the blood and lower white matter integrity. Excess body fat can contribute to inflammation.

The teens whose brains were affected tended to have higher levels of leptin, which is involved in appetite control, in their blood, as well as insulin, which regulates the body's blood sugar.

Doctors point out that obesity has many causes and shouldn't be dismissed as a simple lack of willpower about eating. It's unclear at this point whether obesity is responsible for the change in white matter integrity, or vice versa—or a combination of both.



Only Half Got Raises In 2019

If you got a raise in salary last year, count yourself lucky. A Bankrate poll in December found that 50% of U.S. workers didn't receive a raise in 2019, despite a boom in hiring that saw U.S. employers adding positions for 110 straight months and unemployment the lowest it's been in 50 years.

Still, the 49% of employees who did get a pay bump was up from 38% in 2018, and is the highest percentage since 2016. Reasons for their increased income included a straight raise (28%), finding a better-paying job (12%), or both (10%). Thirty-eight percent received higher compensation for their performance, and 31% were promoted or given greater job responsibilities. Cost of living increases were less of a factor, with just 26% of workers getting a raise for that reason alone.



**SAVE
\$10.00**



Potholes have you feeling like you're in a rut?

We can get your vehicle aligned properly with our computerized alignment equipment & have you going down the road straight again.



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“The happiest people don’t have the best of everything, they just make the best of everything.”

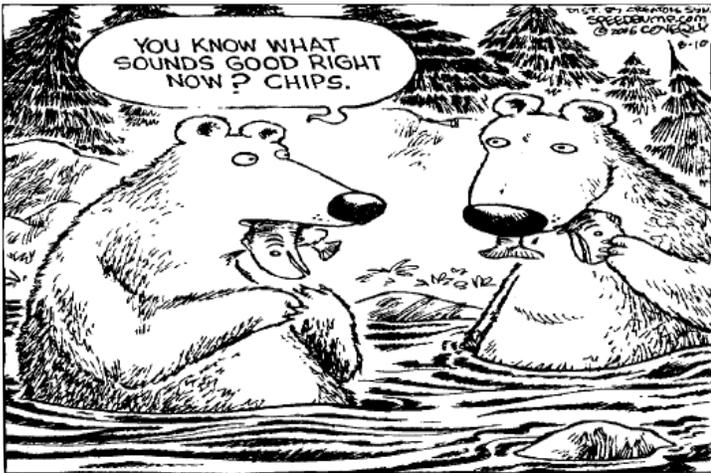


A Snapshot Of Social Media Use In The Past Year

Adult use of social media stayed the same in the past year compared with 2018, according to the Pew Research Center. Facebook and YouTube are most popular, with 69% of respondents saying they visit Facebook and 73% enjoying the video sharing site. Among younger adults 18–29, Instagram and Snapchat lead the pack; 67% use Instagram and 69% frequent Snapchat.

Among other platforms:

- ★ **Pinterest.** More women than men use Pinterest, 42% to 15%.
- ★ **LinkedIn.** Half of college graduates and people in high-income households use LinkedIn, with 10% or fewer of people without some college or in lower-income households doing so.
- ★ **WhatsApp.** The messaging app is particularly popular among Hispanics, 42% of whom use it, compared with 24% of African Americans and 13% of non-Hispanic white people.



The Frog Who Didn’t Give Up

A frog hopping through a barnyard accidentally fell into a pail half full of milk. Unable to hop out it floundered around at first but refused to give up. Hours passed as the frog swam around, its legs feverishly churning through the milk as it sought some way to jump over the edge of the pail. The little frog struggled so long that its legs churned the milk into butter which gave it a solid surface to jump from. The frog leaped out safe and sound, because it hadn’t stopped trying!



Thanks For The Kind Words

“Joe Davis AutoSport defines my expectation for customer service and professional performance.”

- K.A.

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Save Don't Let This Offer Blow By You...
Flush Out That Old Contaminated Fluid With A Cooling System Flush!
\$10.00



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March

What's Inside?

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



What's The Answer?



Can Obesity Affect Teen Brains?

What 6 Tips Can Help Your Career?

What Percentage Of People Got A Raise In 2019?

What Is Your Most Powerful Tool?

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

