

A Free Monthly Newsletter From Your Friends At Joe Davis AutoSport



- March 1st
- March 3rd
- March 5th
- March 14th
- March 14th
- March 17th
- March 20th
- March 30th

March Events

- World Compliment Day
- Caregiver Appreciation Day
- Employee Appreciation Day
- Daylight Savings
- National Pi Day
- St. Patrick's Day
- International Earth Day
- National Doctor's Day



Teens Worry About Safety

Being a teen is stressful, especially these days. As reported by *Forbes*, a nationwide survey by Navigate360, a full-spectrum safety preparedness and response company, and national polling firm John Zogby Strategies, asked teenagers 16–17 what worries them. Here's some of what they found:

- ▶ Fifty-eight percent said they only feel safe at home, a 12-point increase from the group's previous survey.
- ▶ Only 37% feel their school has a comprehensive emergency plan.
- ▶ Fifty-five percent worry about their physical and emotional safety today more than they did six months ago. In large cities, the figure is 75%.
- ▶ Just 55% of teens feel that their school leaders treat safety as a priority, and only 42% believe that schools are spending enough time and money to keep students safe.
- ▶ Thirty-five percent feel least safe in school, compared to their home, after-school job, favorite restaurant, or church.



Style Counts When It Comes To Learning

If you've ever trained someone, you know that everyone has his or her own learning styles. In fact, there are three main ways that we learn: kinesthetic (through touch and movement), auditory (through hearing), and visual (through sight). A study by Specific Diagnostic Studies found that 37 percent of all elementary and secondary students learn kinesthetically, 34 percent learn auditorily, and 29 percent learn visually. While most people eventually become primarily visual learners, knowing a learner's particular style can enhance the education experience considerably. (Of course, everyone learns from a combination of different styles, not solely through one type of learning.) Here are some suggested learning aids for each learning style:

- ➔ **Auditory.** Try lectures, Podcasts, audio streams, storytelling, or music.
- ➔ **Visual.** Use pictures, videos, graphics, diagrams, or color markers on whiteboards.
- ➔ **Kinesthetic.** Allow learners to act, role-play, debate, give a speech, write points out on a whiteboard, build models, or work online (typing helps assimilate the experience).



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

MARCH OIL CHANGE MAINTENANCE SPECIAL



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

**SAVE
\$10.00**

Expires 3/31/21, 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.

**Chris Roehl, Scott Zeller, Chris Rowe,
Jason McLean, Edgar Lemus,
Steven Jenkins, & Ashley Labs**

Take A Gut Check For Better Health

The stomach plays a crucial role in your overall health. The MBG Health website shares this advice from doctors, gastroenterologists, and dietitians on taking good care of your gut:

- ✓ **Eat a wide range of food.** Make sure to include plenty of fiber and plant-based foods in your meals and snacks. You don't have to eliminate gluten or grains unless you have an allergy—these foods are very good for the gut. Whole grains and vegetables like tomatoes and onions are good options for feeding the microbes down there.
- ✓ **Take a probiotic supplement.** Talk to your doctor or a gastroenterologist to determine which kind of supplement is right for you. Some support bacterial strains related to the immune system, others aid with digestive support and mood management. Your goal is to target specific needs as you increase bacterial diversity in your gut.
- ✓ **Manage stress.** Stress can disrupt your gut health. It can cause upset stomachs and digestive problems. Managing stress through exercise, meditation, mindfulness, and yoga can help keep your stomach operating efficiently and safely.
- ✓ **Get good sleep.** Lack of restful sleep can throw off your gut rhythm, disturbing the balance of bacteria and potentially disrupting your stomach lining. Prioritize sleep by creating a routine for bedtime. Don't eat as you wind down before heading to bed, and hit the sheets at the same time every night to ensure a good night's sleep.



Follow These Not-So-Secret Secrets To Success

A successful career takes hard work, but the secrets aren't very mysterious. You can reach your goals with focus and determination—and this advice from *The Seattle Times*:

- ★ **Pick one positive quality to emphasize.** Assess your strengths and decide which one suits you best. Choose tasks and assignments that let you show off that aspect of yourself. People will associate you with your strongest ability and call on you when they need it.
- ★ **Always have a plan B.** Not all of your plans will succeed. Although you've got to make your best effort, don't assume everything will go right. Anticipate obstacles and have a fallback option. This will help you stay one step ahead of potential setbacks.
- ★ **Keep a paper trail.** Document your assignments and decisions. Keep managers and associates updated on your projects. A thorough paper trail can protect you should questions or disputes arise.
- ★ **Be reliable.** Always finish what you commit to, without excuses. People want to depend on you, and when they know you're going to follow through, they'll call on you more often.
- ★ **Act ethically.** When you're asked to do something unethical or dishonest, decline politely but firmly. Most people will back off in the face of a clear "no." If not, you may be in the wrong job or working with the wrong people.
- ★ **Treat everyone with respect.** From the janitor to the CEO, show everyone the same degree of respect you expect for yourself. You never know whose assistance you'll need, and being nice to people is a good investment in your future.
- ★ **Don't be afraid to ask questions.** If something is unclear, ask for clarification. You'll get in more trouble for making mistakes due to misunderstanding an instruction than by asking questions up front.



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\$10.00**

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**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.



We ♥ March

cause

Spring is "almost" in the air!



Thanks For The Kind Words

"The service here is exceedingly reliable, efficient, and honest. A great asset to the community!"

Tools Discovered From Ancient Humans

A collection of stone tools some two million years old has been unearthed by a team of archeologists and paleoanthropologists in Tanzania, the Sci-News website reports. The tools, used for chopping, were discovered along with fossilized plants and animal bones from wild cattle, hippos, pigs, panthers and more near Tanzania's Olduvai Gorge.

The tools belong to the oldest-known tool industry, the Oldowan, and were likely made by homo habilis. The area where they were found, known as Oldupai, underwent a series of geological, sedimentary, and plant changes over a relatively short period of time, and evidence indicates that the early humans adapted to these environmental shifts and returned to the location time and time again for local resources over a 200,000-year span.

No early human fossils were recovered at the site, but remains of homo habilis and another group, paranthropus, have been found at the Olduvai Gorge in recent years.

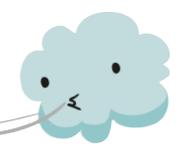


An advertisement for Joe Davis AutoSport. It features a blue car made of small dots. Text on the left says: "The average car has over 30,000 parts." Below the car, it says: "That's a lot of little pieces to put together." On the right, a white box contains the text: "We often take for granted the very things that most deserve our gratitude." followed by "Cynthia Ozick". At the bottom, it says "Joe Davis AutoSport Employees - 'Our Heroes'".

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Don't Let This Offer Blow By You...

Save \$10.00 Flush Out That Old Contaminated Fluid With A Cooling System Flush!



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From Your Friends At
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March

What's Inside?

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



What's The Answer?



Do Teens Worry About Safety?

Can Learning Styles Affect How Well Students Learn?

Does The Stomach Play A Role In Overall Health?

What Are The Seattle Times Secrets To Success?

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

