

A Free Monthly Newsletter From Your Friends At Joe Davis AutoSport

November Events

November 9th	Young Readers Day
November 11th	Veteran's Day
November 13th	World Kindness Day
November 14th	World Diabetes Day
November 20th	National Adoption Day
November 21st	World Hello Day
November 25th	Thanksgiving Day
November 26th	Black Friday
November 29th	Chia Pet Day



Three Tips To Spark Your Brain

Everyone can be creative, as long as they're willing to give up some preconceptions about what being creative really means. Try these tactics for opening up your mind to innovative possibilities:

- ✓ **Focus on intuition, not intelligence.** You don't have to be a genius to be creative. Train yourself to listen to your feelings, random thoughts, dreams, and intuition. Often ideas and solutions come to us when we aren't looking.
- ✓ **Give yourself space to think.** Collecting data about what you're working on is good, but don't let facts crowd out your creative impulses. Set the information aside and step back to allow your mind to process it without pushing. Build some room inside your head to let ideas grow.
- ✓ **Try something different.** Breaking your routine can lead to creative insights. See the kind of movie you'd never ordinarily watch. Take a walk in a new neighborhood. Fly a kite, or take up a new exercise regimen. Mixing things up can help your mind look at the world in new and different ways, sparking your imagination.



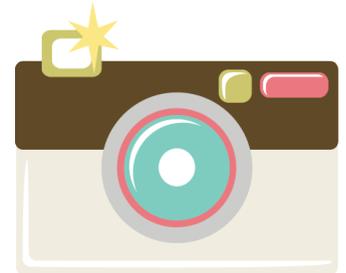
Say Cheese! Most Of Us Rate Our Photography Skills Highly

Most of us like to take photographs, and most of us think we're pretty good at it. In a Canon USA survey of 1,000 adults, 80 percent described their photography skills as "good to excellent," and 62 percent said their picture-taking talents had improved over the last two years.

What are people taking pictures of? More than half—55 percent—post photos of recipes they're proud of, and 27 percent have shared pictures of their meals to brag about. The survey also discovered that people tend to take more pics of their pets than themselves (59 percent), although 47 percent admit they take selfies regularly.

Mostly we take pictures of our friends and family on special occasions (64 percent). Holidays and family gatherings are popular occasions for snapping images, with 80 percent taking photos on Christmas, Hanukkah, Memorial Day, and the like.

Video is popular, too: Seventeen percent of people in the survey say they shoot videos for online posts, with 50 percent taking videos of themselves to share on Facebook and other platforms.



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...

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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.

Jim Pletscher, Trudy Pomper, Dylan Hayward, Bill Totaro, Bill Kirk, Josh Williams, Jay Baldwin, Shannon Herbst, Christa Nielsen, Shawn Teat, Melik Woods, Bruce Goldstein, Michael Sanders, Sarah Rizvi, Athena Dubois, Jaysond Neill, Dave Phillion, Ben Wallace, Bill Becker, Christine Munch & Joe Goldbacher.

Treat Heartburn Without Pills

Do you suffer from heartburn? Some heartburn medications can pose long-term health risks, according to the Healthline website, so be careful. Talk to your doctor, and in the meantime try these tactics for relieving heartburn pain without taking more pills:

- ✓ **Lose weight.** Excess weight, especially in the abdomen, pushes down on the stomach, making it easier for acid-causing heartburn to rise through the esophagus. Losing some pounds can make that less likely, along with the other obvious health benefits.
- ✓ **Eat and drink carefully.** Spicy foods don't necessarily cause heartburn. More often, it's caffeine, alcohol, and peppermint that open up the passage when your esophagus meets your stomach, allowing foods to sneak up into your esophagus. Cigarettes have a similar effect.
- ✓ **Eat less.** Don't overload your stomach. Again, this is good advice overall, but limiting portion size can help prevent heartburn from becoming an issue.
- ✓ **Stand and sit up straight.** Staying upright reduces pressure on the stomach. Take a short walk after a meal to keep everything in place. Also, avoid tight clothing, which can constrict your stomach.
- ✓ **Chew gum.** This can increase your saliva production and swallowing, which in turn can help rinse out your esophagus and keep food where it belongs.

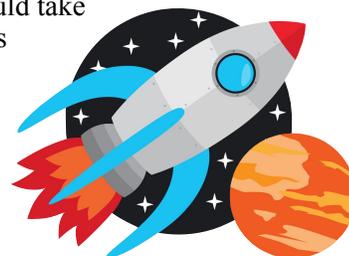


Headed To Mars? Time It Right

A mission to Mars will be long and hazardous. The key to a successful voyage will be timing, according to the Science News website.

One major danger is particle radiation in outer space, which emanates from our sun, and also distant stars and galaxies. Any spacecraft would have to be shielded against radiation and also launched when solar activity from the sun is at its maximum. A team of scientists has calculated that it should be possible to construct shielding to protect the spacecraft during that time because the galactic cosmic ray activity is lowest during the six to 12 months after the peak of the solar activity.

The researchers advise that a round trip voyage would be feasible as long as it takes less than four years. Given that the one-way journey would take about nine months, astronauts could conceivably reach and return from the red planet in two years safely—assuming other challenges, like food, water, fuel, and life support are worked out.



How Gen Z Is Buying Homes

Generation Z is starting to look at homes to buy, and they have their own way of doing it, according to the AZ Big Media website:

- 🏠 **Buying online.** Sixty-seven percent would consider buying a home through an online service or app, compared to 39% of millennials.
- 🏠 **Spending less.** The median price of an existing home is \$360,000+, but Gen Z says it's only willing to spend \$150–250,000.
- 🏠 **Changing lifestyles.** The No. 1 reason Gen Z would choose to buy a home is a lifestyle change, with 46% citing a new job, a growing family, or a relocation.
- 🏠 **Less money down.** Younger generations are putting less money down for a purchase, with 57% of Gen Z buyers willing to put down 3–5% on a home, while 53% of millennials are willing to put down less than 15%, along with 27% of millennials planning less than 10%.



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Are You Ready For An Emergency?

Use these tips to develop a plan for your home and make sure your family is ready for action in the event of an emergency.

1. Have a family communication plan so everyone knows how to contact each other or where to meet in the event of an emergency or natural disaster.
2. Make a plan to escape your home in the event of a fire. Don't forget to include a plan for your pets. Check your alarm's battery.
3. Keep important family documents and photos in an easily accessible place.

Know how to get alerts about emergencies. Check with a local health department or emergency management agency.

**Being prepared is Peace of Mind.
Be Ready and Stay Safe.**



Screen Time: A Matter Of Quality, Not Quantity

Parents worry about how much screen time children should have, especially when we're all still being careful to limit personal contact and avoid the coronavirus. The *Smithsonian Magazine* points out that there's no one-size-fits all rule. Trying to set the same limits on every child will only lead to frustration on everyone's part.

Focus on the quality of the screen time rather than obsessing about quantity. Children under the age of two, for example, really shouldn't have any screen time at all—except, of course, for visiting with grandparents and other relatives on Zoom for a short time. The American Academy of Pediatrics advises that excessive screen time at that age and younger can adversely affect language development, reading ability, and short-term memory.

On the other hand, older teens will resist limits on screen time, ignoring parents or working around their restrictions. Your best bet is to keep communication open and discuss issues before and after they arise.



Thank You For The Kind Words

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- Stephen

The miracle is this: the more we share the more we have.

Leonard Nimoy

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What's Inside?

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

What's The Answer?

Is Gen Z Buying Homes Differently?

Is Screen Time A Matter Of Quality, Not Quantity?

Do Most People Rate There Photography Skills Highly?

Can You Treat Heartburn Without Pills?

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

