

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

## November Events

November 11th	Veteran's Day
November 13th	World Kindness Day
November 14th	World Diabetes Day
November 18th	National Adoption Day
November 23rd	Thanksgiving Day
November 24th	Black Friday
November 27th	Cyber Monday



## When Your Mind Goes Blank, Consider Trying These Tactics

We all have moments when the ideas seem to dry up. No matter how hard you pound your head, everything that comes out feels half-baked or stale. Don't give up. Try these tips for getting your creative juices flowing:

- ✓ **Drink more water.** Being hydrated keeps your brain and body fresh and energized.
- ✓ **Clean up.** Too much clutter can be distracting. Spend a few minutes clearing your workspace to clear your mind.
- ✓ **Take a walk.** Get out of the office for some fresh air and exercise. A change in scenery can give you a new perspective.
- ✓ **Collaborate.** Seek opportunities to partner with others, meet with mentors or participate in an industry forum. Engaging with others stimulates creativity!
- ✓ **Write a letter.** Instead of trying to come up with an idea, write a letter about the idea you want. Free associate, and don't worry about grammar or organization. Just let the thoughts spill out.
- ✓ **Play some music.** Listen to something different—a new radio station or a friend's CD. The rhythms may spark a brainstorm.



## Three Steps To A Stress-Free Bedtime

Putting children to bed is a traditional nighttime ritual, but it can also be a struggle for many parents who find it challenging to persuade their kids to calm down and fall asleep. However, you don't have to battle every evening. Here is some advice on how to ease your kids into dreamland with less fuss:

- ★ **Slow down.** Start getting children ready for bedtime by gradually slowing down their activities after dinner. Dim the lights and opt for quiet, calming activities to help them transition to a peaceful state before sleep.
- ★ **Stick to a routine.** A consistent bedtime routine lets your child's body and mind know it's time to settle down and prepare for sleep. This method may vary depending on the child, but it should last around 20 minutes and consist of three to four quiet, soothing activities such as putting on PJs, brushing teeth, taking a warm bath, and reading.
- ★ **Give some choice.** Let children pick the stories you read or choose between two pairs of pajamas. Offering choices within a step of the bedtime routine is a great way to let your little kid feel independent and in control.



## 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**

## Our Veterans Appreciation Month Special

All Veterans Will Receive A **\$10.00 OFF** When They Have Any Service Or Repair Performed With Us On Any Tuesday During The Month Of November!

Expires 11/30/23  
Excludes Oil Changes  
Not Valid With Other Offers  
Must Present Coupon & Valid ID



## ***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.

**Corey Davis, Julio Ferreira, Russ Hoon, Chelsea Jolly, Kyle & Nicole Miller, Ian & Kaitlyn Robinson, Chris Brous, Sean & Virginia Savoy, Christina Steelesmith Seth Mallonee, & Lucille Bondi.**

## ***Prevent Injuries As Your Body Ages***

As our bodies grow older, the risk of musculoskeletal injuries increases. Falls are frequently the cause, especially for people over 55. Follow these tips for preventing injuries as you inevitably age:

- ▶ **Check with your doctor.** Before you start any exercise program, or if you're just concerned about potential injuries, talk to your primary care doctor, an orthopedist, or a physical therapist. They'll help you decide what kind of physical activity is safe and most effective.
- ▶ **Practice aerobic exercise.** Regular aerobic exercises include swimming, walking briskly, jogging or bicycling, which all provide cardiovascular conditioning known to improve heart health, blood flow and lung capacity by fueling muscles to move and burn more fuel.
- ▶ **Manage your weight.** While many orthopedic issues are genetic or due to an acute injury, joint problems can result from the extra stress and inflammation in your knees, hips or even your hands.
- ▶ **Avoid falls.** Remove tripping hazards like loose rugs. Install night lights in hallways and bathrooms so you can walk around safely at night. Wear properly fitting, sturdy, flat shoes with nonskid soles.
- ▶ **Check your medications.** Some medicines, including over-the-counter drugs, can make you dizzy or drowsy, increasing the risk of losing your balance and falling. Pay attention to their effect on your body, and talk to your doctor to find out what's safe.



## ***Louisa May Alcott: The Writer Who Made Her Own Way***

Louisa May Alcott is heralded for her novel *Little Women*. Published in 1868 and selling over 87,000 copies in its first three years in print, the book gained Alcott both recognition as a writer and wealth. Yet in the years prior to the release of this classic work, Alcott had been writing and publishing both fiction and poetry.

She was born November 29, 1832 in Germantown, Pennsylvania to parents A. Bronson Alcott, a philosopher and teacher, and his wife, Abigail or "Abba" May, a social activist and writer. She had three sisters: Anna, Elizabeth, and Abigail May.

Alcott's father believed that children of all ages should receive an education. He was the primary instructor for his children. In Massachusetts Alcott benefitted from the tutelage of family friends that included Henry David Thoreau, Margaret Fuller, Nathaniel Hawthorne, and Ralph Waldo Emerson.

Though the family faced many hardships, Alcott was determined to help out in any way possible. She worked as a seamstress, a teacher, a servant and a governess to help support her family. When her first book, a collection of poetry *Flower Fables*, was published in 1854, Alcott embarked on a career as a writer.

Several of her short stories were published in *The Atlantic*. Some of them can be accessed through that publication's online archives today. In 1862, Alcott spent time in Washington D.C. as a civil war nurse. Based on her experiences, she wrote *Hospital Sketches*, published in 1863. Another book, *Moods*, was published the following year.

The request from her publisher for a story about young women resulted in Alcott penning the novel *Little Women*, inspired by her life with her own sisters.

During her career, Alcott wrote more than a dozen novels, along with scores of short stories, poems, and novellas. This year we commemorate the 191st birthday of Louisa May Alcott.



***"I am not afraid of storms, for I am learning how to sail my ship."***

**- Louisa May Alcott**

**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.**

## **Buying A Car? We Can Help... Your Stress And Your Wallet!**

Times are changing... The thrill of your first car isn't like it used to be.

Gen Z (those born from 1997-2012) are waiting longer today to get their drivers license. Owing cell phones, has decreased their interest. It's understandable with all the apps, making many services available, at their fingertips.

Delivery apps makes it easy to get food to your door. RideShare apps will take them where they need to go.

Many have environmental concerns about their future as well as rising costs. Owning a car is expensive.

If you are looking to buy a used vehicle for yourself or your 16 year old, Make sure to CALL US to get a pre purchase evaluation. Having a certified trusted technician look it over for safety will help save you any unnecessary future expenses as well as give you peace of mind.



### **Thank You For The Kind Words**

"Another great experience at Joe Davis AutoSport! While this review was prompted by my visit today, it is based on decades of reliable service. Two words come to mind when I think about this organization, trust and judgment. Repairs that are recommended for my older vehicles are always done using the same judgment I would use if it were my mother's car. I know that if a repair is recommended, it is needed to keep the car safe and in good working order, not just to do it for some extra cash. In addition to having complete faith in their judgment, they hire only the most professional people who adhere to the 100% customer satisfaction standard. In the last 20 years I can honestly say I have never once had anything but a fantastic experience here!"

-Phil

## **Debit Cards Vs. Credit Cards: Making Informed Financial Choices**

Debit cards and credit cards, though both widely used for cashless transactions, serve distinct purposes with important differences.

A debit card directly accesses your bank account, deducting funds instantly when you make purchases or withdrawals. It prevents overspending and does not involve borrowing or incurring interest charges.

On the other hand, a credit card offers a line of credit, allowing you to borrow up to a predetermined limit. However, if you don't pay the balance in full by the due date, you'll incur interest charges. Credit cards can help build your credit history and often come with rewards, but they require careful management to avoid accumulating debt.

In summary, debit cards use your own money for transactions, promoting responsible spending. Credit cards, while offering borrowing capacity and potential rewards, come with the risk of debt and interest charges. Your choice should align with your financial goals and spending habits.



## **Be Thankful. Being Rich Is Not Always About Money**

Family And Friends Are Priceless.



Your Time Is Gold.



Your Health Is Your Wealth.

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## **Ask Us About Our Client Referral Program!**

Send a friend, family member, or associate to us as a new client & they will receive **\$10.00 off their bill** & we will take **\$10.00 off your bill!**

Most of our new customers come from our existing happy clients.

To be honest, we'd rather give you the money & service clients like you.

Stop by & pick up your referral cards today!



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From Your Friends At  
Joe Davis AutoSport  
308 S 7th St  
Perkasie, PA 18944**



## **What's Inside?**

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## ***What's The Answer?***



*How Can You Prevent Injuries As Your Body Ages?*

*What Are 3 Steps To A Stress Free Bedtime?*

*Debit Vs. Credit Cards: Which One Is Right For You?*

*What Tactics Can You Try When Your Mind Goes Blank?*

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

