

October Events

October 1st	World Smile Day
October 2nd	World Farm Animals Day
October 5th	Do Something Nice Day
October 9th	Fire Prevention Day
October 10th	Columbus Day
October 15th	Bosses Day
October 16th	Sweetest Day
October 29th	Frankenstein Friday
October 31st	Carve A Pumpkin Day
October 31st	Halloween



Get Some Distance To Think Up Better Ideas

Creativity is shaped by many different factors. In a study reported in *Scientific American*, for example, two groups of students from Indiana University were asked to participate in an experiment listing as many different kinds of transportation as possible.

One group was told that the experiment had been developed in Greece; the other was informed that it originated right there in Indiana. The team believing that the exercise came from Greece was able to list more modes of transportation, and more imaginative ones, than the other group.

The researchers suggest that this illustrates a concept called the “Construal Level Theory (CLT) of Psychological Distance”—we tend to value things more if they’re unfamiliar or distant. You can put this phenomenon to use by imagining problems and situations as if they’re occurring far away.

The next time you’re stuck on a problem or trying to generate ideas, try setting it in a distant place—or time—and explore it from that perspective. Your brain may generate more interesting options because of the apparent detachment from the here and now.



Keep Students Safe On The Walk To School

Kids may already have started school again, but it’s never too late to review safety practices for getting there and back without accidents. Follow this advice from the NSW Government website:

- ✓ **Stay alert and aware of surroundings.** As you walk to and from school, pay attention to cars, bikes, dogs, driveways, and anything else that might pose a danger. Teach kids to watch where they’re going at all times.
- ✓ **Hold hands with young children.** On the sidewalk, crossing streets, in parking lots, and anywhere else with potential danger, always hold your child’s hand, at least until they’re eight, and keep a close eye on them until they’re at least 10.
- ✓ **Cross with care.** Make a point of always crossing at a corner, waiting for the light, looking both ways, and watching your step as you cross the street. Explain the importance of crossing safely.
- ✓ **Set the right example.** Don’t cut across the street in the middle of the block and then tell your child to always walk to the corner. Kids pay attention to what you do, and they’ll follow your lead, for better or for worse.

Do You Have A Question About Car Maintenance That You Want Answered?

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Ease The Pain Of Nighttime Leg Cramps

Sudden, uncontrollable cramping of the calf muscle at night is a painful condition that afflicts about 70 percent of adults over the age of 50. These nocturnal leg cramps are often sharp enough to interrupt a deep sleep and can last anywhere from a few seconds to 10 minutes.

What causes the condition? Researchers don't have a definitive answer, but dehydration, prolonged sitting, and overexertion of the muscles all appear to contribute to the problem. Doctors can prescribe medication to relieve acute cramping that regularly interferes with sleep, but if you suffer from just occasional symptoms, try the following:

- ▶ **Drink water.** Try a few ounces of prevention: Drink six to eight glasses of water during the day. Water is the best choice for keeping the body well hydrated.
- ▶ **Stay loose.** Don't wrap blankets tightly around your body, especially your feet. Don't point your toes downward while you sleep—this can also affect circulation.
- ▶ **Stretch.** Throughout the day, periodically stretch your calf muscles.
- ▶ **React the right way.** If you wake up with a cramp in the middle of the night, flex your foot so that your toes point upward. You can also stand up, placing all your weight on the affected leg, and bend at the knee to stretch out the muscle. Applying a heating pad or ice pack can also relieve the pain.

Shake That Bad Mood

The worst thing you can do when you're in a bad mood is wallow in it, according to *Psychology Today*. Instead, survey results of more than 300 people show that exercise and listening to music are the best ways to beat a case of the blues.

Bad moods usually come from tension and low energy, according to PT. A short, brisk walk can increase your energy, reduce your stress, and improve your mood. Listening to music may prompt you to remember a good mood or a good time and produce a conditioned response that makes you feel better.

Other ways to beat a bad mood? Take up a new interest. Sign up for a class in something you've always been interested in but don't know much about. Start a new hobby like knitting or carpentry, or get out and volunteer for a cause you care about. Getting active will help you move beyond your present mood and connect you to new people and interests.



Monkey See, Monkey Do, Monkey—Cook?

Humans and chimpanzees share many genetic traits, and scientists have recently discovered one that may surprise fans of the Cooking Channel and the Food Network: a basic understanding of how to cook food.

Chimps have long exhibited a preference for cooked food over raw. A team from Harvard and Yale decided to see if they could be taught to "cook" food on their own. Observations have shown that chimps are willing to give up something like a slice of raw sweet potato if they expect to receive a cooked one in a short time. To test their hypothesis, the scientists devised a process to mimic cooking (since they didn't want the apes to use actual heat): two plastic bowls that fit closely together, with a bit of pre-cooked food hidden in the lower bowl.

The scientists would put a piece of raw potato into the bowl, then switch it after a few minutes for the cooked one. After a while, the chimpanzees began doing the same thing—placing a piece of food into the bowl, waiting, then looking for the tastier result.

The researchers believe this shows a basic cognitive ability to understand the cooking process, as well as the patience to carry out—traits that may have driven crucial changes in human evolution.

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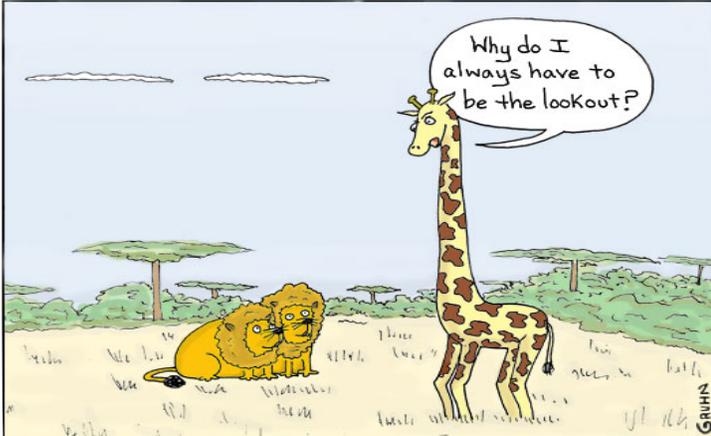


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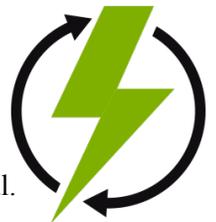
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One Step Closer To Fusion

Scientists are one step closer to harnessing the power of fusion as a clean source of energy. The Science News website reports that researchers at the National Ignition Facility (NIF) at Lawrence Livermore National Laboratory in California used a barrage of powerful lasers to shoot 192 beams into a small cylinder containing a fuel capsule of deuterium and tritium, two varieties of hydrogen.

The beams caused the two substances to implode, a process that turns hydrogen into helium and sets off a chain reaction unleashing heat and energy. The recent experiment released 1.3 million joules of energy. That's still short of the break-even point at which the reaction would produce more energy than is needed to ignite it, but it's much closer to that milestone than any previous experiment has achieved.

The fusion reactions created in August produced more than 10 quadrillion watts of power in 100 trillionths of a second, or about 70% of the laser energy used to trigger the process. Scientists hope to improve on that performance and produce a source of energy that's clean and plentiful.



PANDEMIC AFFECTING SUPPLY CHAIN BREAK IN AUTO PARTS

Drivers may need patience if their vehicles breakdown. The pandemic has caused the factories to shut down, creating a shortage and increasing costs. Now it's landing in your local auto repair shop. Most parts availability have been affected. This has caused delays in the delivery of parts affecting the repairs to be done in the timely matter which is unfortunate and frustrating. We, at Joe Davis AutoSport will continue to push forward to bring you the service you so deserve.

Patience, Please.



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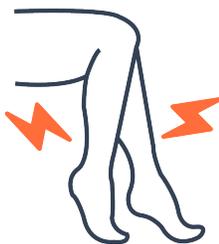


What's Inside?

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



What's The Answer?

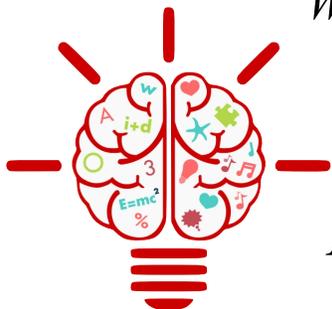


Can You Ease The Pain Of Nighttime Leg Cramps?

How Can You Keep Kids Safe On The Walk To School?

What Are Some Ways To Shake A Bad Mood?

Will Distance Help You Think Up Better Ideas?



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

