

## September Events

September 4th	Labor Day
September 5th	Cheese Pizza Day
September 6th	Read A Book Day
September 9th	Teddy Bear Day
September 11th	911 Remembrance
September 13th	Positive Thinking Day
September 19th	National Dance Day
September 21st	Miniature Golf Day
September 23rd	Autumn Equinox



## Open Your Mind To Solve Problems Creatively

Solving problems creatively calls for an open-minded approach, but not one that's ruled by pure chaos. To unleash your brain, follow these basics steps:

- ★ **Discover the problem.** Look deeply into the situation. Go beyond the superficial details to explore why your difficulty is really a problem. Look at it like a puzzle. Could you change your assumptions? Is the "problem" really an opportunity to try something different?
- ★ **Imagine a solution.** Look at the facts, but then set them aside and address the situation from a different angle. Do you really want to cut costs, for example, or use your resources more efficiently? Maybe supplies could be used for more than one purpose, extending their lifespan and offering new options for their use.
- ★ **Envision success.** Consider how you'll know you've solved the problem. This involves measurement, but also emotion. What will success feel like? How will others view it? How would you want to explain it? Examine success from all the angles so you don't miss something important.



## How To Choose The Right Pet

Deciding to get a dog or cat is a big decision with many considerations. Remember that puppies and kittens grow up into bigger adult versions. Think about these things when making your decision:

- ✓ **Talk to a veterinarian.** If you're not sure how big the breed that you are considering will get, ask a veterinarian or other knowledgeable person. If you live in a big house with a fenced-in yard, then you can choose whatever breed you want. If you live in an apartment in the city, you may want to choose a smaller, quieter animal.
- ✓ **Examine the costs.** Before you decide to bring an animal home, make sure you can handle the cost. You'll have trips to the vet, immunizations, food, etc., to be tallied into your figure.
- ✓ **Discuss responsibilities.** Sit down with everyone in the family and discuss the different aspects of getting a pet. Decide on who will help in the new responsibilities of caring for the dog or cat.
- ✓ **Don't give a pet as a present.** People should choose their own pets.
- ✓ **Check your local animal shelter.** You'll find lots of good dogs and cats there who need homes.

## 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**

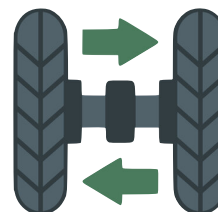
**contact@joedavisautosport.com**

**Or visit our website at**

**www.joedavisautosport.com**

# Four Wheel Alignment

## SAVE \$10.00



## Save \$10.00

Must Present Coupon

Not Valid With Other Offers

Expires 09/30/23

## ***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.

**Kim Filo, Tiffany Seydl, Craig Farmer, Steven Jones, Bill Waite, David Brown, Peyton Collier, Jason Grote, Erica Henry, Alyssa Scheppach, Tomasz Trybowski, Joalyn Garges, Lloyd Simons, Sharon & James Gross, Matthew Ryan, Brad Hummel & Chelsea Dreger.**

## ***Stay Healthy With Fiber***

Fiber, in the form of fruits, vegetables, whole grains, and other carbohydrates that pass through your body undigested, is important to your digestive health, and your overall well-being in general. Too little fiber in the diet is associated with a higher risk of heart disease and diabetes. But studies show that only about five percent of adults in the U.S. get enough fiber in their diets.

How much should you eat? Overall, health experts say you should consume 14 grams of fiber for every 1,000 calories you eat in a day. For women, the target is 25 grams in a 2,000-calorie daily diet; for men, it's 38 grams in a 2,500-calorie diet. People over 50 can consume less.

However, when increasing the amount of fiber in the diet, it is best to start slowly, increasing it gradually to allow the digestive system time to get used to it. Consuming too much fiber, especially very quickly or over a short space of time, is not recommended.

## ***Get Back To The Basics For Fresh Thinking***

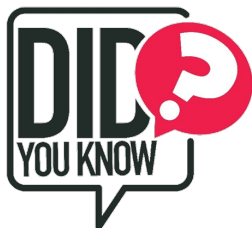
If you're looking for a low-tech tool to increase your creative thinking, *Fast Company* magazine recommends going all the way back to basics: Turn off your computer and reach for pencil and paper.

Scientists say that writing by hand forces us to slow down. This gives your brain a chance to find connections between words and ideas you might miss when typing speedily at a keyboard. Writing one word at a time also stimulates the memory and imprints ideas more firmly in the mind. So when you really need to spur your imagination, step away from the laptop and start scrawling.

## ***Run, Run, Run—But Avoid These Rookie Mistakes***

Running is one of the simplest exercises you can take up. Aside from a good pair of shoes, you don't need any specialized equipment—just some open space and a certain amount of endurance. Just be careful to avoid injury from these beginners' mistakes:

- ✘ **The wrong shoes.** Don't just buy the cheapest pair of sneakers you can find. Visit a store that specializes in running shoes and talk to an experienced salesperson to find the footwear that's best for your feet.
- ✘ **Too much, too soon.** You may start out with a lot of enthusiasm, but don't try to run a half-marathon your second time out. Remember that you need to work up to greater and greater distances over time to avoid undue stress on your body.
- ✘ **Lack of recovery.** Learn how to cool down properly after your run with a slow jog or walk for about five minutes, followed by some stretching, rehydrating, and ice on your muscles to alleviate soreness. Take at least one day off every week to let your body rest and repair itself.
- ✘ **Improper technique.** Don't just run full out. An overlong stride can waste energy and may cause injuries like shin splints. Concentrate on landing on the middle of your sole, swinging your arms, and taking light, quick steps.
- ✘ **Acknowledging pain.** It's important not to overlook pain. Instead of trying to be a hero, listen to your body. If you experience any discomfort while running, it's advisable to pause until the pain subsides. Pain serves as your body's signal that something may be amiss and shouldn't be ignored.
- ✘ **Lack of a goal.** Some people find running enjoyable all by itself, but most of us do better with a clear plan. Set a goal that will motivate you to put on your running shoes even when you don't feel like it. It should be concrete and specific: not "Lose weight," but "Lose 10 pounds in six months," or "Work up to five miles by the end of the year."

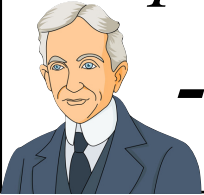


## **You Don't Have To Go Back To The Dealer For Service Or Maintenance On Your New Or Used Vehicle!**

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.**

*“Don’t find fault,  
find a remedy;  
anybody can  
complain”*



**- Henry Ford**

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

*“Joe Davis Autosport is the ONLY place we will take our cars for service. The entire staff is knowledgeable and efficient and I know my vehicles are in great hands here.*

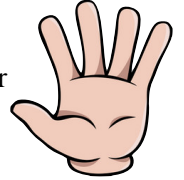
*They recently gave me peace of mind by thoroughly inspecting a pre-owned SUV prior to purchase. Their inspection revealed tire tread depth that was not 7 as reported, but 5-6 AND with plugs that should have failed inspection! This resulted in the dealership replacing all 4 22" Pirelli tires free of charge.*

*Thank you, Joe Davis Autosport, for your consistent, excellent service!”.*

### ***Live A Fuller Life By Enhancing Your Five Senses***

Our senses are our connection to the world. They can make us feel more alive. Here are five tips for heightening your senses:

- ➔ **Touch.** Close your eyes while you are performing familiar tasks. Closing your eyes will prevent your sense of sight from predominating.
- ➔ **Smell.** Stop a few times a day, close your eyes, and breathe slowly and deeply to relax, and engage your sense of smell.
- ➔ **Taste.** A great way to keep your taste buds on their toes is changing your meals up every once in a while.
- ➔ **Sight.** Turn your smartphone to “grayscale” so that the screen appears in black, white, and gray. Depriving yourself of color will make you aware of its power.
- ➔ **Hearing.** Sitting in a quiet spot, try to identify all the sounds around you and the direction each comes from.



### ***Some Things To Ponder***

1. **LET IT GO** - Never ruin a good day by thinking about a bad yesterday.
2. **IGNORE THEM** - Don’t listen to others. Live a life that is empowering to you.
3. **GIVE IT TIME** - Time heals.
4. **DON’T COMPARE** - The only person you should try to beat is the person you were yesterday.
5. **STAY CALM** - It’s okay not to have everything figured out. Know in time you will get there.
6. **IT’S ON YOU** - Only you are in charge of your happiness.
7. **SMILE** - Life is too short. Enjoy it while you have it.



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## **The Warranty On Your New Vehicle Stays In Effect When Maintenance Is Performed Here.**

We are legally authorized to fulfill maintenance obligations on all vehicles, even new ones. We use appropriate parts & procedures, the vehicle’s manufacturer is bound to honor its warranty obligations. **Your vehicle’s care starts at 00001 miles.**



A Free Monthly Newsletter  
From Your Friends At  
Joe Davis AutoSport  
308 South 7th St  
Perkasie, PA 18944

SEPTEMBER

## What's Inside?

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



## *What's The Answer?*

*What Are 5 Tips To Enhance Your Five Senses?*

*How Can Fiber Help You Stay Healthy?*

*What 6 Mistakes Should You Avoid When Running?*

*What Should You Keep In Mind When Choosing A Pet?*



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

