

September

FUEL for THOUGHT™

2020

A Free Monthly Newsletter From Your Friends At JOE DAVIS AUTOSPORT INC

September Events

September 7th	Labor Day
September 11th	911 Remembrance
September 13th	Grandparent's Day
September 19th	National Dance Day
September 21st	World Gratitude Day
September 22nd	Business Women's Day
September 28th	Ask A Stupid Question Day



Pigs May Help Damaged Lungs Repair Themselves

Lung transplants can save lives, but there aren't enough healthy lungs available for donation to everyone who needs one. One problem is that many potential lungs are too damaged to use. A new experimental technique may change that and save more lives.

According to the Science Alert website, a damaged lung can be restored to function by sharing its circulatory system with a pig. The procedure copies a similar process of placing a lung in a sterile dome and attaching it to a ventilator, pump, and filters. However, that only works for about eight hours, which doesn't allow sufficient time for the lung to repair itself.

In experiments, researchers previously were able to restore damaged pig lungs by attaching them to other pigs. Recently, scientists tried the same thing with damaged human lungs that had been rejected for transplant. To make a long story short, most of the lungs (except for a control one) showed significant improvement in cellular viability, tissue quality, inflammatory response, and respiratory function. One damaged lung, after sharing blood with a pig for 24 hours, started to repair itself—not a full recovery, but more than researchers expected.

The process isn't ready for clinical use, but it shows promise for the future. One option is that patients themselves could provide circulation to a damaged lung before it's transplanted into their body.



Choose The Right Mindset For Creative Success

Your mindset influences your ability to think creatively and succeed in whatever you do. Here are four basic mindsets to cultivate, from the MakeIt website:

- ✓ **Growth mindset.** Believe that you can change, develop, and improve your talents, your abilities, and your intelligence. This will make you more willing and able to learn new skills.
- ✓ **Open mindset.** Be open to new ideas and willing to take seriously suggestions from other people. Ask questions, invite feedback, look for new perspectives, and think as positively as possible.
- ✓ **Promotion mindset.** Focus on winning and achieving goals. Someone with a promotion mindset will have a clear goal and actively shoot for it. People with a prevention mindset—the opposite—focus on “not losing” instead of achieving.
- ✓ **Outward mindset.** See other people as equals. Notice their value, and you'll be more trusted. Engage with all kinds of people, whatever their position or rank. Give their needs and desires the same level of importance as your own.

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

**September
Special**

Come In This Month To Get A Maintenance Service, Lube & Filter Change, PLUS A Multi-Point Inspection, Fluids Checked & Topped-Off & A Tire Rotation!

**\$10.00!
OFF**

Expires 09/30/20

Must Present Coupon

Cannot Be Combined With Other Offers

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.

**Jamila Raynor, Jeff Rowe, Bryce Fisher,
Jeff Dean, Taylor Kendra, Terry Smith,
Mike Rhodes, Walter Krock, Hien Tran,
Larry Miller, Jason Hillaert, Sean McCoy,
& Chris Kleine.**

Don't Sabotage Your Success With Chronic Lateness

Are you always running late? Maybe you're legitimately busy, but chronic lateness may spring from other factors. The danger is that being late all the time will give you a reputation for being undependable and/or careless. Take better control of your time by considering these psychological causes behind being constantly behind schedule:

- ▶ **Adrenalin.** For some people, rushing to every meeting and event provides excitement. If you're enjoying the chase too much, look for other activities to fill your need for thrills. Skydiving, anyone?
- ▶ **Control.** Making other people wait for you—instead of the other way around—is one way to keep the reins tight. People like customers and your boss don't like being kept waiting, though. Remind yourself that other people's time is important, too.
- ▶ **Validation.** Being busy can be one measure of success—"Look at all the important tasks I've got to do!" But if you overextend yourself, you'll burn out. Teach yourself to track other metrics that don't overwhelm your day.
- ▶ **Anger.** Sometimes we "punish" people by forcing them to waste time waiting for us. This rarely solves any problems and may exacerbate them. If you've got an issue, talk it out openly. You'll both save a lot of time.



Happy Marriages Spur Creativity

A happy marriage leads to greater innovation on the job, according to a study by the Hong Kong Baptist University, reported on Fox Business.

The study analyzed how workers' personal relationships affect their innovation and creativity. Researchers found a "positive spillover of psychological resources into their work"—and the effect is magnified when employees' spouses are happy as well. Employees in unhappy relationship experience depleted psychological resources.

One caveat: The researchers found that with people who are already naturally creative, the impact of a happy relationship had less of an effect.

The researchers suggest that employers offer family-friendly policies, such as anniversary leave, relationship counseling services, and work/life balance initiatives.

Age-Appropriate Chores For Children

Assigning chores to children is about more than making them work. It teaches them that in a family, everyone works together. Yahoo Life suggests these tasks for specific age groups:

Age 2–5: Sequencing. Have kids put their laundry in a hamper, clean up their toys, and put dishes in the sink after meals.

Age 6–7: Helping. They can feed your pets, assist with meal preparation, and set the table.

Age 8–9: Placement. At this age children should be responsible for managing their sports and athletic equipment, emptying the dishwasher, and folding and putting away their own laundry.

Age 10–11: Independence. Have kids this age make their own breakfast and lunch, take the trash out and bring empty cans back in, and vacuum their bedroom.

Age 12–15: Priorities. They should take on their own laundry, wash the car, do yard work, and clean their own bedroom.

Age 16+: Life. Prepare kids for grownup life by teaching them how to iron, sew buttons on clothes, cook meals, and take care of car maintenance.

"STOP YOU IN YOUR TRACKS" SAVINGS

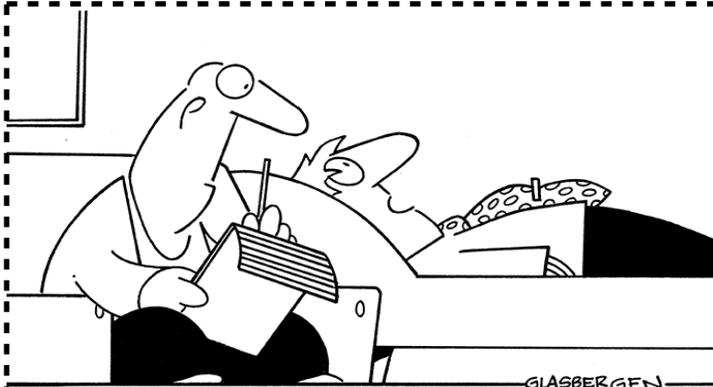
**For The Month Of September Only, Receive
\$10.00 OFF Any Brake Repair**



Expires 09/30/20 Cannot Be Combined With Other Offers Limit One Per Person

MAKE IT A SEPTEMBER TO REMEMBER...

LIFE starts all over again when it gets crisp in the Fall.



GLASBERGEN

"I might be a workaholic. Sometimes I sprinkle toner on my toast instead of cinnamon."

Thank You For The Kind Words

"Excellent service every time! Evan couldn't be easier to work with. Been using them for years, always honest and they do great work. Would and have recommended again."

- Anthony

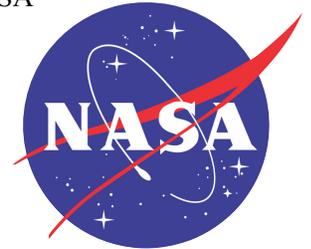
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The Case Of The Runaway Moon

Titan, the largest moon of the ringed planet Saturn, is moving out. Not just that, but at a faster speed than anyone previously realized. CNN reports that Titan is moving away from Saturn at a rate of four inches per year—100 times faster than previously thought—due to the moon's gravity pulling at the planet and creating a temporary bulge. Other moons in the solar system also migrate, but at a slower rate. Earth's moon, for example, is pulling away some 1.5 inches per year.

Titan, larger than the planet Mercury, orbits Saturn at a distance of 759,000 miles. Titan is the only moon known to have a considerable atmosphere and, aside from Earth, is the only planetary body in the solar system with liquid rivers and lakes on its surface.

Titan will be visited by a NASA probe, Dragonfly, in 2034. The drone will fly through the moon's thick atmosphere and visit an impact crater formed tens of thousands of years ago, where scientists believe they might find ingredients for life.



KEY LIME ICE POPS



Servings: 6

- 1 $\frac{3}{4}$ cups Greek Vanilla Yogurt
- 3Tbsp. bottled key lime juice
- 1 Lime, zested & juiced
- 6 IcePop Molds & Craft Sticks



Directions:

In medium bowl whisk together yogurt, lime juices & zest. Divide the mixture between ice pop molds. Cover & insert craft stick. Freeze 4 hours or until frozen.



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.

SEPTEMBER

A Free Monthly Newsletter
From Your Friends At
Joe Davis AutoSport Inc
308 S 7th Street
Perkasie, PA 18944

What's Inside?

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



What's The Answer?



Can Pigs Help Damaged Lungs Repair Themselves?

Can Chronic Lateness Sabotage Your Success?

How Can A Happy Marriage Spur Creativity?

What Are Some Age-Appropriate Chores?

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

**DON'T
BE
LATE**

