

A Free Monthly Newsletter From Your Friends At Joe Davis AutoSport

## September Events



September 4th	World Beard Day
September 4th	National Tailgating Day
September 6th	Labor Day
September 11th	911 Remembrance
September 13th	Fortune Cookie Day
September 19th	National Dance Day
September 21st	International Peace Day
September 21st	World Gratitude Day
September 22nd	Autumn Equinox



## Key To Creativity: Venture Into The Great Outdoors

No pill can make you more creative, but new evidence suggests that you can boost your imagination by just getting outside and spending some time in nature. Researchers from the University of Kansas gave a standard creativity test—called the Remote Associates Test—to four groups of backpackers as they were about to set off on a series of lengthy hikes. They also administered the test to a second group of hikers who were already four days into their nature excursion. This second group scored almost 50 percent higher in creativity than their counterparts.

Ruth Ann Atchley, department chair and associate professor of cognitive/clinical psychology at the University of Kansas, describes the findings this way: “Nature is a place where our mind can rest, relax, and let down those threat responses. Therefore, we have resources left over—to be creative, to be imaginative, to problem-solve—that allow us to be better, happier people who engage in a more productive way with others.”

So if you need to spark a creative idea or two, maybe you need to head for the great outdoors, away from the distractions of civilization, and let your mind roam free.



## Starting College: Help Your Young Student Prepare

Going off to college is a new beginning for students. It means more independence and greater exposure to the real world. Parents can help their children prepare by sharing this advice:

- ✓ **Make new friends.** Chances are your child is going to a college where he or she doesn't know many people. Letting the bonds from high school fade is difficult, but remind them that college is a new experience with new friends who can only make the experience better.
- ✓ **Don't slack off.** Though colleges may make new students feel a good deal freer, they still have to go to class, study, and keep up their grades. This may seem fairly obvious, but the looser atmosphere of college, combined with the lack of parental supervision, can easily send a student's work ethic and motivation into a downward spiral.
- ✓ **Be open to new things.** Most colleges offer students the opportunity to explore new things. The diversity of peoples, ideas, and cultures allows students to learn and discover new knowledge inside and outside the classroom. Don't let your student's major or concentration restrict them in terms of course selection. Let them choose classes that interest them.

## 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**

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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.

**Jay Faillone, Mike Berg, Melissa Rios,  
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Chris Lynch, Sean Da, Karl Bauz, Peter Hansen,  
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Joe Bromiley, Thomas Weber, Edward Carey,  
Michael Conolly, Brock Hewitt, Phil Paci,  
Eric Pettit, Lee Crouthamel, & Derron Matthews.**

## ***Manage Employees Better By Spotlighting Expectations***

Employees can't do their jobs if they don't know what you and your organization expect of them. Setting expectations is crucial to their success—and yours. The website of the Society for Human Resource Management offers some helpful tips:

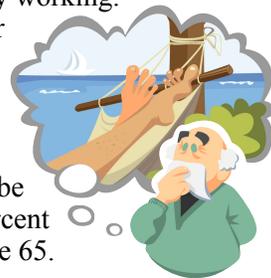
- ★ **Focus on objectives.** Expectations should target specific, measurable objectives. Define them in concrete terms and spell out clearly how you'll track progress and success.
- ★ **Start early.** Employees should know their expectations on Day One—or even during the interview. This gives them a clear view of what they're supposed to do, and avoids misunderstandings or delays in execution.
- ★ **Hold employees accountable.** It's not enough to just tell employees what to do. They should understand what will happen if they don't meet expectations. This doesn't necessarily mean disciplinary action—although it can—but may simply mean understanding the effect of missing a deadline on co-workers, customers, etc.
- ★ **Give meaningful feedback.** Let employees know when they're not meeting expectations promptly. Keep an eye on them to correct their work early, before a missed deadline becomes a major problem. Focus on what they should do effectively, not on what they're doing wrong.

## ***Forget Shuffleboard: Many Retirees Would Keep Working***

Some people dream of never working again once they reach retirement. Others—more than you might think—are happy to keep on working. A study by Prudential has found that 40 percent of people planning to retire this year would be happy to keep working past their 65th birthday if given the opportunity. That figure represents 48 percent of men and 32 percent of women.

Money isn't the main factor, either. The primary motivation for 68 percent of this year's retirees is the desire to remain physically and mentally active, although 39 percent just don't like the prospect of sitting at home, and 54 percent say they simply enjoy working.

About 10 percent would consider starting their own businesses once they retire, and 5 percent are interested in volunteering. But most don't want to put in the same hours: Only 13 percent would be willing to work full-time, and 49 percent would prefer a part-time job after age 65.



## ***What To Eat? The Choices Can Be Confusing***

Americans trying to eat healthy have lots of choices, but all those options can be confusing. The CNN website reports that 78 percent of respondents to a survey by the International Food Information Council Foundation said they're not sure what foods they should eat and which they should avoid.

The survey of slightly more than 1,000 American adults found that almost 60 percent named food that's "high in healthy components or nutrients" as one of their top three factors for choosing a "healthy" food, followed by food that's free from artificial ingredients, preservatives or additives (just more than 50 percent). Choices that are "part of an important food group that I need to build a healthy eating style" rounded out the list of foods health-conscious folks are looking for (nearly 50 percent).

The U.S. Food and Drug Administration considers food that can be marketed as "healthy" as having low levels of total and saturated fat, sodium, and cholesterol, and at least 10 percent of the daily requirements for vitamins, fiber, and other nutrients.

**LABOR  
DAY**



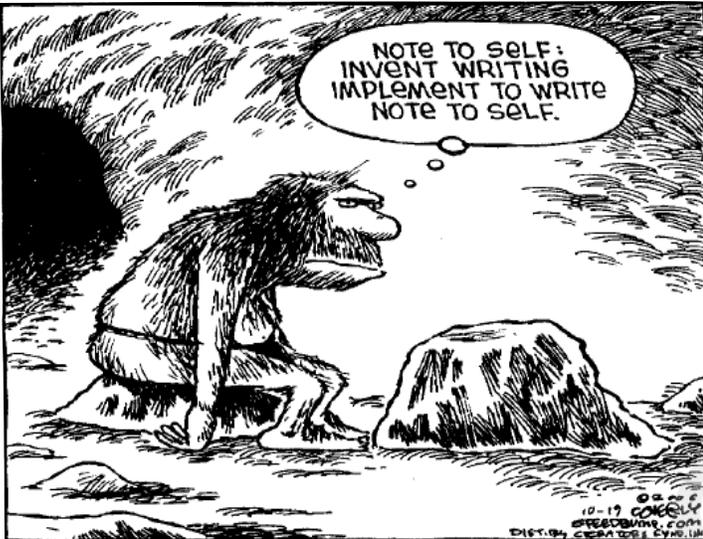
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***Thank You For The Kind Words***

**"You will not find a better place in Bucks County to take care of your vehicle. Every employee goes above and beyond to be helpful. Evan, who works in the office, even took out and put in my toddlers carseat for me. Its clear integrity and honesty that is important to Joe Davis and his staff, which seems like a rarity in businesses anymore. Keep up the good work fellas!"**

***Tiny 'Mountain' Still Tough To Climb***

You might think a mountain just a millimeter tall would be easy to climb, but you'd be wrong if you encountered one on the surface of a neutron star. Scientists, however, have discovered that neutron stars may actually have "mountains" like that, according to the Eureka Alert website.

Neutron stars have about as much mass as our sun, but they're only about six miles in diameter. That means their gravitational pull is enormous—a billion times stronger than gravity on Earth. Such force squashes the surface flat—almost.

Computer modeling shows that, instead of being a perfect sphere, neutron stars can have surface deformations or "mountains," some of them millimeters or even centimeters high. Because of their intense gravitation, spinning neutron stars with even slight deformations can produce gravitational waves—ripples in the fabric of spacetime. These waves haven't been observed yet, but scientists hope that future advances in detection may let us probe them further.

***Succeed With Kindness & These Kindly Tips***

**Nice people can finish first.** The key is knowing how to use kindness to our advantage. Practice these habits until they become second nature.

**First Be Kind To Yourself.** You'll find being nice to others easier if you build your self-respect with positive thoughts and personality and achievements.

**Treat everyone with respect.** Don't worry about who's on top. Treat everyone the way you want to be treated, Regardless of their position or job title.

**Say no when necessary.** You can't do everything. When you do say no, be polite and positive.

**Plant seeds of kindness.** Do something nice everyday even when our kindness may not have an immediate payoff.

Complete this statement. 'If I were a better person I would \_\_\_\_.' Then act on it.

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## **What's Inside?**

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



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

*How To Help Your Student Prepare For College?*

*Is The Key To Creativity The Great Outdoors?*

*How Can You Manage Your Employees Better?*

*Do Many Retirees Want To Keep Working?*

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

