

A Free Monthly Newsletter From Your Friends At Joe Davis AutoSport



September Events



September 2nd	Labor Day
September 6th	Read A Book Day
September 12th	National Video Games Day
September 13th	Friday The 13th
September 21st	International Peace Day
September 22nd	Elephant Appreciation Day
September 25th	National Comic Book Day
September 28th	Ask A Stupid Question Day



Search For Earth-like Worlds Takes A Step Forward

Scientists searching for Earth-like worlds beyond the solar system have a new tool: NEAR (Near Earths in the Alpha Cen Region), which began operating in May, will scan the Alpha Centauri system for habitable planets.

NEAR is a thermal coronagraph installed in a telescope in Chile that can block the light of stars and look for heat radiating from worlds in orbit. Alpha Centauri is a three-star system located 4.3 light-years away, the closest system to our world. Astronomers have already discovered planets in the system—an Earth-size planet dubbed Proxima b, orbiting the red dwarf star Proxima Centauri, and a planet candidate circling the same star.

NEAR will look at Alpha Centauri AB, a binary star system, using an upgrade to an existing instrument to block out the glare of the two stars and also compensate for the blur of Earth's own atmosphere. It's capable of spotting planets twice the size of Earth or larger.



Reduce Stress At Work

Stress at work can lead to accidents and injuries. To stay safe, practice these habits (from the Inverse website) for keeping stress at bay:

- **Build strong relationships.** Spending time with friends and family outside of work can help you better deal with the demands of your job. Connecting with others will build emotional resources that let you deal with work-related stressors better.
- **Practice mindfulness.** Meditation, yoga, or other mindfulness techniques activate your nervous system and help you stay calm when the pressure hits. You'll be able to slow down, assess the situation, and avoid the fight-or-flight response that's common in stressful situations.
- **Cultivate meaningful hobbies.** Having challenging activities outside of work can take your mind off your job worries so you arrive at your workplace fresh and ready to respond to crises. You don't have to climb mountains or race dirt bikes, but any activity that occupies your mind will help reset your priorities and see problems with a more relaxed perspective.

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
ryan@joedavisautosport.com
evan@joedavisautosport.com

Visit our website at
www.joedavisautosport.com

**Our Super
September
Special!**

Come In This Month To Get A Regular Oil Change* (Up To 5qts.), Lube & Filter Change, PLUS A Multi-Point Inspection, Fluids Checked & Topped-Off & A Tire Rotation!



SAVE
\$10.00!

Expires 09/30/19

(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.

Will Oetinger, Carlos Cedeno, Mark Hayes, Ryan Turley,
Karen Williamson, Dave Connor, Krista Frederick,
Nguyen Ansgiao, Kacey Saborsky, Devon & Karen Martin,
Nate Dunlap, Jerri Guerra, Jason Fradin, Paul Neil,
Emma Brumbaugh, Steve Kendra, & Erica Patterson.

How Much Coffee Can You Safely Drink? A Lot

Coffee lovers can be understandably confused by the mixed messages they're getting about the health risks/benefits of their favorite beverage. Some studies have suggested that drinking too much coffee can cause stiffening of the arteries, increasing the chance of suffering a heart attack or stroke. On the other hand ...

A new study from the British Heart Association, reported on the CNN website, suggests that drinking three cups of coffee or more a day is no worse for arteries than drinking a single cup. Researchers studied more than 8,000 people in the United Kingdom, some of whom drank one coffee or less a day, others who drank one to three cups, and a third group who reported consuming up to 25 cups of coffee a day. All participants were given MRI heart scans and infrared pulse wave tests, and scientists corrected the data for such factors as age, weight, diet, tobacco and alcohol use, and other factors.

The findings appear to show that drinking three cups or more a day doesn't significantly increase artery stiffness compared with consuming just one cup. No one is recommending binging on 20 cups or more per day, but you can rest easier knowing your arteries apparently aren't in danger.

Head And Tail



What has a head, a tail, is brown,
and has no legs?



Answer: A penny

Saying Goodbye To College Students

September is when many young people leave for college for the first time. It's exciting, but it can be traumatic for parents. Here's some advice, from the Yahoo website, for handling the separation without tears:

- ➔ **Keep busy beforehand.** There'll be lots to do to prepare—buying new clothes, making sure electronics are up to date, and so forth. Immerse yourself in activity.
- ➔ **Think of the positives.** Remember, this is a chance to watch your child learn and grow. Embrace the opportunity instead of dwelling on your sadness.
- ➔ **Let them make decisions.** Giving your college student a little extra leeway in making decisions about things can build your confidence in his or her judgment—and in the future.

Remember What Labor Day Is All About

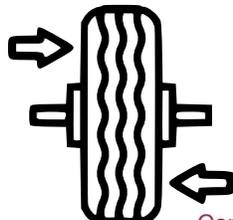
As you fire up your grill one last time for the summer, remember that Labor Day is about more than barbecuing. This yearly celebration of the American worker is a tribute to labor's contribution to the economic and social well-being of the United States.

Labor Day originated in an age of 12-hour workdays, seven-day-a-week schedules, child labor, and terrible working conditions. Its origins aren't clear. Some say that Labor Day originated in 1882 with Peter J. McGuire, a co-founder of the American Federation of Labor. Others claim that a machinist named Matthew Maguire proposed the celebration while serving as secretary of the Central Labor Union in New York.

However, there's little dispute that the first Labor Day parade was held on Sept. 5, 1882, when 10,000 workers in New York City marched from City Hall to Union Square. The Central Labor Union selected the first Monday of September as its annual holiday in 1884.

The first state to recognize Labor Day officially was Oregon, in 1887. By 1894, 23 more states had followed suit, and in that same year Congress passed an act making the first Monday in September a legal holiday throughout the country.

Save
\$10.00



Four Wheel Alignment

Expires 09/30/19

Cannot Be Combined With Other Offers

Must Present Coupon

Headlights Cloudy?

Our professional restoration will:

- ★ Increase night time visibility
- ★ Help you and others stay safe
- ★ Improve your vehicle's appearance
- ★ Help sell your vehicle
- ★ Pass State Inspection



Save \$10.00 in September!



Thanks For The Kind Words

"I was able to get a quick appointment to have a PA inspection done after getting my car shipped in from C.A. Thank you, Ryan! The shop is easily accessible and is very neat and clean! I really appreciated the mobile text upon completion which included pictures explaining the inspection process and all the work that was done. Excellent customer service! Highly recommend this auto repair shop!" -Karen & Devon

Give Money Advice That Pays Off



You may want to give advice about money to your children, or to friends, but you don't want your words to go to waste. Here's some advice on how to give advice, from the Nerdwallet website:

- ✓ **Make sure they want advice.** Don't force advice on people who aren't willing to listen. Try something diplomatic, like, "I've noticed you're having some trouble staying within your budget. If you want some ideas, let me know."
- ✓ **Use the right words.** Don't blame people for their money mistakes or say anything that makes them feel stupid. Be empathetic. Share your own mistakes to show you understand their situation.
- ✓ **Ask questions.** Find out what their obstacles are. Try questions like, "What's hardest for you?" or "Why do you find saving difficult?" Tackle these problems one by one instead of trying to solve all their problems at

WE CAN HELP YOU MAKE THE RIGHT VEHICLE PURCHASE WITH A PRE-PURCHASE EVALUATION – YOU WILL BE GLAD YOU DID!



Buying a used car can be stressful with all the unknowns. A complete pre-inspection report will give you the knowledge about your investment as well as negotiating power when discussing price. Feel free to call us to discuss what you are interested in. We can help educate you on the makes & models to purchase and which ones to avoid, unless you really like us, lol. It is never wise to purchase a vehicle without a qualified technician to check it over. It will save you money longterm. Our Joe Davis AutoSport Team takes pride in our customer service. We hope to make your purchasing experience a good one.



The material contained in this newsletter is for informational purposes only and is based upon sources believed to be reliable and authoritative; however, it has not been independently verified by us. This newsletter should not be construed as offering professional advice. For guidance on any specific matter, please consult a qualified professional. ©2017 CMG

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**
THE SAAB/VOLVO/IMPORT SPECIALISTS
215-257-0204
Joe Davis AutoSport
308 S. 7th Street
Perkasie, PA 18944

What's Inside?

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



What's The Answer?



How Much Coffee Can You Safely Drink?

What Are Three Ways You Can Reduce Stress At Work?

What Is NASA's New Tool Called?

What Was The First State To Officially Recognize Labor Day?



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

