

December

FUEL for THOUGHT™

2013

A Free Monthly Newsletter From Your Friends At Joe Davis AutoSport

An Apple A Day

You probably know that an apple is better for you than a cheeseburger, but do you know what other foods are packed with health benefits? Use this list to plan meals and snacks that help you maintain your ideal weight and your best overall health:

- ★ **Almonds.** In moderation, almonds and other nuts can have positive health benefits. A handful of almonds contains plenty of fiber and monounsaturated fats that can prevent heart disease.
- ★ **Avocados.** They provide plenty of fiber, as well as folate, a B vitamin that can prevent birth defects. As with almonds, avocados also contain a dose of monounsaturated fats that offer anti-inflammatory properties and may help your body burn fat.
- ★ **Blueberries.** They contain antioxidants and phytonutrients that can aid in lowering cholesterol and keeping cancer at bay. Best of all, they retain their health benefits even if they're frozen.
- ★ **Broccoli.** With only 30 calories to a cup, broccoli offers a wealth of vitamins and nutrients. Its sulfur compounds may filter out carcinogens that cause tumors, and scientists now say broccoli may also help prevent inflammation that contributes to osteoarthritis.
- ★ **Salmon.** A good source of lean protein, salmon also offers a healthy amount of omega-3 fatty acids, which can significantly lower your risk of heart disease by reducing the buildup of plaque in your blood vessels.



December Events

December 6th	Saint Nicholas Day
December 7th	Pearl Harbor Remembrance Day
December 12th	Poinsettia Day
December 21st	Winter Begins
December 25th	Christmas Day
December 26th	Kwanzaa Begins
December 31st	New Year's Eve



Bon Voyage! Just Be Wary Of Scams That Can Ruin Trips

Planning a vacation sometime in the new year? Don't let it turn into a disaster before it starts. Here's how to protect yourself against dishonest travel agents and their scams:

- * **Shop around.** Never rush into booking a vacation without getting offers from at least two agencies or tour providers.
- * **Deal only with reputable travel agencies or tour companies.** Call your Better Business Bureau chapter to find out about any complaints filed against the company.
- * **Beware of any offer too good to be true.** This can include ridiculously cheap prices or "free" trips that require you to attend a seminar. If anything is "two-for-one," a "free stay," or such, read the fine print before signing anything.
- * **Ask for details.** Find out about all the terms before agreeing to buy. Ask for specific names of airlines, hotels, restaurants, tour providers, or any other vendor mentioned as part of the package. Also ask if there's a cancellation policy.
- * **Don't pay all at once.** If you're asked to pay in advance, ask if you can only pay a deposit. Using a credit card is safest because of your right to dispute the charges if the services were misrepresented or never delivered.



May PEACE be your gift
and blessing
throughout the coming year.



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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 like you.

We just couldn't do it without you.

Larry Levy, Lisa Silverstein, Christian Evers, Ham Pucci, Kara Wagenseller, Josh Laud, Dave Lindner, Martin Kern, Lois Brown, Leda Manfre, Natalie Lavan, Ron Graver, Patsy King, Kim Wismer, David Ible, Mike Smolinksy, Elva Gutman, Justin Fraser, Bertha Jones, & Jason Tulish.

The Agony Of Defeat May Lead To Weight Gain

You'll want to remember this before binging on football New Year's Day and planning next year's Super Bowl party: Researchers studying fans of U.S. football (as well as French soccer fanatics) found that many sports addicts turn to junk food to curb their disappointment when their favorite teams lose.

The scientists looked at data from Americans participating in a nutrition study and found that the day after their city's NFL team lost, fans consumed 10 percent more calories and 16 percent more saturated fat than usual. But when their teams triumphed, they ate somewhat less junk food than normal. And study participants who lived in communities without a pro football team didn't report any fluctuations in their eating habits the day after most football games are played.

So you may want to stock up on fruits and vegetables for the day after. Just in case.

Doctor's Advice

A doctor and a lawyer were talking at a party. Their conversation was constantly interrupted by people describing their ailments and asking the doctor for free medical advice.

The exasperated doctor asked the lawyer, "What do you do to stop people from asking you for legal advice when you're out of the office?"

"I give it to them," replied the lawyer, "and then I send them a bill."

The doctor was shocked, but agreed to try it. The next day, still feeling slightly guilty, the doctor prepared the bills. When he went to place them in his mailbox, he found a bill from the lawyer.

Big Players Not 'Delighting' Nation's Burger Aficionados

Who's got the best burger? The big chains aren't the most popular among consumers, a survey by Empathica Inc. shows. The firm's 2013 Quick Service Restaurant Benchmark Study asked 10,000 U.S. consumers to rate brands based on whether or not they were "delighted" by their dining experience at different fast-food restaurants. The top responses:

- In-n-Out Burger (66 percent delighted)
- Five Guys Burgers and Fries (57 percent)
- Whataburger (49 percent)
- Culver's (48 percent)
- Steak 'n Shake (46 percent)
- Sonic (43 percent)
- Krystal (43 percent)
- DQ (40 percent)
- White Castle (36 percent)
- Jack in the Box (36 percent)



Among the big three major hamburger chains, Wendy's came in highest, with 34 percent of consumers claiming to be delighted, followed by McDonald's (32 percent), and Burger King (29 percent).

Start Kids On The Road To Literacy

You can enhance your children's literacy even before they learn to read. One way is to make sure that babies have books around them from the very beginning of their lives.

Books make great toys—and that will allow the baby to bond with them. Make sure when you buy a book for a baby that it has lots of contrasting colors. Buy books that can be propped up, and make sure you have one or two made of cardboard or cloth that can make it through a few rounds of chewing.

For toddlers and preschoolers who can sit and listen to a whole story, choose books that have repeating text and familiar items being depicted, and that focus on things that relate to the child's experience or teach things like counting and color identification.



"While we try to teach our children all about life, our children teach us what life is all about."

- Angela Schwindt

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Foolish...

A man hobbled into a doctor's office covered with bruises. The doctor looked him over and then asked, "So what on earth happened to you?"

"Well, it's like this," the man said. "Our lawn mower broke a couple of months ago. I was supposed to get a new one, but I kept putting it off and doing other things. Then today I came home from playing golf with my friends and my wife was in the front yard, trimming the grass by hand with a pair of clippers. So all I said was, 'When you're done with that, why don't you sweep off the driveway?'"



At the holiday season our thoughts turn gratefully to those who have made our progress possible. It is in this spirit we say...Thank you with sincere appreciation for your friendships and goodwill. Remembering special people at Christmas fills our hearts with joy. May you find time to enjoy life's simple blessings and the beauty of this holiday season.

Joe, Cindi, Ryan, Nate, Mary Lou, Adam, Nik & Justin

Apply Coffee Directly To Your Skin???

Don't have time for a cup of coffee? Or you just can't stand the taste of the stuff? A new product developed by a Harvard undergraduate in partnership with an Internet entrepreneur may let you get your fix through the skin. "Sprayable Energy," as it's called, is a topical caffeine spray that permeates the skin and seeps into your bloodstream. Four doses of the spray supply the same jolt of energy and wakefulness as a standard cup of coffee. The product is currently unscented, but its developers are considering the possibilities of adding mouthwatering aromas as well.

Thanks For The Kind Words

Just to let you know you did a great job on my car. It is running well, no problems. Thank everyone for all their kindness and for a job well done.

- Florence



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215-257-0204
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What's The Answer?

Who Has The Best Burger?



Are Children Ever Too Young To Read?

Can Anyone Really Be That Foolish?

Spray-On Coffee... Really?



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

