

A Free Monthly Newsletter From Your Friends At Joe Davis AutoSport

Before You Get Into The Pool...

Water is an ideal medium for exercise. It puts less stress on joints, and at the same time provides 12 times more resistance than air, requiring you to expend more energy. But before you sign up for classes in aquatic aerobics or other fitness regimens, consider the following advice:

- ◆ Make sure any water-workout program is taught by an instructor who is trained and certified in group aquatic exercise.
- ◆ Observe a class before signing up to determine if it suits your tastes.
- ◆ Buy a pair of rubberized aquatic exercise shoes. They support and protect the foot, absorb shock, and add traction.
- ◆ Don't forget your water bottle. You still sweat during aquatic exercises.
- ◆ Begin at a slow pace. Let your body determine when you should gradually increase the workout level.

The Great Red Spot Mystery

The Great Red Spot of Jupiter has long puzzled astronomers. A storm in Jupiter's atmosphere has kept it going for almost two hundred years—why has it persisted so long?

Scientists now think they know the answer. Instead of just a turbulent mass of gases swirling horizontally over the planet (which would sustain the spot for only a few decades), gases spouting vertically seem to be responsible for the spot's longevity.

Earlier analyses of the Jovian winds discounted the effects of vertical plumes. But a team of astronomers from the University of California-Berkeley and Harvard calculated precise wind speeds for the vertical streams, and found that they could keep the Great Red Spot going for as long as 800 years. Gases spewing from the top and bottom of the spot loop around, picking up energy from jet streams and then diving back into the conflagration in an activity that keeps the storm—and the spot—constantly replenished.

Road Warriors Take Note

If your job takes you on the road often, you may fall into the habit of many a veteran road warrior: eating behind the wheel. You may save time, but you can quickly gain unwanted pounds if you rely on McDonald's, Burger King, Wendy's, and the like for meals on the go. Here are some tips for arriving on time AND maintaining a good diet:

- ❖ **Bring a variety of nutritious foods.** Don't rely on fast food to carry you through the trip. Pack some veggies and fruit for energy, as well as high-protein foods like tuna, low-fat cheese, and low-fat peanut butter on saltines.
- ❖ **Don't drive too long before eating.** That just makes you hungrier and more likely to pull into convenience stores for snacks or drive-through windows for a burger and fries.
- ❖ **Drink lots of water.** Keep one or two water bottles handy, and refill them frequently. Water helps keep you full, as well as fully hydrated.
- ❖ **Stay away from candy bars.** They're high in calories and low on nutritional value.



March Events

March 3rd	National Anthem Day
March 11th	Johnny Appleseed Day
March 14th	Pi Day
March 17th	St. Patrick's Day
March 23rd	National Puppy Day



Do You Have A Question About Car Maintenance That You Want Answered?

We love to hear from all of our friends and clients who enjoy reading our monthly newsletter. If you have a question about anything related to your vehicle, feel free to give us a call at 215-257-0204 or

joe@joedavisautosport.com

nate@joedavisautosport.com

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 like you. We couldn't do it without you!

Scott Ketterer, Brett Wilshe, Dave Brown,
Charles Minguez, Jenn Dirocco, Bill Hoffman,
Lisa Peklak, Kyle Cullinan, Jim & Denise Eister,
Diane Frazer, George Baxter, Chas Billera, Bart Sparango,
Colin Aherne, Brittany Honicker, John & Thia Sullivan.

Keep Your Fingers On The Right Information

Ever feel inundated and overwhelmed by all the documents, paper and virtual, that you have to keep track of? To regain control, focus on these three questions:

- * **What do you have to keep?** There are two types of documents: records and resources. Resources typically threaten to grow out of control, so apply the adage of "When in doubt, throw it out."
- * **How long do you have to hold on to them?** Try to schedule document purges at least once a year. But since many organizations have different requirements for keeping records, make sure you're complying with them.
- * **Where and how should I keep them?** Develop a filing system that works for you—and will be easy for others to use in your absence. The best filing systems are simple, flexible, and growth-oriented.



Attract Birds To This Year's Garden

With the return of spring, many minds turn to the garden. While you're planting your flowers and cultivating your plants, though, give a thought to our feathered friends—they enjoy a garden too. If you want to share your little plot of Eden with the birds, here are some of the best types of plants and amenities to attract them:

- ◆ **Trees.** They provide sanctuaries for birds. Try planting fruit trees.
- ◆ **Berry-yielding shrubs.** They not only provide beautiful flowers, they also serve as living bird-feeders.
- ◆ **Compost pile.** They're already good for recycling and for fertilization. But they're also havens for bird treats like earthworms, beetles, and flies.
- ◆ **Birdbaths.** They give birds a place to slake their thirst.



Stay Safe On The Mean Streets When You Travel

When you're on the road, you probably concentrate on driving safely: traffic signals, other cars, hazardous conditions, and the like. But do you watch for dangers posed by criminals and con artists? Don't fall victim to a fake police officer, someone pretending to have suffered an accident, or a random mugger.



Take these precautions:

- ➔ **Be wary.** If an unmarked car signals you to pull over, turn on your hazard lights and drive slowly to a well-lit or more populated area. Keep your doors locked and windows up and ask to see the officer's badge and ID. A real police officer will understand your caution.
- ➔ **Don't get out of your car.** If someone signals that there's a problem with your car, thank the person with a wave. Don't immediately stop and get out to check. Instead, keep driving until you get to the nearest gas station, rest area, or other safe location.
- ➔ **Stay alert to your surroundings.** Intersections and parking lots are prime areas for assaults and carjackings. Keep an eye on pedestrians and other vehicles nearby when waiting for the light to change. In parking lots, stick to well-lit, high-traffic locations where you'll be visible at all times.
- ➔ **Keep in touch.** Keep your cell phone within easy reach in case you need to call for help.

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TIPS TO AVOID THOSE DREADFUL POTHOLE!

Slow Down—It will help minimize damage to your car and possibly save unnecessary expenses.

Leave space—Make sure to leave enough room between you and the vehicle ahead so there is time to spot and avoid them

Watch for water— Pay special attention to the ones filled with water as they can be especially dangerous. There is no way to tell how deep they are. At night they are almost impossible to see. Make sure your headlights are aimed and lenses are not cloudy for maximum vision.

Keep Windshield Clean-inside & out—Night driving often shows a film you can't see during the day, (especially if you are a smoker) which causes poor night vision. Keep windshield washer fluid full and replace wipers that may be worn causing streaking.

If you were unable to avoid hitting one, (which everyone has) don't hesitate to call us. We are happy to evaluate any damage to your tires, wheels and under carriage. We are finding many tires with bubbles, which could result in a blowout if you happen to hit another pothole.

Make Sure to Get Your Yearly Alignment! **ON SALE THIS MONTH!**
Safety Is Our #1 Concern. (see below)

Thanks For The Kind Words

"Every time I drive my wife's SUV I think of you. Replaced my XC90's muffler at a discount shop to save a few bucks. Never again. Our beloved SUV is loud as a truck due to the cheap part. As long as I own Swedish cars, Joe Davis AutoSport is the only place they will visit, Period."

- John

A Taste For Greatness

Where do our favorite foods come from? If your answer is "the supermarket," dig a little deeper. Here are the origins of some time-honored products:

- ★ **Coca-Cola.** John Pemberton, a pharmacist in Atlanta, first concocted the soft drink in 1886 as a cure for upset stomach. He marketed it as a cure for morphine addiction, neurasthenia, headache, and impotence.
- ★ **Quaker Oats.** Before this product was sold on grocery shelves, it was stored in open barrels, where it spoiled easily. Its store packaging was introduced in 1891. Quick-cooking oatmeal came in 1921—one of the first convenience foods.
- ★ **Wonder Bread.** In 1921, a Taggart Baking Co. executive by the name of Elmer Cline was put in charge of naming a new brand of bread. He came up with Wonder Bread after he saw hundreds of balloons fill the sky one day—a sight that filled him with wonder.

Most Of Us Travel Light

How much cash do you carry right now? A study by Visa found that about two-thirds of Americans have less than \$50 in their purses or wallets, and 40 percent keep less than \$20 on them. Men, the report notes, are four times more likely than women to have more than \$100 with them regularly.



A Tale Of Devotion

In Japan, so a story goes, a homeowner remodeling his house tore down a wall and found a small lizard trapped inside a hollow space with a nail through its foot.

As he examined the small reptile, he realized that the wall had been nailed into place five years ago. How had the lizard survived for such a long time with its foot stuck in one place?

Then he saw a second lizard slip into the narrow space through a small hole in the floor. Standing still, so as not to scare it, the man watched the lizard dart forward and drop a piece of food in front of its trapped partner.

The man was touched deeply. This little lizard had lived for five long years because of the devotion of another small creature. Neither one had given up hope.

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Mardi Gras

SPECIAL

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From Your Friends At
Joe Davis AutoSport
308 South 7th Street
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What's Inside?

- Staying Safe While Traveling On The Road -
- Tips Before You Begin Water Exercise -
- A Tale Of Devotion -
- How To Eat Healthy On The Road -
- March Events -
- Money Saving Offers -
- & Much More!

What's The Answer?



Why Was Coca-Cola First Concocted?

Where Did Wonder Bread Get Its Name?

How Long Do You Need To Hang On To Documents?

Do You Watch For Dangers While Traveling?

What Keeps Jupiter's Great Red Spot Going?



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

