

Keep The Spark Alive In Your Key Relationships

Your most important relationships—with your spouse, your friends, and your children—could probably use an infusion of fun from time to time. Fortunately, you don't have to go to elaborate lengths to avoid falling into a rut.

Here are some small steps you can take to keep those relationships fresh:

With your spouse or partner:

- Plan a date night. No kids.
- Hide some inexpensive gifts around the house.
- Call, text, or email in the middle of the day for no reason.

With friends:

- Send a fun, funny card.
- Get together for no reason.
- Call just to chat from time to time.

With children:

- Have fun with the shaving cream during bath time.
- Have a race with the kids to see who sets the table first.
- Dance and sing.



Boost Your Metabolism With These Fat-Burning Foods

Your body's metabolism is controlled at least in part by your genetic makeup, but you do have a measure of control over how it functions. Specifically, the food you eat can have a positive impact on your body's ability to burn fat. For a healthier weight, try including more of these items in your diet:

- ❖ **Egg whites.** These are said to be rich in branched-chain amino acids, which can boost your metabolism. They also contain plenty of protein and vitamin D.
- ❖ **Iron.** Lean meat, chicken, and cereals fortified with iron can enhance your body's ability to burn fat.
- ❖ **Fruits and vegetables.** High-fiber foods take more energy to digest, giving your body the opportunity to burn away more fat as your metabolism works.
- ❖ **Fish.** The omega-3 fatty acids in fish oil are believed to dramatically boost your metabolism to the tune of about 400 calories per day. In addition, fish oil boosts levels of enzymes that burn fat, and discourages the growth of enzymes that store fat in your body.
- ❖ **Chili peppers.** Without burning your tongue, try to add some chili peppers to your diet: They contain a chemical compound called capsaicin, said to boost your metabolism into higher performance.



Mom Quotes

"A mother's arms are made of tenderness and children sleep soundly in them."

-Victor Hugo

"All that I am, or hope to be, I owe to my angel mother."

-Abraham Lincoln



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 give us a call at

215-257-0204, Email us at joe@joedavisautosport.com, nate@joedavisautosport.com,

Or visit us at www.joedavisautosport.com

May Events

- | | |
|--------------|---------------------------------|
| May 1st | Law Day |
| May 4th | International Firefighters' Day |
| May 10th | World Lupus Day |
| May 11th | Mother's Day |
| May 17th | Armed Forces Day |
| May 18th | International Museum Day |
| May 26th | Memorial Day |
| May 6th-12th | National Nurses Week |



Offer Expires 5/31/14

Mother's Day Special!

ONLY \$29.11

You Will Receive Oil, Lube & Filter Change For Only \$29.11 When You Have Any Service Or Repair Performed With Us During The Month Of May.

Includes: 5 Qts Oil, Oil Filter, Lube Chassis, 24-PT Courtesy Inspection



May not be combined with other offers - Must Present Coupon - Excludes Oil Changes Up To 5Qts-Synthetic Extra

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.

Dennis Dunlap, Mike Troyanowski, Lisa Bolton, Mike Bauer, Rick & Mary Hanisch, Diane Chesna, Clare & Robert Myer, Kyle Merritt, Bonnie Day, Isabelle Gorrillot, Robert Thornburg, Jim Turner, Terry & Steve Yates, David & Anne Skarbowski, Rich Buergerhoff, Nick Kwasniuk, Russ Closs, Carl Atkinson & William Lehman.

Cut Your Electric Bill In The Summer Months

Summer will be here before you know it, along with the hum of the air conditioner cooling your house while draining money from your wallet. How do you keep your energy bill from skyrocketing? Here are some suggestions:

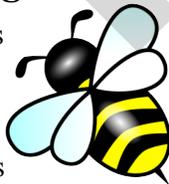
- ★ **Look toward the light.** Switch to dimmers: They can save about 50 percent over standard light switches. Replace your incandescent bulbs with fluorescent light. And don't forget to turn off lights if you're going to leave a room for more than 10 minutes.
- ★ **Invest in ceiling fans.** You could cut cooling costs by up to 80 percent if you use them instead of running the air conditioner constantly. Using them in conjunction with an air conditioner lets you raise the thermostat between 2 and 6 degrees. Every degree can save 4-8 percent on cooling costs.
- ★ **Lower the temperature of your water heater.** Most folks have them set at 140 degrees. Water will still be hot if you lower the temp to 110 or 120 degrees. Another trick: Drain a few gallons of water from the tank every month. Sediment can gather, which makes the heating element work harder.

First Aid For Bee Stings

According to Bottom Line Health, this is a good way to treat bee stings:

- ◆ Remove the stinger by scraping it out with a dull knife or a credit card.
- ◆ Moisten an Alka-Seltzer tablet so it starts fizzing when you apply it to the sting.

Alka-Seltzer contains baking soda, which reduces inflammation, and it contains aspirin, which relieves pain. The fizzing allows both to get under the skin, providing immediate relief.



What's In A Name?

Check out how these colonial words have shifted their meanings.

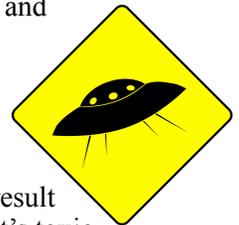
Language is constantly in flux. Words change their meanings over time, which can be obvious to anyone reading Shakespeare or even Dickens. As a case in point, consider the colonial origins of these common words, as explained in *Words They Lived By: Colonial New England Speech, Then and Now*, by Joan P. Bines (*Eye of the Beholder*):

- **Backlog.** In colonial times, this was the largest log in the fire, placed in the back to provide the most warmth while cooks built smaller fires in front that they could regulate more efficiently. Thus, something held back in reserve.
- **Humble pie.** Long ago, this was a pie made from the entrails of deer, which were called the "humbles" and eaten by servants, not the upper crust.
- **Negligee.** Not a sexy garment in the 17th century, but a dress that opened in the front to display an attractive petticoat worn beneath.
- **Smug.** This used to mean well-dressed, instead of the current usage signifying obnoxious self-satisfaction.
- **Wallet.** This would have referred to a knapsack big enough to carry clothes and provisions for a trip of several days.

Mysterious Rings In The Sea Aren't UFO Landing Sites

The mystery is solved: For years, scientists and the public have been puzzled by the presence of rings observed underwater off an island near the coast of Denmark. Some speculated that they were craters blasted by bombs during World War II; UFOs and fairies were also popular theories.

In fact, reports the Sci-News.com website, the circles are a form of eelgrass, which grows at depths of approximately five to eight feet underwater. The circular shape is the result of sulfide in the water, a substance that's toxic to eelgrass, but only when the eelgrass is very young or very old. Since eelgrass grows outward in a circular pattern, the older stalks in the center and the younger concentrations at the rim die first, leaving the adult eelgrass in a ring shape visible from the surface of the sea.



SAVE
\$15.00

Cooling System Service

With Summer Temperature's On The Way, You Can't Afford To Miss Out On This Important Service! We'll check your thermostat, heater & coolant hoses, pressure check cooling system, drain & refill radiator with new coolant.

Must Present Coupon - Expires 5/31/2014

Cannot Be Combined With Other Offers

SAVE
\$15.00



Call us today!
(215) 257-0204

What is a Mother's Worth?

*I humbly appraise my mother's worth,
It began with pain to give me birth,
Which triggered off a love so strong,
Blossoming into a life-long bond.*



*When needed, she was always there,
Someone I realized would always care.
And the older I got the more I knew
A mother's love sincere and true.*

*Now as I watch my mother age in years,
I'm happy to help and ease her fears.
Privileged now to play my part,
As she did for me from the very start.
-anonymous*

Did You Know ?



We Repair ALL MAKES & MODELS.

Domestic, Imports, Light Trucks.

Our title, **SAAB, Volvo, VW-Audi, Import Specialists** can be misleading to some thinking Imports are all we service which is not the case. Being Import Specialists, we know the common pattern failures that can occur. Keeping stock of these parts, helps us to be more efficient being able to get your vehicle in and out of our shop in a timely fashion. Feel free to ask us anything about your vehicle, whether domestic or import, we are happy to help you in anyway we can.



Thanks For The Kind Words

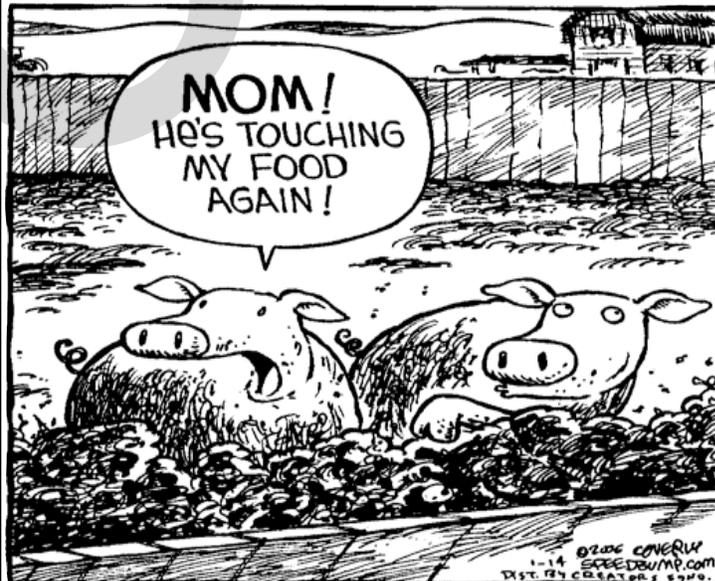
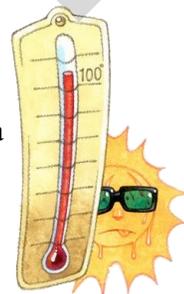
"NOT ONLY ARE THE PEOPLE AT JOE DAVIS AUTOSPORT RELIABLE HONEST WITH REASONABLE PRICING, THEY ARE ALSO INCREDIBLY EASY TO WORK WITH. VERY KNOWLEDGEABLE, AND GO OUT OF THEIR WAY TO MAKE SURE YOU UNDERSTAND THE REPAIRS THAT YOUR CAR REQUIRES."

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. ©2014 RSC

Be Ready To Stay Safe During The Hot Summer Months

As we move toward the summer months, you may be working in hotter conditions whether your job takes you outdoors or not, on the road or at home. Be sure to take some basic precautions against heat-related injuries. Keep these tips in mind when the heat starts getting to you:

- * **Drink plenty of fluids.** When temperatures rise, try to drink a pint of water every hour. Avoid drinks with lots of sugar or caffeine, or anything alcoholic; these can dehydrate you more rapidly.
- * **Eat frequent meals.** Don't let your energy get too low because of hunger. Light, balanced meals are best.
- * **Wear your sunscreen.** If you're working outside, be sure to apply and reapply a strong sunblock to avoid sunburn.
- * **Avoid sudden extremes.** Don't try to cool down with a freezing shower. The shock to your system can trigger more problems.
- * **Pay attention to your body.** If you feel dizzy or light-headed move to somewhere cooler. Drink some water. Go to a doctor if you don't quickly feel better.
- * **Watch out for your friends and co-workers.** Someone suffering the early symptoms of heat exhaustion may not be aware of his or her behavior. Step in if a colleague appears woozy or otherwise ill.



MAY IS ARMED FORCES MONTH!

May 19th is Armed Forces Day. We're dedicating the entire month of May to our soldiers past, present, home and abroad. We Thank You! So stop in anytime this month and SAVE \$20.00!

**Save \$20.00
on Any Service
or Repair!!!**

Expires 5/31/14 Cannot Be Combined With Other Offers Military Members Only Must Present Coupon Call us today! (215) 257-0204

A Free Monthly Newsletter
From Your Friends At



308 S. 7th Street
Perkasie PA 18944



What's Inside?

- Mom Quotes -
- How To Boost Your Metabolism -
- First Aid For Bee Stings -
- How To Keep Your Relationships Alive -
- May Events -
- Money Saving Offers -
- & Much More!



What's The Answer?

What's In A Name?

Does Alka-Seltzer Really Relieve A Bee Sting?

Are There UFO's Off The Coast Of Denmark?

What 3 Easy Steps Will Help You Save On Your Electric Bill This Summer?



The Answers To These And Many More Questions Are Inside

