

A Free Monthly Newsletter From Your Friends At Joe Davis AutoSport

It Didn't Start With The Oreo

Who doesn't like a cookie every now and then? Cookies have a long history, but the first ones didn't taste much like the treats we enjoy today.

According to some sources, the first cookies were made in Rome around the third century B.C. They were thin, hard, bland wafers that were twice baked, and the Romans ate them by dipping them in wine. Modern cookies may have originated in Persia during the seventh century, when sugar became more common in that region. They became popular across Europe in the 14th century, enjoyed by royalty and peasants alike. One reason for their appeal was that they traveled well in tins and boxes, making them a reliable source of food on trips.

The word "cookie" comes from the Dutch "koekje," for "little cake." Cookies arrived in America in the 17th century, in the form of macaroons, gingerbread cookies, and the "jumble," a hard cookie that combined nuts, sweeteners, and water. The cookies we're most familiar with, made by creaming butter and sugar, became common in the 18th century.



Halloween Chills

Halloween may be one of the scariest holidays of the year, but people seem to take delight in being scared in every season. What's the appeal of ghost stories, horror movies, frightening novels, and things that go bump in the night? Experts have a few theories:

- * **We like the adrenaline.** Fear has the same adrenaline-producing effect as excitement. It feels good. Scary movies, stories, and books are methods of releasing adrenaline in a controlled environment.
- * **Shared fear helps us bond.** The "creeps" create social bonding. Activities like telling ghost stories around a campfire or watching a scary movie together allow us to form ties with strangers as well as family and friends.
- * **Horror helps us deal with real-life terrors.** We can deal with the very real horrors of modern times by transforming them into fictional movies and stories in which the monsters and bad guys are always caught and punished.



October Events

| | |
|--------------|-------------------------|
| October 16th | National Boss Day |
| October 30th | National Candy Corn Day |
| October 31st | Halloween |



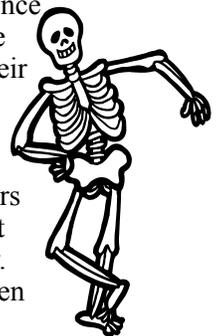
Do You Have A Question About Car Maintenance That You Want Answered?

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 or **nate@joedavisautosport.com** or visit us at **www.joedavisautosport.com**

Got A 'Skeleton In Your Closet'?

Hundreds of years ago when English physicians wanted to learn about the human body, it was difficult because there were numerous regulations to follow. Doctors were typically allowed to dissect only one body over the course of their education—and once the dissection had been accomplished, the physicians were reluctant to relinquish their prized skeletons. But it wasn't socially acceptable to keep the skeletons, according to Webb Garrison in *Why You Say It* (Grant Press). Consequently, doctors often hid them in a dark corner of a closet where they wouldn't be discovered easily. Eventually the phrase came to mean hidden evidence of any kind.



All Month Long: Trick Or Treat Halloween Special



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Chuck Weaver, Peter & Nancy Roberstson,
Kyle Frank, Tim Price, Gary Sullivan,
Laura Whiteman, Matt Thorpe, Miranda Kurjack,
Ric Hamisch, Kevin Mariano, Jack Provenzano &
Kathleen Waters.

A Father's Role Today

What's a good father's main job? The days of simply supporting his family financially may be over, according to a Pew Research Center report. Asked what's "extremely important" for a father to provide, a telephone survey of 1,004 American adults got these findings:

- Values and morals: 58 percent
- Emotional support: 52 percent
- Discipline: 47 percent
- Income: 41 percent



The results follow a similar trend for mothers, with "values and morals" at the top and "income" coming in last.

Lose Weight With These Simple Tips

For most of us, losing weight is a struggle. The good news is that now is always a good time to start. Here are some tips for getting rid of a few (or more) unwanted pounds:

- ◆ **Analyze your eating habits.** Pay attention to what you eat, and try to identify habits that are undercutting your efforts to lose weight. Do you overindulge on junk food? Eat more when you're depressed? Target the negative food behaviors that cause unwanted weight gain. Plan meals and snacks ahead of time so you're less likely to grab something unhealthy.
- ◆ **Rely on fruits and vegetables.** Nutritious food can fill you up just as well as French fries and cupcakes. Keep them handy for snacks, and try to fill at least half your plate with fruits and/or vegetables at every meal.
- ◆ **Watch what you drink.** Sodas and sugary drinks can pack a lot of calories. Stick to unsweetened coffee or tea and plain water. They'll quench your thirst, keep you hydrated, and won't add unwanted sugar and calories to your daily intake.

Succeed On The Job By Helping Your Co-Workers

Staying on good terms with your boss is important to success in any job. Just don't neglect your co-workers—they have the power to help you get ahead, or make your life miserable. Here's how to earn their respect and support:

- ★ **Be ready to assist.** You shouldn't say, "That's not my job" to your boss. Your colleagues won't like it either. Show your willingness to pitch in and help wherever and whenever you're needed to build a strong relationship with people whose help you may need in the future.
- ★ **Follow through.** Don't do half of what you promised. Let co-workers know they can depend on you by finishing what you start and living up to your commitments.
- ★ **Treat colleagues like customers.** Take their requests and requirements seriously. Go the extra mile to make them happy. Focus on what they need to do their jobs better. They'll notice your commitment to helping them and your organization succeed.
- ★ **Be confident, not cocky.** Share your expertise without bragging about it. Take on tough tasks to show you're not afraid of making mistakes. Be willing to teach your co-workers what you know, so they never think you're keeping important information and skills to yourself.

Three New Worlds Found 'In The Zone'

One place scientists might "seek out new life and new civilizations" isn't so far away, in interstellar terms. A star known as Gliese 667C, just 22 light-years away, is home to three planets within the "habitable zone," an orbit close enough to the star to allow liquid water to form. Liquid water is considered essential to conditions that might allow life to evolve.



The planets are larger than our Earth but smaller than the planet Neptune in our solar system; Gliese 667C is about one-third the size of our sun, and part of a triple star system. Two more planets may lie at the edge of the habitable zone, making them possible candidates for life as well. Astronomers said in a statement that this is the first time three worlds with the potential for supporting life have been found orbiting in the habitable zone.

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Congratulations To Our Client Of The Month!

Happy Birthday Henrietta Harkness !!!!

Joe met Henrietta at his 6AM workout many years ago. He feels like a real slacker going to the gym only Monday, Wednesday and Fridays, as she is there everyday. She is an inspiration to everyone she meets. This October she will be celebrating her 95th Birthday! Amazingly she served as a World War II nurse during D Day and also as a psych nurse at Norristown State Hospital. She is an avid reader and enjoys her son and daughter and her 3 grandchildren. We are very fortunate to have her as our friend and customer.

Happy Birthday Henrietta and Many Many More!

What's That In The Punch Bowl?

Here's a fun, creepy recipe guaranteed to delight people at your Halloween party. Make a punch drink using the recipe below, from www.allrecipes.com:

Ingredients

- ➔ 2 cups white sugar
- ➔ 3 quarts cold water
- ➔ 1 liter ginger ale
- ➔ 1 (.13 ounce) packet unsweetened grape drink powder
- ➔ 1 (.13 ounce) packet unsweetened orange drink powder



Mix first four ingredients together. Add ginger ale just before serving.

Now, for an extra-creepy touch, float a frozen hand in the bowl. Wash out a disposable plastic glove; fill it with water; seal with a rubber band; and put it in the freezer. When you're ready to serve the punch, briefly submerge the glove in warm water. The frozen hand will slide out. Then float the hand in the punch bowl for a ghoulish effect.

Thanks For The Kind Words

"I know I've told you this before and I will tell you again that I don't ever recommend any business to anyone, except your business. I never hesitate to recommend you guys!"

-Chris

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Got
GREMLINS ???



Dirty fuel systems can produce **SCARY** results! Not servicing your fuel system can clog fuel injectors causing rough running, hesitation, surging, engine knocking, pinging, hard starting, as well as poor fuel mileage. Maintaining your fuel system has become more important than ever before. With the blending of new fuels to help our environment in controlling emission levels, it is causing concerns with our vehicles that we need to stay aware. It's the Perfect Time to get those Ghosts out of your Fuel System!

B O O O O O O O T Them Out This Month!!

SAVE \$20!! (SEE SALE BELOW)

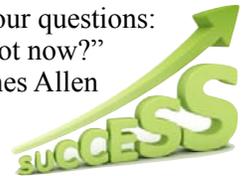
Quotes

"For true success ask yourself these four questions: Why? Why not? Why not me? Why not now?"

- James Allen

"We fall forward to succeed."

- Mary Kay Ash



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What's Inside?

- How To Succeed At Work -
- A Father's Role Today -
- Simple Tips To Losing Weight -
- October Events -
- Money Saving Offers -
- & Much More!



What's The Answer?

Why Do You Enjoy Being Scared?

What Was The First Cookie Made Of?

Got A Skeleton In Your Closet?

What's In That Punch Bowl?

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

