February **FUEL for THOUGHT™** 2018

**A Free Monthly Newsletter From Your Friends At Joe Davis AutoSport**

## *February Events*

| | |
|---|---|
| **February 2nd** | Groundhog Day |
| **February 3rd** | Feed The Birds Day |
| **February 4th** | Eat Ice Cream For Breakfast Day |
| **February 7th** | Send A Card To A Friend Day |
| **February 12th** | Abraham Lincoln's Birthday |
| **February 14th** | Valentine's Day |
| **February 19th** | President's Day |
| **February 22nd** | George Washington's Birthday |
| **February 24th** | National Tortilla Chip Day |

## *Happy Fat Tuesday*

This year the revelry of the carnival season will culminate on Tuesday, Feb. 13, in celebrations around the world before the start of Lent.

In the United States, the city of New Orleans is the capital for all things Mardi Gras, which is French for "Fat Tuesday." Although the city has roots deeply centered in French heritage, it was not the first American city to host this event. French-Canadian explorer Pierre Le Moyne d'Iberville is rumored to have held the first Mardi Gras in a location about 60 miles downriver. Years later, settlers along with French soldiers would continue the practice by donning masks and enjoying festivities in the newly established town of Mobile, Alabama.

## *I Love You … Around The Word*

Here are just a few of the ways those three little words everyone wants to hear are spoken around the world:

| | |
|---|---|
| Dutch… | "Ik hou van je" |
| Hindi… | "Main tumse pyar kartha hoon" |
| Korean… | "Saranghae" |
| Lebanese… | "Bahibak" |
| Maori… | "Aroha ahau ki a koe" |
| Navaho… | "Ayor anash'ni" |
| Romanian… | "Te iubesc" |
| Tagalog… | "Mahal kita" |

## *Happy Valentine's Day: Some Fun Facts*

Sixty-two percent of Americans celebrate Valentine's Day. How do they observe it? Take a look at these statistics:

- **Chocolate**. Americans buy 58 million pounds of chocolate during the week of Valentine's Day, spending $448 million.
- **Cards.** We buy about 150 million "Will you be my Valentine?" cards each year.
- **Gifts.** Men spend an average of $150 on cards and gifts; women spend an average of $74.
- **Flowers.** Twenty-three percent of us buy flowers or plants as Valentine's Day gifts: 61 percent of these buyers are men, and 39 percent are women. The top choice? A mixed bouquet, followed by red roses.
- **Champagne.** Americans buy 174,000 gallons of sparkling wine through Valentine's week, worth about $8.6 million.

*"The most beautiful work of art that we can create is this life."*
**—Kristi Bowman**

## *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…

**215-257-0204**
**email us at ryan@joedavisautosport, matthew@joedavisautosport or visit us at www.joedavisautosport.com**

## *Sweetheart Of A Deal*

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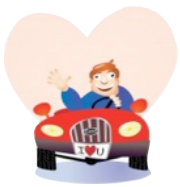

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## *Can Beet Juice Keep Your Brain Young?*

Beet juice may keep your brain young and fit, according to an article on the Runner's World website. The article cites a study reported in the Journal of Gerontology: Medical Sciences that found that a shot of beet juice an hour before exercise can have positive benefits to brains as they get older.

In the study, 26 sedentary men with an average age of 65 participated in six weeks of exercise. Some took daily shots of beet juice; others received a placebo. The participants walked on a treadmill three times a week for six weeks, building up to 50 minutes per session at increased effort. Comparing MRIs from before and after the trial, researchers found that the group that drank beet juice had significantly higher levels of "community consistency" within their brains.

The nitrate in beet juice, which converts to nitrite and then nitric oxide in the blood, has a strong positive affect on responsiveness in blood vessels, which in turn can increase the amount of oxygen reaching the brain and boost aspects of cognitive function.

## *Beware: The Hidden Hazards Of Cold Weather*

Winter is full of unexpected hazards. As the cold weather continues, keep these safety tips in mind:

- **Frostbite strikes fast.** It can happen in a short amount of time, especially with children. That's because they lose body heat quickly, sometimes in as little as 20 minutes. Dress kids warmly, but don't overbundle. That can cause sweating, which speeds the loss of body heat.
- **There's poison in the air.** Carbon monoxide poisoning can often be mistaken for the flu—achiness, headache, and nausea. Carbon monoxide is odorless and colorless, and can affect children before it affects adults. Be sure you check your furnace and other gas-, coal-, oil-, or wood-burning appliances to make sure they aren't generating any carbon monoxide.
- **Ice can be deadly.** We all know to walk carefully on icy roads and sidewalks. But walking-related injuries also stem from sliding and skidding vehicles that may not be able to avoid hitting someone. Be sure to walk in bright or reflective clothing, and be careful when walking near snow piles and drifts that may obscure your view or the view of a driver.

## *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.

**Aaron Rittenhouse, Melissa Pieriontese, Stanley Beck, Deborah Evans, Charlie Brown, Francis Purcell, Ryan Hunsberger, Diane Cressman, Paul Wydominic, Lauren Meyer, Ryan Meyer, and Kate Riehl.**

## *Keep Your Career Moving Forward*

You may love your job now, but you can't take it for granted. Job security is uncertain, and smart people are prepared for changes in their career path at a moment's notice. Here's advice for staying afloat no matter how stormy it gets:

- **Audit your career documents.** Is your resume current? Does it spell out what you've done to add measurable value, instead of just listing your various job titles over the years? Be sure that your references are up to date and that you have some good stories to tell about how your work has contributed to your employers' success.
- **Network.** Devote some time every week to making connections within your industry. The more people who know what you're capable of, the better positioned you are for any sudden transitions.
- **Become active.** Join relevant professional and trade associations, and take a leadership role wherever you can: Serve on committees, help with marketing efforts, etc. Don't just show up for meetings and sit there.
- **Market your expertise.** Write articles for trade publications, blogs, and websites to get your name out there. Volunteer to speak to schools or local community groups about your profession and industry. The more visibility you have, the better.
- **Keep developing your skills.** Sign up for courses and seminars on any skills that might help you do your job better. A commitment to self-development appeals to potential employers who like to see initiative.
- **Contribute more.** Look for ways to help your organization, your co-workers, your managers, and your networking contacts. A reputation for pitching in wherever you're needed will yield benefits throughout your career.

**Flush Out The Old Contaminated Fluid With A Winter Cooling System Flush Deal!**

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## *Blind Date With A Fast Car*

"How was your blind date last night? " the young woman asked her friend. She shrugged, "Well, the good news was he showed up in a vintage 1965 red Ford Mustang. "
"What's the bad news?"

"He's the original owner."

## *Welcome Matthew!*

Matthew has just recently joined our staff at Joe Davis AutoSport! He brings with him a very successful track record in the automotive industry as both a technician and a service writer from the dealership and independent shop. Matthew has been a great addition to our shop. His experience is proving an asset to all. He is truly a motorcycle enthusiast as he has enjoyed bringing countless vintage cycles back to life. He loves to ride and has been on many long trips. He spends much of his time off in the great outdoors. He enjoys hiking, jogging, skiing, snowboarding and walking his 2 dogs.

## *Red Sky In Asia Mystery Solved*

It's a centuries-old mystery: In the year 1770, skies over Asia turned a bright red for nine days. The cause of this unusual phenomenon has never been identified. Now, though, scientists believe they have an answer.

As reported on the Slate website, researchers recently uncovered a collection of 111 contemporaneous documents from that time, and learned that the red sky had lasted longer than previously thought (just two days) and was much larger as well.

Scientists' conclusion: The effect was created by an aurora caused by solar activity, sparking the longest geomagnetic storm in recorded history.

A similar aurora was observed on two nights in 1859 by a massive solar storm known as the "Carrington Flare." Analysis of records of sunspot activity in 1770 suggests that the Asian aurora was caused by sunspot twice as large as those that created the Carrington event.

If such an event happened today, it would likely have catastrophic effects, knocking out satellites crucial to communications and GPS instruments.

## *Thanks For The Kind Words*

"The Staff at Joe Davis are amazing. I have been taking my Saab there years and the care is service is stellar. My most recent experience topped all previous experiences. I unfortunately needed to replace the engine in my Saab due to bad gasoline. They found a replacement within a day, presented all my options, and helped guide me through the resolving the situation. I am over the top pleased with the outcome. Matthew did an incredible job working with me and provided Platinum level service. Cannot say enough good things about this place - or the people! Thank you."

***-Kathy***

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# What's Inside?

**- February Events -**
**- Money Saving Offers -**
**& Much More!**

# *What's The Answer?*

*What Caused Asia's Sky To Go Red?*

*Can You Say "I Love You" In Korean?*

*How Do I Keep My Career Moving Forward?*

*Can Beet Juice Keep Your Brain Young?*

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