

A Free Monthly Newsletter From Your Friends At Joe Davis AutoSport

Involve The Whole Family In Your New Year's Resolutions

Making New Year's resolutions with your family can improve relationships with everyone in your household. Discuss these goals for the upcoming year:

- ◆ **Cut down on activities.** It's important to make room for consistent togetherness. Think about cutting back on some of your activities (at work as well as your kids' sports and other extracurriculars) so everyone can spend more time together.
- ◆ **Consider establishing regular family meetings.** These times should be used to discuss schedules, goals, and problems. Family meetings can help everyone in the family feel connected and involved.
- ◆ **Include everyone.** If you've resolved to do more volunteer work, for example, suggest making your personal resolution a family activity. Volunteering as a family is a powerful way to build kids' self-esteem and strengthen their sense of responsibility.
- ◆ **Work on a parenting weakness.** No parent is perfect. Talk to your children and your spouse about what you could do better, and focus on improving your parenting skills throughout the year.



Follow The H-P Way To Innovation And Success

The Hewlett-Packard Company was famously founded in a one-car garage by William Hewlett and Dave Packard. It has become one of the world's most innovative and successful technology companies, but it's never lost sight of its founders' original vision. According to legend, these rules on innovation were posted in the garage:

- Believe you can change the world.
- Work quickly, keep the tools unlocked, work whenever.
- Know when to work alone and when to work together.
- Share tools, ideas. Trust your colleagues.
- No politics. No bureaucracy. (These are ridiculous in a garage.)
- The customer defines a job well done.
- Radical ideas are not bad ideas.
- Invent different ways of working.
- Make a contribution every day. If it doesn't contribute, it doesn't leave the garage.
- Believe that together we can do anything.
- Invent.



January Events

January 1st	New Year's Day	HOLOCAUST MEMORIAL DAY
January 5th	National Bird Day	
January 6th	Bubble Bath Day	
January 13th	Stephen Foster Day	
January 14th	Martin Luther King Jr.'s Day	
January 17th	Golf Day	
January 21st	National Hugging Day	
January 25th	School Nurses Day	
January 27th	International Holocaust Remembrance 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 just like you. We just couldn't do it without you.

Evelyn Froehlich, Alcone Levier, Allie Carmichael, Danielle Wyrock, Jim Howard, Bob Kirkpatrick, Nick Archer, George Howe, Marcio Spieker, Melissa Knaak, Donna Wimmer, John Titterton, Paul & Amy Saylor, Joe & Cindy Houston, Blair Lloyd, Andrew Grosella & Adam Schoch.

Elephants Get The Point

Folklore says that elephants never forget. Scientists now say that elephants have one other interesting trait: They understand the meaning of a human's pointed finger.

The discovery originated in Zimbabwe, where researchers from the University of St. Andrews (Scotland) conducted a simple experiment with 11 elephants: A graduate student placed fruit in one of two buckets, then placed the buckets in front of an elephant and pointed to the one containing the fruit.

The elephants followed her pointed finger and chose the right bucket 67.5 percent of the time. Interestingly, primates and other animals have failed similar tests.

Staying On The Move Keeps You Fresh

A small village by the sea depended on fishing to survive. Each year the boats they sent out had to go farther and farther from shore to catch enough fish to feed all the villagers.

But as they ventured far away, they encountered a problem. Their usual practice was to put the fish they caught in big tanks to keep them fresh until they returned home. But the fish grew lethargic in the tanks, and many died before the boat could reach shore again.

After much thought, one of the crew hit upon a solution: On their next fishing trip, they caught a small shark and placed it in the tank along with the fish. The shark ate only a few fish, but the rest swam frantically around the tank trying to keep away from the predator, and made it to shore fresh and healthy for the villagers who depended on them.

Moral: Sometimes a little fear is what we need to stay active and alive.

When You're Sorry, Say The Right Thing

We all make mistakes, and sometimes we have to apologize for them. Apologizing doesn't signify weakness. When you need to say, "I'm sorry," follow these guidelines:

- **Emphasize the 3 R's: responsibility, regret, and remedy.** Acknowledge your role in causing the problem; express how sorry you are; and explain what you can do to fix the problem or avoid repeating it.
- **Be brief.** Don't go on and on about how sorry you are. When people apologize too profusely, they just seem insincere.
- **Don't make excuses.** Saying, "I'm sorry, but this isn't really my fault" can render your apology meaningless. Don't try to duck responsibility for your actions.
- **Express some empathy.** Saying (sincerely) that you understand the other person's anger or frustration can help defuse the situation and lead to a calm discussion of possible solutions.

Want To Get Smarter? Watch What You Eat

Want to increase your brainpower? Cybernetic implants aren't the answer (except in science fiction stories), but some foods may actually help your brain work better. No guarantees, but try some of these mental boosters:

- ★ **Walnuts.** A Spanish study found that people who eat a small handful of walnuts a day saw their memory improve by 19 percent.
- ★ **Coffee.** It helps you wake up, and a British study suggests that just 20-30 milligrams of caffeine (less than one cup) can enhance mental agility.
- ★ **Spinach.** The magnesium in Popeye's favorite food may not make you instantly stronger, but it can increase the blood flow to your brain along with the rest of your body—at least according to a Japanese research team.
- ★ **Mussels.** Seafood is considered brain food, right? Mussels provide high levels of vitamin B12, which can help insulate your brain cells as you age.
- ★ **Asparagus.** Eating your vegetables is good for you. Asparagus is packed with folate, which can decrease the risk of depression.

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Congratulations To Our Client Of The Month!

Every month, we choose a very special client of the month. It's our way of acknowledging our great clients and saying thanks to those that support our business with referrals and repeat business.

This month's Client of the Month is

Mike Cardinal

Mike is a hard working college student who is almost there...graduation! Being a young person today is not easy. With his good attitude and how he cares for his vehicles, both will be sure to take him places. He is courteous and pleasant making him a joy to work with. We wish him all the best with his future as he is certainly on the right road to success. Mike enjoys woodworking and riding ATV's.



Thanks For The Kind Words

Your service is phenomenal!

-Lori

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Attack Of The Tacks

A man was driving through town one day when all of a sudden a delivery truck in front of him hit a fire hydrant. The truck was carrying office supplies, and when the impact threw the back door open, dozens of boxes of thumbtacks spilled out onto the street.

The driver swerved to avoid them, but a nearby motorcycle cop pulled him over for reckless driving. "I've got to give you a ticket for that turn you made back there," she said.

"But I had to do that! If I'd run over all those tacks, they would have blown out all my tires!"

The cop paused, then tore up the ticket and started writing another one.

"What's that for?" the driver demanded.

"Tacks evasion."



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KEEP IN MIND... We always welcome our customers to post a FOR SALE sign in our shop on any car they are selling as well as helping connect with one of our customers who are looking to buy. If you are buying a car, (even if it is labeled "certified used") always remember to have us and or a certified auto technician check it out before you purchase it. It could save you hundreds of dollars, possibly thousands, as well as peace of mind.



Quote

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire; it is the time for home."

- Edith Sitwell



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www.joedavisautosport.com

What's Inside?

- Attack Of The Tacks -
- How To Say You're Sorry -
- Staying On The Move Helps Keep You Alive -
- January Events -
- Money Saving Offers -
- & Much More!



What's The Answer?

Want To Increase Your Brainpower?

*How Can You Involve The Whole Family
In Your New Year's Resolution?*

Do You Know The Right Way To Say You're Sorry?

Do Elephants Really Get The Point?

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

