

Did you know?

An acre of trees can grow 4,000 pounds of wood in a year, using 5,880 pounds of carbon dioxide & giving off 4,280 pounds of oxygen in the process.

Driving Tip

Experts now recommend that you hold the steering wheel at either 3 and 9 o'clock on the wheel, or even lower at 4 and 8 o'clock. If you're in an accident and the airbags go off, you'll be safer with your hands not flying into your face from the impact of the airbags.

Recipe of the Month

2 lbs Chuck roast, cut into quarters
3 tablespoons flour
1 tablespoon salt
1 teaspoon pepper
2 tablespoons olive oil
1 medium onion, sliced
1 clove garlic, minced
1 tablespoon brown sugar
2 cups beef stock
2 bay leaves

Whisk your flour salt and pepper together. Liberally coat all sides of each piece of your roast in the flour mixture, set aside.

Get your olive oil nice and hot in a large skillet. Using tongs, sear each side of each piece of roast in the hot oil.

Place your sliced onion, garlic, brown sugar, bay leaves, and beef stock in the slow cooker. Stir until the sugar is dissolved. Turn the heat to low.

After the searing is done, place your roast pieces into the slow cooker, on top of the onion stew. Put the lid on and slow-cook for at least 8 hours. Add salt to taste.

What you can do yourself to keep your car on the road?

If everything on TV were true, then keeping a vehicle running great, looking good, and lasting a long time would be the easiest thing ever. Advertising will tell us over and over that all we really need to do to keep that car or truck running forever and looking brand new for years is to pour some bottles of miracle liquid into the crankcase, sprinkle magic dust on the paint, or spray some sort of ionized wonder water on the interior. Unfortunately this is not the case.

Following the old adage that, "if it sounds too good to be true, it probably is." Proper care and maintenance are what really keep vehicles going into the high six-figure mileage ranges. Miracle cures, magic fairy dust, mystery polymers and the like are all fine and good for infomercials, but most likely won't do much good for your vehicle.

Regularly scheduled maintenance and lubrication using the manufacturers recommended type and formulation of oil, grease and liquids is what will do the trick. Replacing normal wear-and-tear parts such as timing belts before they break is also a good path to follow on the road to long vehicle life. Taking good care of your vehicle can make the difference between being the proud owner of a good looking, long lasting, reliable machine, and saying goodbye to a rusty, faded-paint jalopy that fell apart or broke down long before it was designed to.

Auto Body Hottie:

1954 Mercedes-Benz 300SL. It was designed to appeal to performance enthusiasts and featured classic gull-wing doors. At the time of its release, the 300SL had the fastest top speed in the world.



Savings Corner:



Present this coupon for \$10 off a purchase or service of \$75 or more.

(One coupon per customer, not valid with any other offer. Expires 2/1/2016)

PREMIER Health Tips

Healthy living is in style. This month's tip is to drink water!

Start 2016 with a great new habit! Drinking lots of water can do wonders for your body. It flushes waste out of your body and helps in get things moving inside your stomach, lessening the chance of bloating and other ailments such as kidney stones. According to The Institute of Medicine, the adequate intake (AI) for men is roughly about 13 cups (3 liters) of total beverages a day, while the AI for women is about nine cups (2.2 liters) of total beverages a day.

PREMIER Auto Tips

Fixing Rusted Areas

This is a job that can be repaired easily if you know the basic technique: Make sure you remove the paint around the rusted area (with a grinder and sand paper) and all the rusted area. If you have to grind it to the bare metal or CUT it completely then it has to be done! Why? Because if you paint over the rust, it will grow later and you will see paint bubbles later.

To fix this kind of problem, remove all trace of rust and cover the affected area with auto body repair screen kit that you can buy at almost any automotive parts store. Secure the screen kit by drilling small holes on the rusted area so you can fasten the screen to it.

If the area was cut, you can either weld a supporting bracket or thin plate over it which again can hold the screen kit. Once secure, the same process above for fixing minor scratches can be done but again do not forget to run your fingers to make sure there is a smooth touch between the repaired and the original surface.

Selecting an auto body repair shop

To find an auto body repair collision shop is not hard if you know what to look for. Before committing your vehicle to a particular auto body collision shop, make sure you check the following:

- 1) Is the shop clean and organized?
- 2) Do you see certification and training certificates in the shop?
- 3) What kind of facilities do they have?

A moment with Mando...

Q. If you had advice for a new business owner in the local area, what would it be?

A. Get out and into the community give it all you have. Upon starting Premier Auto Body, I physically went door-to-door meeting people and introducing myself and Premier Auto Body.

Q. Is it safe to take my car to a car wash that uses friction brushing or a touch-free car wash with acid presoaks and super concentrated soap soon after a fresh paint job?

A. Your freshly painted vehicle should be returned to you clean and fully usable. You may wash it by hand immediately, but I recommend you wait 30 days before taking it through a car wash.

Q. Can I check my vehicle status online at Premier Auto Body?

A. Yes, checking the status of your vehicle online is easy. You log into our website www.premierautobodycc.com and click on the "Check Vehicle Status" link, just enter your phone number to view the status of your vehicle.

At Premier Auto Body, we value our high-quality customer service. If you have a question that you would like answered, we encourage you to contact us via email at newsletter@premierautobodycc.com and your question may be featured in an upcoming "Moment with Mando" section. We remain, at your service as the Central Coast's Premier Auto Body collision center!