



# A&H AUTO REPAIR AND TRANSMISSION

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## Winter 2012 Newsletter

Schedule  
online at  
[www.aandhautorepair.com](http://www.aandhautorepair.com)

*Another brand new year, which is exciting even if it's a bit hard to believe. It seems that when we were younger a year took a decade. These days a year seems to fly by in just a week! As they say, "Time flies when you are having fun!"*

*It certainly has been a busy year for us. We love our job, although we might "just be fixing cars," we know how important the ability to get to places reliably and economically is for our customers. Whether it's a trip to the store, a daily commute, the kid's soccer game or pure recreation, a vehicle that runs well and delivers value is central to our lives. See our article on page two for some helpful information on this subject.*

*Over this past year we did a lot of work on our website and if you haven't seen it yet, please take a look at [www.aandhautorepair.com](http://www.aandhautorepair.com) for loads of information and useful features. For example, you can now go online and book your appointment—it is as simple as that! In addition, we have great Internet specials, car care tips and news on the shop.*

*Our wish is for a wonderful and prosperous year to come for all of you. Our goal for ourselves is to continue to do our utmost to earn your trust and help each of you "to get around!"*

The Team at A&H Auto Repair and Transmission



### IT'S A NEW YEAR & TIME FOR RESOLUTIONS



Every year, millions of Americans start the new year off with a set of resolutions. It is an old tradition and is a custom that makes a lot of sense. The ten most common resolutions are:

- ◆ Spend more time with family and friends
- ◆ Start an exercise program
- ◆ Get on a diet and improve nutrition
- ◆ Enjoy more and stress less
- ◆ Quit smoking
- ◆ Quit drinking
- ◆ Get out of debt
- ◆ Learn something new
- ◆ Volunteer and help others
- ◆ Organize one's life and belongings

Of course, resolutions are easier to set than they are to achieve—the first step lies in making a resolution and in setting a goal. To increase your success rate you should: 1) Set goals that are specific and quantifiable, 2) Be realistic, for example, don't start a running program if you are completely out of shape—start walking instead and build up, 3) Set intermediate or milestone goals and reward yourself when those are achieved, 4) Get a buddy with the same resolution or be accountable to someone for your progress and 5) MAKE IT FUN, guilt has nothing to do with self-improvement.



## AN OWNER'S GUIDE TO JOINING THE 150K CLUB

The new status symbol in today's world is the "150K miles and over" vehicle. After all, it makes sense to get more out of one of the biggest investments in most people's lives, their automobile. The reasons are not just financial either. Keeping your car running longer is good for the environment. The advances in car manufacturing technology mean that today's cars are actually built for longer lives—if properly maintained.

**Want to join the club? Here are some valuable tips on how to do it:**

- Often it all begins with buying a car. Do your homework and buy a good, reliable vehicle that has a reputation for being less expensive to repair. Remember that the least expensive car to buy may not be the cheapest to own over the long haul. So, talk to other car owners, research the vehicle's history, look at reviews on the web and please do not hesitate to talk to us about any car you are considering purchasing.
- ◆ Follow the maintenance schedule as given in your owner's manual. These servicings will generally cover time-based and mileage-based maintenance to be done. There are some items, such as timing belts, that must be replaced at certain intervals—you don't want to wait until they break as the repairs can become quite expensive!
- Set aside money for a repair fund, as older cars can develop more costly repairs. Although a \$1,000 repair is still far less than buying a new car, this level of repair is often what drives people into the dealerships to buy a new car. But if the money is parked in a savings account, then the repair is likely to be done—\$1,000 spent but \$30,000 saved on the purchase of a new car. (Tip: if you have paid off your car then continue making that payment into a repair account until you have \$1,500 or so set aside for a "rainy day.")
- ◆ Get your car inspected regularly. Also, pay attention to any noises, smells or "odd things." Sometimes it even pays off to get someone else to drive the car as you may have gotten used to a gradually developing issue. Remember, A&H Auto Repair will conduct a full inspection of your vehicle as a part of your routine, scheduled maintenance. We can then alert you to any problems or potential issues that need repair.
- Stay on top of problems and fix issues as soon as possible. Little problems can become big, expensive ones if not taken care of promptly. This does not only apply to mechanical issues. When the paint chips, then rust can set in. A little tear in the upholstery can turn into a big, unsightly hole. That chip in the window can spread into large and potentially hazardous cracks. Face it, if the vehicle becomes unattractive and full of minor annoyances then the chances are you will begin to dislike driving it. The next thing you know, you are out buying a new car!
- ◆ Make sure that any repairs are done properly, completely and with quality replacement parts. It's simple, a repair done once, properly, is always less expensive than having it done twice; not to mention the inconvenience and time lost by shoddy work. For example, some shops might quote a low price to replace a timing belt—not charging enough to replace all related parts and ensure a lasting repair. When these secondary parts, such as the rollers or tensioners, fail and need to be replaced the real cost of the job is now much higher than if it was done right in the first place.
- Regular washing and an annual "deep clean" is an important car care habit. It is not just about looking good but about protecting the car. Here's a pointer, when water no longer beads on the painted surface, then it is time for a wax as well. Additional care is required if you live in, or spend extensive time in, areas of freezing weather and salted roads.



**2002 TOYOTA CAMRY STILL LOOKING GREAT!**

*(Continued, top of next page)*

## AN OWNER'S GUIDE TO JOINING THE 150K CLUB-CONTINUED

(continued) In these areas, washing a car often is critical to keep the salt from eroding the car. (Note: in these climates, avoid car washes that recycle water—the water will contain salt from other vehicles.)

◆Driving conservatively can lower wear and tear, not to mention reduce the risk of an accident. Drive using gentle acceleration and coasting stops—unless safety dictates otherwise. This will not only save gas but will keep your car running longer between repair jobs as well.

When all is said and done, take a moment to enjoy your savings and “smarts.” A well-maintained and paid-off vehicle can save you thousands of dollars a year. So, add those savings up, give yourself a pat on the back and then splurge on something fun like a weekend get-away.

Regular maintenance, cleaning of your vehicle and even a fresh paint job can really pay off, since keeping your car for a few more years can save you thousands of dollars a year—maybe even enough for a fun vacation in the sun.



### Mini Pizzas—A Quick, Fun and Creative Treat

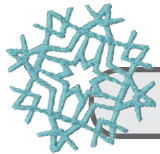
Need to whip up something fast? Here is a great dish that takes just minutes to prepare with plenty of room for creativity. We have given a basic recipe here but “go to town” with toppings such as mushrooms, jalapenos, sausage meat, sun-dried tomatoes, olives...you get the idea!

#### INGREDIENTS:

- 8 whole wheat English muffins
- 1/2 cup low-sodium pizza sauce
- 16 slices mozzarella cheese (any cheese will do)
- 1 cup steamed spinach

#### DIRECTIONS:

Cut the English muffins in half. Spread sauce over the muffins. Place spinach and cheese over sauce. Broil in the oven for 1-2 minutes, until the cheese melts.



## A FEW CHOICE WINTER SAFETY AND DRIVING TIPS

While our early winter season has been a bit milder than normal, we all know that winter conditions will arrive. Here are some basic tips to help keep you safe when out in challenging winter conditions:

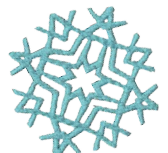
- One should never drive when fatigued. Drive well-rested and of course alcohol-free.
- Don't be tempted to warm-up your car in an enclosed, non-ventilated space. Gas fume build-up is dangerous and can knock you out. As a note, if you become stalled in the snow, ensure that your tailpipe is free of blockage.
- Make sure your tires are aligned, properly inflated and don't mismatch radial tires with other types.
- When out-and-about, keep your gas tank at least half full to avoid line freezing.

- When roads are slick keep the cruise control turned off. Brake GENTLY, using the ball of your foot to apply even pressure and avoid using the parking brake to stop the car, it can easily pull you into a spin.

As always, it is a wise idea to have your car fully inspected and serviced by a reputable automotive shop. This can help to avoid potential mechanical problems by taking preventative measures early on.

Finally, no matter how short the trip, use your seat belt every time you get into your vehicle.

Drive Safely!



**A Great 2012 to  
One and All!**



*Here at A&H Auto Repair we want to take this opportunity to wish you and your family a wonderful year ahead.*

*For our many great and loyal customers we are happy to give you a New Year's Gift Certificate, good for \$20.12 on any service of \$50 or more that your automobile may need. Plus, it is good until the end of March, 2012 so you have plenty of opportunity to make use of it. We look forward to seeing you soon!*



\*Certificate has no cash value and must be used towards service

**Important Tips Inside  
Newsletter-Winter 2012**

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