



WELCOME TO

2ND-TO-NONE'S SPRING NEWSLETTER!

IN THIS ISSUE

SAFETY TIPS

For An Awesome
Spring Break

Love Is In Bloom!

WE'RE HELPING YOU
SHOW YOUR CAR SOME
LOVE THIS SPRING!

Plus

10 TIPS

To Getting The

BEST

Possible Oil Change

SPRING RECIPE!

FOR THE
BRIGHT DAYS
TO COME!



Spring is here! Our Spring Newsletter has some great ideas for your car, spring break, and simply enjoying the warm weather ahead!

Have a wonderful next few months, and as always, thank you for bringing your vehicles to 2nd-to-None!



- David & Lynnetta

**A SPECIAL DEAL
INSIDE
JUST FOR YOU!**

EARTH DAY IS APRIL 22

A small reminder to do your part for the earth



SPRING CLEANING YOUR CAR



When you think of spring cleaning, you probably think of your home, but what about your car? Winter is the harshest time of year for cars, and your vehicle likely deserves a thorough cleaning.

Here's what you should do:

Clean the inside of your car first and follow with the outside. Remove all trash, including what has accumulated in the trunk, vacuum the inside, and clean the windows.

For the outside, include the tires and wheels and the underside and fenders to eliminate any road salt or grime. Wheels and tires should be cleaned with a mitt other than the one used to wash the body. This step will avoid contaminating the vehicle's paint with debris from the wheels and tires.

Wash the car in the shade and use a product sold specifically for cars. Soap up one section at a time, thoroughly rinsing away the suds as you go. Clean the fenders and bumpers last since they will have the most dirt and grime that can contaminate the wash mitt.

Give your car a final rinse by letting water cascade down the surfaces of the vehicle. To avoid water spots, use a chamois or other product made for drying to dry the car. If you have time, you may also want to wax your car according to the manufacturer's instructions for application. Waxing should always be done out of direct sunlight and every six months.

Once you're done, a new air fresher and trash container are the perfect finishing touches!

10 TIPS TO GET THE BEST POSSIBLE OIL CHANGE

Like any auto repair and service shop, we do a lot of oil changes. We also see the effects of neglect and shoddiness when it comes to oil changes. If you decide to do your own oil change, or you find yourself at a quick lube station, make sure the job is done right. Here are some tips, and keep in mind, following a routine maintenance schedule for oil changes is probably the single best thing you can do for your vehicle.

1. Allow your vehicle's engine to warm up fully before you change the oil or get your oil changed. Once an engine is warmed up completely, all the dirt particles and contaminants that settled at the bottom of the oil pan when the engine was off get churned up and suspended in the oil. This will ensure that most of the contaminants get removed when the oil is drained.

2. Make sure your vehicle is level when the oil is being drained. This enables the old, dirty oil to drain out as completely as possible.



3. Examine the waste oil as it is draining into the pan. Look for signs of contamination, such as water, because with every drain, water will settle at the bottom of the pan. Also, feel for bits of metal which could suggest internal engine problems. A thorough mechanic will often run his fingers through the oil while it is draining to feel for grit, metal, and other contaminants that signal possible engine problems.



4. Remove and inspect the old filter carefully. Most modern cars use a spin-on oil filter. When removing the filter, make sure that the gasket sealing ring comes off with the filter. If it does not, use your fingernail to pry it loose and remove it.

5. Choose your new filter carefully. Select one that has been manufactured by a company widely known for the quality and efficiency of its filtration products.

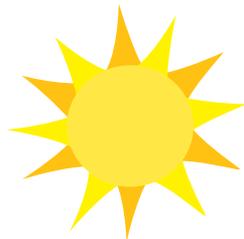
6. Install the filter properly. Make sure to coat the sealing ring with fresh motor oil and hand-tighten only.

7. Choose the correct grade of new oil. Oil is the lifeblood of the engine and choosing the appropriate grade will ensure proper performance. Refer to your owner's manual for the correct service designation. It will be specified as an API (American Petroleum Institute) rating.

8. Choose the correct viscosity or thickness of oil. It will vary by make and model of car and the climate in which the vehicle is operating. The viscosity of the oil will be specified in your owner's manual as an SAE (Society of Automotive Engineers) number. For example, a typical multi-grade oil is 5W30.

9. Use exactly the right amount of oil. Too much or too little can endanger the life of your vehicle's engine parts. Over-filling can cause oil leaks and can damage engine seals and gaskets. Having too little oil can cause friction and shorten engine life.

10. If you plan to regularly do your own oil changes, invest a few dollars in a magnetic oil pan drain plug, which can capture most of the potentially damaging metal particles that may collect in the oil pan.



SPRING BREAK SAFETY TIPS

Make Spring Break 2015 memorable by having fun and helping yourself, your friends, and others stay safe and healthy. Here are some useful tips from the Centers for Disease Control and Prevention to do just that:

1. Limit alcohol. If drinking alcohol is part of your break, remember that it can impair your judgment and actions. Alcohol-related motor vehicle crashes kill someone every 31 minutes and injure someone every two minutes. Don't drink and drive!

2. Be active. You've probably been sitting most of the year working at the computer, studying, or in class. During spring break, take the opportunity to do outdoor activities like walking, dancing, playing sports, swimming, and more.

3. Plan a successful trip. If you are going on a trip, be prepared. Are vaccinations required? Will you need special food? If you are taking medications, do you have enough for the trip? Stay up-to-date on what's happening along your route and at your travel destination.

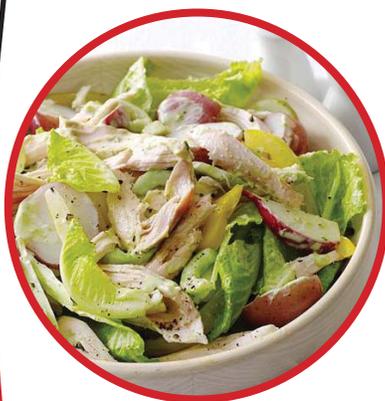


4. Watch your step. During spring break, you may be tempted to participate in a high-risk activity, like bungee jumping or rock climbing. Be sure to use appropriate safety gear, such as life vests or knee pads, before venturing out.

5. Protect yourself from the sun. After a cold winter, it's tempting to stay in the hot sun all day. Although getting a little sun can have some benefits, excessive and unprotected sun exposure can result in significant and long lasting damage. Always wear sunscreen with SPF.

RECIPE OF THE SEASON: Spring Chicken Salad

With warmer temps, brighter days, and budding plants, this time of year makes us all feel like spring chickens! This light, vibrant chicken salad recipe is perfect for lunch or a light dinner, and it only takes 20 minutes to prepare.



Ingredients:

- ½ pound small, red-skinned potatoes, halved
- Kosher salt
- 2 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh tarragon
- 2 tablespoons white wine vinegar
- ¼ cup low-fat plain Greek yogurt
- Freshly ground pepper
- ¼ cup extra-virgin olive oil
- 4 romaine hearts, torn
- 1 rotisserie chicken, skin removed and meat shredded (about 2 cups)
- 1 Kirby cucumber, peeled, halved length wise, seeded, and sliced
- 4 radishes, cut into wedges
- 1 yellow bell pepper, thinly sliced

Directions:

In a large bowl, combine the bread, asparagus, ham and cheese. Whisk the egg whites, eggs, milk, lemon juice, and garlic powder. Pour over bread mixture and stir until blended. Transfer to a 13 x 9 inch baking dish coated with cooking spray.

Cover and bake at 350° for 25 minutes. Uncover and bake 8-10 minutes longer or until a knife inserted near the center comes out clean. Let stand for 10 minutes before serving.



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