

AUGUST 2019

UNDER THE HOOD

With Don Brown Automotive & Transmission



Back to School Carpool Checklist

- **Check Lights and Wipers**
- **Get an Annual Brake Inspection**
- **Check Tire Pressure & Wear**
- **Check Fluids**
- **Make Sure Booster Seats Are Installed Correctly**
- **Create an Emergency Contact List**
- **Pack Emergency After School Snacks**
- **Stash Books or Magazines to Read While Waiting**

Carpool Apps & Gadgets to Try

GoKid Carpool App

Schedule school and sports carpools with family and friends with automatic reminders, notes, and optimized routes. There is a free and a \$4.99/month version.

mifold Grab-and-Go Booster Seat

This booster folds to fit in your glove box or backpack so you always have a booster seat handy. It pulls the seatbelt down to the child's level instead of boosting the child up to meet the seatbelt. Retailing for around \$35, the device is intended for children between four and 12 years old who weigh between 40 and 100 pounds.

August Events

August 5
Gwinnett County
Schools Starts

August 7
Hall County & City of
Buford Schools Start

August 12
Fulton County
Schools Starts





(Carpool Apps & Gadgets to Try continued)

Google Calendar App

A free calendar app that syncs up Gmail, maps, events and family members' activities.

SignUpGenius

Free online software tool for volunteer management and event planning. Save time with sign up sheets and schedules for school parties, sports snack schedules, and other events where you need to coordinate volunteers and items.

Tips for High Mileage Maintenance

Car owners in the U.S. are keeping their cars longer; in fact, the average age of cars presently on the road is 11 to 12 years old. It is common for us to see cars come in with 200K, 300k, or close to 400K miles on the speedometer.

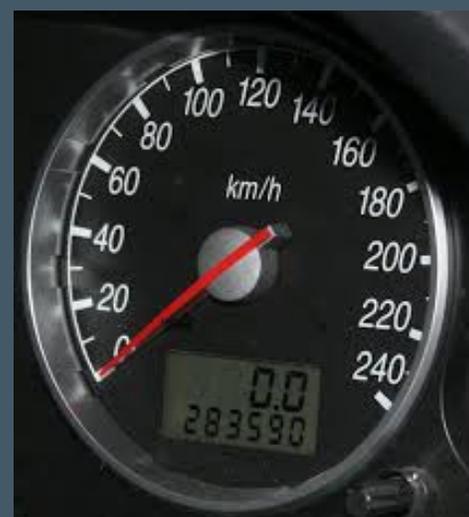
What makes the largest difference in keeping a high mileage car running? Keeping up with regular maintenance. Following the owner's manual is the best way to keep your car running over the long term.

Regular oil changes, tire rotation and replacement, washes, and waxes, and addressing small repairs all prevent larger problems later and significantly extend the life of your car.

Bring your vehicle in to Don Brown Automotive & Transmission and talk to our techs about making your car last longer. We can help you keep your car in shape and running.

"Never lend your car to anyone to whom you have given birth."

ERMA BOMBECK





What's For Dinner? By Bethany

CHICKEN CASHEW LETTUCE WRAPS

from © AMY JOHNSON | SHE WEARS MANY HATS

INGREDIENTS

FOR STIR FRY SAUCE:

- 2 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon brown sugar
- 1/4 teaspoon ground red pepper
- 1/4 teaspoon ground ginger
- 1 teaspoon sesame oil

FOR CASHEW CHICKEN:

- 2 chicken breasts (about 3/4 lb. total), diced
- 8 leaves of greenleaf or iceberg lettuce
- 3 tablespoons canola oil (or oil of choice)
- 1 cup onion, diced
- 2 garlic cloves, minced
- 1 teaspoon soy sauce
- 1/4 cup cashews, chopped
- Salt and pepper to taste

INSTRUCTIONS

For stir fry sauce:

Mix all stir fry sauce ingredients making sure to dissolve brown sugar. Set aside.

For Cashew Chicken:

Heat canola oil in pan over medium to medium high heat. Add diced chicken and brown (about 4-5 minutes). Remove chicken from oil.

Add onions, garlic and 1 teaspoon soy sauce to pan; brown. When onions and garlic are brown and tender, add stir fry sauce, browned chicken, and cashews. Saute mixture for a few minutes and remove from heat.

Spoon chicken mixture into individual lettuce leaves. Add your favorite hot sauce, more cashews or basil.

What's big
and yellow
that comes
every
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A school bus