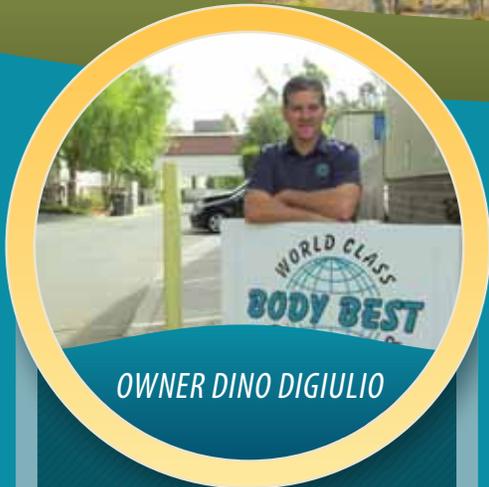


WORLD CLASS BODY BEST COLLISION CENTER

NEWSLETTER

WINTER 2017



OWNER DINO DIGIULIO

Location

ADDRESS: 19648 8th Street East

Sonoma, CA 95476

PHONE: (707) 996-2470

HOURS: Mon-Fri: 8:00AM - 5:00PM

WHEELS TO PROSPER

Know a deserving person who needs a set of wheels to get around town? The Wheels to Prosper initiative was started by auto shop owners striving to change the reputation and quality of service in the automotive repair industry. And by helping those in need, we hope to make a positive difference in our own communities as well. The initiative awards a worthy and deserving person from the community a fully-serviced car that's in good working condition. Visit our website to learn how to nominate a recipient.

**Wheels
to
PROSPER**

www.wheelstoproper.org

MESSAGE FROM THE SHOP: Winter brings different car care needs

Happy New Year, from Body Best Collision Center in Sonoma! Winter this year brings a host of new problems since the local rainfall (and Tahoe snowfall) have been particularly heavy this year.

Accidents are bound to happen and can be very traumatic. This issue focuses on what you can do to be better prepared in the event of an accident, as well as tips to reduce your stress and shock in the event an accident occurs.

As always, we've included a great recipe to satisfy the need for comfort food on those cold winter days. Lastly, did you know how much we appreciate you? Our customers send us the best referrals, for which we happily reward. Learn more below.

As always, Wheels to Prosper (at left) is looking for a worthy recipient in 2017. Know someone in need?

-Dino DiGiulio

AND THE WINNER IS...

We're grateful to our loyal customers. As a collision shop, we work with clients who are often going through a traumatic experience after their vehicle has been damaged. We try to make this experience as stress-free as possible. To thank our customers, we offer an opportunity to win \$500 when they send us a valid referral.

Lani Selleck (at right) was the lucky winner from our drawing covering the past six months. Congratulations, Lani!

If you'd like to refer someone to Body Best and have an opportunity at our next drawing in six months, simply call or complete our entry card (at right) to be eligible for the drawing. Have more than one referral? The more, the merrier!



WHAT TO DO IF YOU HAVE AN ACCIDENT

Even minor fender-benders can be traumatic. So no matter how minor any accident may seem, it's a major life event for those involved.

Accident rates can go up in the winter months as visibility is often reduced, road surfaces become unpredictable, and our ability to manage surprises on the roadway varies dramatically. Here are some tips to help you navigate this stressful time.

1 If you or your passengers sustain any injuries, **call 911** for ambulance assistance.

2 **Call law enforcement and stay put.** Never leave the scene of an automobile accident. However, if you do, your vehicle is in danger of being struck again. So if it is moveable, it is acceptable to drive it to the shoulder. Most of all, get it to an area otherwise out of the way of traffic hazards. Most important, wait for the police and ambulance. (Don't leave the crash scene until a law enforcement officer clears you.)

3 **Keep your cool.** Staying calm in the aftermath of an automobile accident helps you. Furthermore, it comforts your passengers, if any. It also makes it easier for any law enforcement or medical personnel called to the scene.

4 Turn on your emergency flashing lights, set out cones, triangles, and flares.

5 **Don't discuss fault.** Only tell the police the facts or actions that took place. Do not offer an opinion about the other party's fault, even if you think you know who caused the wreck. (Fault gets determined by legal liability, not a novice opinion.)

6 **Exchange Information.** Ask to see copies of and share your registration and driver's license with the other party or parties.

7 **Gather Evidence.**

Obtain the names, addresses, and phone numbers from all witnesses and make notes of all of the specifics surrounding the accident. Be sure to record the time it occurred. Also, write down the names of other drivers involved as well as their insurance information should be taken down. Don't forget to obtain the names/contact telephone numbers for any witnesses to the accident. Take pictures of the damage to the cars at the "Incident Location." Photograph the people involved and landmarks. (If you have a camera or a camera feature on a mobile phone, pictures of the autos and the accident

EMERGENCY KIT

- A list of family members. Make sure to include any pre-existing medical conditions, medication allergies and current medications
- Medical insurance information
- The name and telephone number of one or two emergency contacts of those NOT in the vehicle
- If trunk space allows, emergency cones and triangles are very useful
- Road flares
- A First Aid Kit
- Bottled water and MRE's (Meals Ready to Eat)
- Pre-paid cell phone with a spare battery
- Solar powered battery charger
- A camera (smartphone?)
- A pen and some writing paper
- Blankets



2 DRIVING LAW CHANGES FOR 2017

New legislation taking effect Jan. 1 regarding your vehicles:

Child Safety Seats (AB 53)

Children under two years of age must ride rear-facing in an appropriate child passenger safety seat. Children weighing 40+ lbs., or standing 40+”, are exempt. California law continues to require that all children under the age of eight be properly restrained in an appropriate child safety seat in the back seat of a vehicle.



Vehicles: Use of Wireless Electronic Devices (AB 1785)

Motorists are no longer permitted to hold a wireless telephone or electronic wireless communications device while

driving a motor vehicle. Rather than holding the device, it must be mounted in the 7” square in the lower corner of the windshield farthest removed from the driver or in a 5” square in the lower corner of the windshield nearest to the driver. Another option is to affix the device to the dashboard in a place that does not obstruct the driver’s clear view of the road and does not interfere with the deployment of an airbag. The law does allow a driver to operate one of these devices with the motion of a single swipe or tap of the finger, but not while holding it. For more information, visit: <https://www.chp.ca.gov/PressReleases/Pages/New-Traffic-Safety-Laws-Take-Effect-in-2017.aspx>

scene are invaluable). Many insurance companies now offer apps on which you can upload all accident information directly from the scene. Photos and video greatly assist law enforcement and insurance in determining the facts of the accident.

8 Get the Traffic Collision Investigation Report. Order copies of police reports and dispute incorrect info promptly.

9 Notify the Liability Insurance Carrier. Without admitting responsibility, contact your insurance

adjustor. If available, use carriers’ phone apps for notification.

10 Make Sure Your Doctor Documents Your Complaints. Tell your physician and attorney about any radiating pain. Also, document any confusion, vertigo or memory loss. (You may not notice this right away.) Although you may not feel pain immediately, the speed and force of accidents are felt by the organs and tissues in the body and may arise later. It is wise to consult a physician about your experience as soon as possible after the accident.



EASY WINTER CHILI

INGREDIENTS

- 1 lb. ground beef
- 1 med. onion, chopped
- 1 can (28 oz.) diced tomatoes
- 1 can (15 oz.) tomato sauce
- 1 can (15 oz.) kidney beans
- Pinch chili powder (to taste)
- Pinch garlic powder (to taste)
- Pinch cumin (to taste)
- Salt and pepper (to taste)
- Garnishes (chopped onions, shredded cheese, chives)

TO MAKE

In a large saucepan over medium heat, combine the beef and onion and saute until meat is browned and onion is tender. Add the stewed tomatoes with juice, tomato sauce, beans and water.

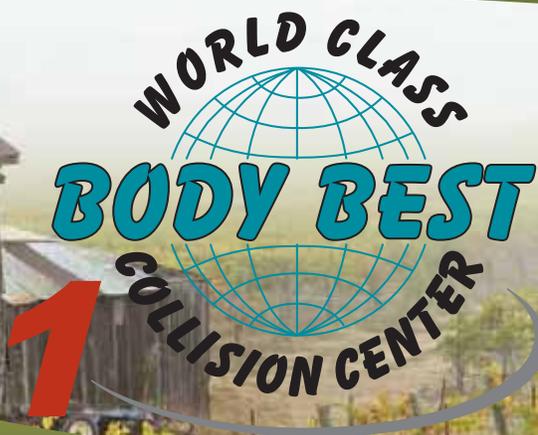
Season with the chili powder, garlic powder, salt and ground black pepper to taste. Bring to a boil, reduce heat to low, cover and let simmer for 15 minutes.

Serve in bowls. Garnish with chopped onions, cheese or other ingredients preferred.



Body Best Collision Center
19648 8th Street East Sonoma, CA 95476
Phone (707) 996-2470
www.bodybestofsonoma.com
www.wheelstoprosper.org

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NEWSLETTER

WINTER 2017

**THE DEEP FREEZE
WINTER SPECIAL:**

**SAVE
\$50**

Offer Good until April 15, 2017

on any work over \$900