

# James Auto Center

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Hours 7:15-5:00

www.jamesautocenter.com  
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850-763-0555



## Safe Driving Tips for Teens

Safe driving is a hot button issue especially when it comes to teen age drivers. There are many free online training programs to help your teen brush up on their driving skills.

1. STARTSMART (AAA) provides safety guides, newsletters and webisodes [aaastartsmart.biz/startsmart](http://aaastartsmart.biz/startsmart)
2. Teens Drive Smart ( Bridgestone) [teensdrivesmart.com](http://teensdrivesmart.com) has blogs to help teens discuss friends about dangerous driving behavior and watch videos about dealing with unexpected issues on the road.
3. Driving Skills for Life (Ford) [drivingskillsforlife.com](http://drivingskillsforlife.com) Students participate in safe-driving activities and learn about car care.
4. [Toyotateedriver.com](http://Toyotateedriver.com) encourages kids to participate in an interactive road distraction challenge, test their driving IQs, make automotive budget and to deal with peer pressure.
5. [Allstateteedriver.com](http://Allstateteedriver.com) Prizes like music and gift cards are earned for making safe driving pledges, playing interactive games and creating a parent-teen driving agreement.
6. Smart phone apps can help regulate teen's driving behavior. **TEENAGE SPEEDSTER** Alerts Parents when their child is in a speeding car-as a passenger or the driver. Available for iPhone, Blackberry and Android \$2.
7. **PHONEGUARD DRIVE SAFE** will block incoming texts and sends a reply while car is moving. Delivers a Google map link indicating the location and speed of the vehicle. Calls to 911 are always allowed. Free for iPhone, Android and Blackberry.



Now you have choices.....

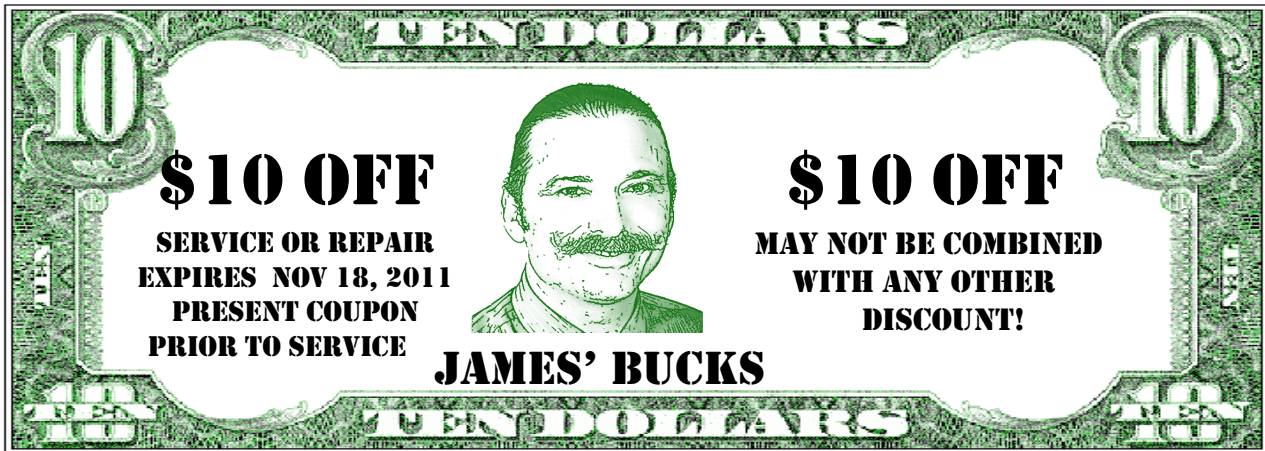
***“Ask the Master Auto Technician”***

Saturday 9-11 am on 94.5 WFLA

News Herald Saturday Edition

FOX28 TV 6-6:30 am Monday-Friday





## Buffalo-Chicken Macaroni & Cheese

7 TBS unsalted butter  
1 pound elbow macaroni  
1 small onion, finely chopped  
2 stalks Celery, finely chopped  
3 cups shredded rotisserie chicken  
2 cloves garlic, minced  
3/4 cup hot sauce  
2 TBS all-purpose flour  
2 tsp dry mustard  
2 1/2 cups half and half  
1 pound sharp cheddar cheese  
8 ounces pepper jack cheese, shredded (about 2 cups)  
2/3 cup sour cream  
1 cup panko (Japanese bread crumbs)  
1/2 cup crumbled blue cheese  
2 TBS chopped fresh parsley



### Directions:

Butter a 9X13 inch baking dish. Bring large pot of salted water to a boil; add the pasta and cook until al dente, about 7 minutes and drain.

Melt 3 TBS butter in a large skillet over medium heat. Add the onion and celery and cook until soft. Stir in the chicken and garlic and cook 2 minutes, then add 1/2 cup hot sauce and stir until thick, about 2 minutes.

Melt 2 TBS butter in a saucepan over medium heat. Stir in the flour and mustard with a wooden spoon until smooth. Whisk in the cheddar cheese and pepper jack cheeses, then whisk in the sour cream until smooth.

Spread half of the macaroni in the prepared baking dish, then top with the chicken mixture and the remaining macaroni. Pour the cheese sauce evenly on top.

Put 2 TBS butter in a medium micro-wave safe bowl and microwave until melted. Stir in the panko, blue cheese and parsley. Sprinkle over the macaroni and bake until bubbly, 30-40 minutes at 350 degrees. Let rest 10 minutes before serving.