

Olson Marketing
Monthly

November 2015 - Issue #51

Your Amsoil Information News Source

Product Highlight - Heavy Duty MP

Made with special rust and corrosion inhibitors. Excellent on metal surfaces, leaves a long-lasting protective coating. Protects against the effects of salt, moisture & chemical corrosion. Works as an undercoat, leaving a wax-like film. Recommended for motorcycle chains. Won't "sling-off". Dry to the touch.

[AMSOIL Heavy Duty Metal Protector](#) helps protect metal surfaces that require a heavy-duty lubricant or are exposed to the damaging effects of salt, moisture or chemical corrosion. Ideal for hinges, wire ropes and springs, nuts and bolts, motorcycle or bicycle chains, and for undercoating wheel-wells and other metal surfaces exposed to water, dirt or road salt.

- Helps protect against rust & corrosion, even in salt water
- Displaces water
- Stops squeaks
- Lubricates metal surfaces
- Leaves a dry, long-lasting, (wax-like) film
- Lubricant does not attract dust
- Does not sling off
- Sprays into hard-to-reach places
- Ideal for chains & other heavy-use items



What's inside?

Rear Braking System.....p. 2
The Altrum Minute.....p. 3
Grow with AgGrand.....p. 3
Shop Talk With Jon Olson.....p. 4
Dealer Zone with Don Olson.....p. 4



Congratulations:

New Preferred Customers

Glenn Andersen
Lincoln, NE

Terry Hutchenson
Lincoln, NE

Jacob Kirk
Lincoln, NE

Brian Stirman
Lincoln, NE

Alan Rembold
Dover, DE

Bub Watermeier
Lincoln, NE

Dealer Contact

Lincoln

Don & Peg Olson
ZO# 4901
402-489-3930

<http://om.shopamsoil.com>
lubedealerdon@gmail.com

Omaha

Jon & Stacey Olson
ZO# 10458
402-990-7940 (text or call)
<http://olson.myamsoil.com>
teacherjon@gmail.com

Rear Brakes, Rotors, & Parking Brake

Last month I talked a little about the front brakes in my vehicle and shared with you a video outlining the procedures for replacing front brake pads and rotors.

I thought it would be fitting to follow up that information with some information and instruction on replacing rear brake pads, rotors, and servicing the parking brake.

I want to start with a little bit of data. According to repairpal.com the cost to replace the brake pads and rotors on the rear of my 2001 F150 would be somewhere between \$421-\$576. If I average those numbers I get about \$500. Although repairpal.com does not specify a cost for replacing the *parking* drum brake components, they do identify drum brake shoe replacement (for the rear of the vehicle) as costing between \$233-\$343. Those two numbers average to around \$300. In total the repair would have cost around \$800 if I had taken it to a mechanic.

I do want to point out that the braking system is the most important safety system in your vehicle and if you choose to do this repair yourself, make sure you do all the research for the make and model of vehicle you have prior to beginning the service.

After performing this service I was able to locate and identify another problem that was starting to form on my vehicle, one of the axle shaft seals has begun to ooze. A video for another day I suppose. Getting back to the data from my service. The following is a break-

down of the cost of parts.

Parking Brake Hardware	\$12.99
Parking Brake Shoes	\$23.99
Disc Brake Pads	\$38.99
Rotor (x2)	\$69.98
Brake Spoon	\$5.49
Amsoil Metal Protector	\$6.40
Amsoil HD Degreaser	\$15.90
Brake Parts Cleaner (x2)	\$8.58

Total	\$182.32

If I add in things like paper towels, rags, tax, etc. I would estimate this repair cost me around \$200.

One additional piece of information that I found interesting is that when I was servicing the rear driver side parking brake I noticed that the linkage was stuck. This meant that the rear driver side parking brake was rubbing/dragging (to some extent) on the drum surface. During the servicing of my rear brakes I fixed this problem and lubricated the mechanical components with [Amsoil MP](#).

With that in mind, I averaged my gas mileage from 12 trips to the gas station prior to servicing my

brakes and came up with an average of 12.9 miles per gallon. I then averaged my gas mileage for the 4 trips to the gas station after having serviced both my front and rear brakes and calculated 13.6 miles per gallon. If you calculate it out further it means that (according to the calculations) I increased my average fuel economy by 5% when comparing the two values.

Lastly, the rear brake service cost me about \$200 and the front brake service cost me about \$150, which totals about \$350 spent on all new front and rear brake pads and rotors. If I extrapolate out the cost per mile comparing the pre-brake service to the post-brake service I find that I will save .9 cents per mile. I drive about 7500 miles per year. In theory, over the next year I should save \$67.50 in fuel due to me servicing the braking system.

Not only will I save money, but I now also have the peace of mind that rather than driving off the edge of a cliff into the abyss and crashing into a million pieces, my truck will stop when I push the brake pedal.



The Altrum Minute

The best defense against winter-time illness is to provide a good offense before you get ill. If your body is functioning at peak performance, you are less likely to get sick.

[Zinc Lozenges](#) and [C-600](#) are a good start. Those partnered with [Ultra Probiotics](#) and [A.J.'s Multi's](#) will give you a strong foundation for both preventing and battling illness this winter.

However, Altrum alone is not going to guarantee wellness. It is essential that you strive for a well-rounded healthy lifestyle. Ensuring you are eating healthy foods, getting plenty of sleep, and exercising have also proven to be powerful in maintaining your health during these cold winter months.

Additional Altrum supplements that could be extremely beneficial to you include [Stress Management](#), [Protein](#), [Nutritional Oils](#), and [Joint Formula](#).

In the world of agriculture today, much of our foods are being grown in soil that is "worn out". This means that soil nutrients are not being replaced as crops are grown and harvested. Many farmers utilize fertilizers that are synthetic and not a good source for putting the proper micro-nutrients back into the ground for the plant's uptake and usage in the fruit.

According to Scientific American, "crops grown decades ago were

much richer in vitamins and minerals than the varieties most of us get today."

Specifically Scientific American notes that modern intensive agricultural methods have stripped increasing amount of nutrients from the soils in which the food we eat grows.

Additionally, over the recent decades there have been new efforts to breed new varieties of crops that provide greater yield, pest resistance, and climate adaptability which have in turn allowed crops to grow bigger and more rapidly. Unfortunately, these same crops do not have the ability to manufacture or uptake nutrients at the pace of their rapid growth. Due to this there have likely been declines in nutrients such as, magnesium, zinc, and vitamins B-6 and E.

This notion has increased awareness for the importance of natural supplements to ensure our bodies are getting the nutrients needed to sustain a healthy lifestyle.



Learn more at:
AltrumOnline.com

Grow with AgGrand

What is AgGrand?

A safe, highly effective alternative to chemical fertilizers.

In today's environmentally conscious society, AGGRAND offers a safe and cost-effective line of natural liquid fertilizers. The products are convenient and free of harmful chemicals, which makes AGGRAND the ideal choice for farmers, homeowners, commercial growers, lawn care and turf professionals seeking natural products with proven performance.

Benefits of Using AGGRAND Natural Fertilizer

- Potential cost savings per acre compared with chemical fertilizers
- Feeds the natural soil biology to improve soil conditions and nutrient availability
- Natural and organic formulations reduce environmental and safety concerns associated with conventional fertilizer



Learn more at:
AgGrand.com

Shop Talk

with Jon Olson

Have you maintained your garbage disposal recently?

Your garbage disposal is a great appliance that makes household duties less demanding. But if not operated or maintained properly, a garbage disposal can easily break down, block and clog the drains and cause a long list of expensive plumbing and drain nightmares.

As November begins I am always reminded that Thanksgiving Day is the busiest day of the year for plumbers. In a lot of cases this is because people try to grind up too many potato and carrot peelings, which in turn clogs their garbage disposal.

Keeping Your Garbage Disposal Running Problem-Free

Ice is an extremely effective and inexpensive method for cleaning your garbage disposal, sharpening the blades and breaking up any grease build-up which has accumulated. Just toss a few ice cubes into the garbage disposal and run it. As the garbage disposal chops into the ice cubes, the ice chips will effectively scour all the hard to reach areas of the unit, and melt down the drain. Try this once or twice a month to keep your garbage disposal in fine working order.

What to do if your Garbage Disposal is not grinding:

- 90% of garbage disposals that appear not to be working just need

to be reset. There is usually a red or black reset button on the garbage disposal motor underneath your sink. Just push to reset.

If the garbage disposal is plugged into a wall outlet, ensure the outlet has power.

- Check for a blown fuse or tripped circuit breaker.

- Give it a push-start. Most garbage disposals have a hole underneath that allows you to hand-crank it free once it's been jammed. To crank it, use either an Allen wrench or a garbage disposal tool that you can pick up at most hardware stores. This should free up most non-serious jams.

If your garbage disposal has completely broken, I have an instructional video that you can watch to get some basic information on repair procedures. The fix is not overly complicated but does require a few basic tools and the ability to work in a tight and cramped location.

Dealer's Zone

By Don Olson ZO#4901

Dealers and Preferred Customers ... Food for thought. You own your own store that you purchase at wholesale prices. The products in your store are the best that money can buy.

Whether you decide to use the best synthetic lubricant, the best natural food supplement, or the best liquid organic fertilizer, you will know you are purchasing and using the best products that money can buy ... and you purchase them at wholesale!!!

When you have any questions don't hesitate to contact Don or Jon via phone or Email. We will assist you in getting the product you need. Or you can call Technical Services (they will ask for your name and your ZO number) before answering your question. 715 399-8324.

