

## **Nationally recognized TV auto expert to teach 'basics' in AU workshop**

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Lauren Fix, a nationally recognized television automotive expert and professional race car driver, will be teaching the basics of car maintenance at Alfred University on Monday, Feb. 23 at 7 p.m. in Holmes Auditorium, Harder Hall. The event is open to the public free of charge. Fix has a long list of credentials including automotive editor for YourLifeMagazine.com and contributing writer for USA Today, Motor Trend magazine, and Good Housekeeping magazine. She has also authored two books titled "Driving Ambitions: A Complete Guide to Amateur Auto Racing," and "The Performance Tire and Wheel Handbook." Fix is currently the host of a TV show on the Do-It-Yourself Network which provides viewers with in-depth demonstrations and tips for auto repair. She has won numerous awards including a 2000 Car Care Council Communications award and in 2003 an International Automotive Media Award.