Hutumn

Home Improvement and

Car Guide

The Glengarry News
WEDNESDAY OCTOBER 1, 2003

How to save money on your renovation

(NC)—If you're planning a home renovation, now is the time to think about making your house more comfortable and energy efficient – and save money along the way.

Improving insulation levels in the attic and walls and upgrading major equipment such as the furnace will produce the biggest energy and dollar savings. In many older homes, having a professional air-sealing job done to reduce energy leaks often provides the best value for money. By piggyany energy backing improvements onto a larger renovation, you get more out of every dollar you spend. Don't miss the opportunity.

Here are some things you can do to put together an energy-smart renovation



Renovating your home can be a cost saving opportunity.

project:

• If you're replacing your furnace, consider a high-efficiency or, better still, an Energy Star model. It's likely that the additional cost will be covered by the energy you save over its life span. Consider air sealing or adding attic insulation before you change

your furnace – you may be able to buy a smaller furnace and realize even more savings.

• If you're renovating the attic, you should also add insulation to the roof and kneewall cavities and replace the air-vapour barrier to control drafts and moisture.

• If you're finishing your home's basement, there's no better time to insulate and seal the outer walls. Before you do, make sure that the exterior surfaces of the walls are properly water-sealed from the outside; otherwise you'll risk creating mould problems. It's always best to speak to a professional first if you're considering this type of work.

Every time we use energy from fossil fuels such as coal, oil and gas, we produce greenhouse gas emissions that contribute to climate change. Canadians are being asked to do their bit to help protect our environment by reducing their greenhouse gas emissions by one tonne per year – the One Tonne Challenge.

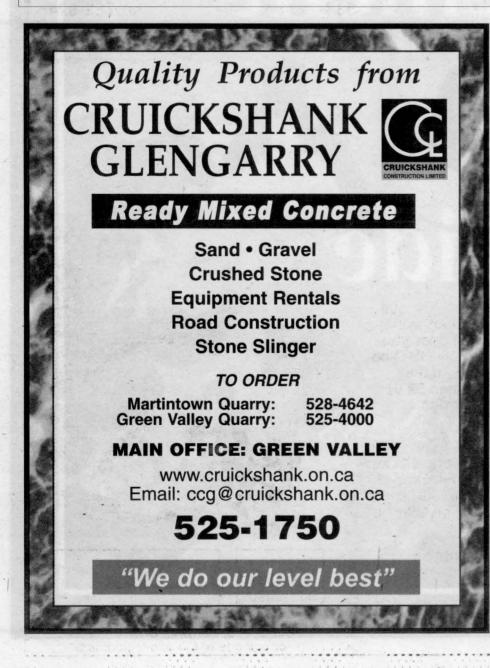
As part of Canada's effort

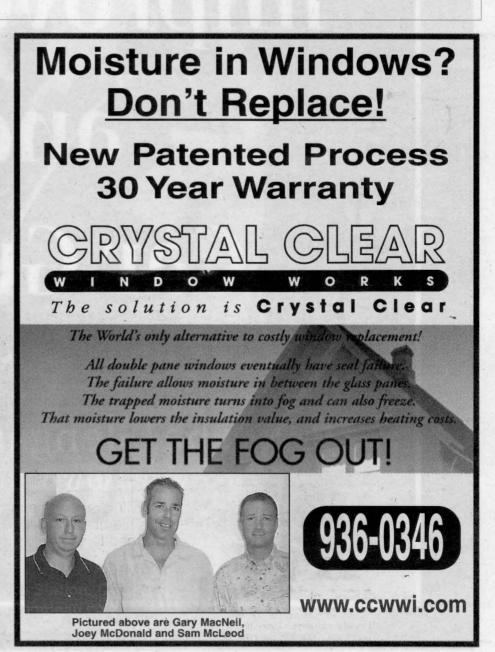
to protect the environment, Natural Resources Canada (NRCan) has developed the EnerGuide for Houses Program. Managed by NRCan's Office of Energy Efficiency, EnerGuide for Houses can provide a wealth of unbiased, expert advice on every aspect of home energy efficiency.

An EnerGuide for Houses energy advisor will help you make better decisions about your home. More than 60,000 Canadians have already received our help. For more information on EnerGuide for Houses, visit the EnerGuide Web site at energuideforhous-

2000 toll-free (995-2943 in the National Capital Region).

es.gc.ca, or call 1 800 387-





The gift of safety

Canadian households have at least one smoke alarm. Of those, only half are thought to be in peak working condition. Fire can strike a home at any time, without warning - unless a smoke alarm is ready to alert all occupants as soon as a dangerous situation occurs.

Be prepared! Carol Heller, Vice-President Residential of Products for a safety company suggests, "A working smoke alarm on every level of your home will provide the best method of warning and could provide precious extra seconds necessary for you and your family to escape unharmed."

Only 31 per cent of Canadian households own a carbon monoxide (CO) alarm. Households without one are taking a life-threatening chance that their fuel burning appliances will never malfunction.

The most common appliances

(NC)—Only 80 per cent of at risk of emitting CO are: natural gas fireplaces, furnaces and hot water tanks, and cooktops. Even the slightest malfunction or misuse of these sources can lead up to a build-up of carbon monoxide that can become deadly before you know it's there.

> Fire extinguishers are another important aspect of providing a safe environment for you and your family. Only 54 per cent of Canadian households have a fire extinguisher. "Keep a BC rated extinguisher in the kitchen or garage, and a general purpose ABC centrally located in the house," recommends Carol.

> If stairways are blocked by fire, windows may be the only exit to safety, having a fire escape ladder on the second level of your house in each bedroom could save your life. Store the ladder under the bed where it will be easy to access if the room fills with smoke.

> > - News Canada

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HOME IMPROVEMENT

Home safety tips for snowbirds

(NC)—When you're going away on your annual vacation you want to rest - and rest easy

You want peace of mind that your home is as safe as it can be from burglary or other damage.

The following home safety guidelines can help you plan important safety measures before your departure:

Suspend your newspaper and mail delivery; or have a neighbour collect them for you.

 Make sure the house looks lived in.

That means having someone shovel the walk, clear your car off if it snows, or park their car in your driveway if you're taking

You can even ask a neighbour to put a bag of garbage at your curb on garbage day.

· Set your lights on timers, in various rooms.

With some timers, the lights go on and off at different times each day, which means a burglar can't pick up on a pattern.

Motion sensor lights outside can also deter a burglar. Consider installing them in front

 Ensure that all your doors and windows are locked and

Don't forget about the garage. To be extra safe, place a bar or stick of wood in the lower track of sliding doors or windows.

· Turn off the water-main and unplug the major appliances as an added precaution.

 Inform a neighbour when you're leaving and returning, and ask them to keep an eye out for anything suspicious. Leave them a phone number where you can be reached, and a spare set of your keys in case of an emergency.

Consider a home security sys-

A home security system is a very effective deterrent. When looking for their targets, thieves usually select an unoccupied home with the easiest access. Why not make it difficult for them?

A home protected by a security system is three times less susceptible to a break in than one without a system.

Security system decals and signs are also an effective deterrent.

Make sure your security system includes a loud inside alarm, detectors at all exterior doors, and motion sensors in the master bedroom and main liv-

The latest technology in security systems can now allow you to monitor your home from a distance by e-mail response.

The alarm system is linked to a remote monitoring station that protects your home 24 hours a day against burglars, fire, carbon monoxide poisoning and floods by supervising the temperature, electrical system and point of entries of your home.

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How you can winterize your house

(NC)—With winter just around the corner, now is the time to give your home a winterizing "check-up." Here are five tips on what

to look for and take care of so your home is ready for those cold north winds.

1. Have your heating system cleaned and tuned by a qualified contractor.

A pre-season tune-up and filter change is a good investment. It reduces the chances of breakdowns in the middle of winter, improves safety, and pays for itself through more energy efficient operation.

2. Have your system checked for carbon monoxide.

A good contractor will also offer to test your system for hazardous carbon monoxide, which can be produced by a dirty or malfunctioning gas or oil

FIVE TIPS TO WINTERIZE YOUR HOME

- 1. Have your heating system cleaned and tuned.
- 2. Have your system checked for carbon monoxide.
 - 3. Have your duct system tested for air leaks.
- 4. Have an Infiltrometer "blower test" performed.
- 5. Consider replacing your old furnace or heat pump.

furnace or water heater. ical home's duct system Install a low level carbon monoxide alarm. Every home should have at least one carbon monoxide alarm.

3. Have your duct system tested for air leaks.

Many think that windows and doors are the major cause of a home's air leaks.

But according to recent research by the U.S. Department of Energy, gaps and cracks in the typare much more significant.

The typical duct system loses 25-40 per cent of the energy put out by the central furnace, heat or air conditioner. Leaks are usually the biggest problem.

4. Ask your heating contractor to perform an Infiltrometer "blower door" test.

The blower door is a computerized instrument that pinpoints where your home's worst air leaks are, and also measures how leaky the overall house is. While some homes are still far too leaky, most homes are now becoming too airtight and need mechanical ventilation to ensure the air inside is fresh.

According to Jean Marketing Deslandes, Director for a ventilation company, proper ventilation is crucial for optimal quality. indoor air Ventilation dilutes the air of pollutants in your home

and revitalizes stale air," explains Deslandes. "For your home to breathe, effectively it needs a constant source of fresh, filtered outdoor air to flow through, resulting in improved indoor air quali-

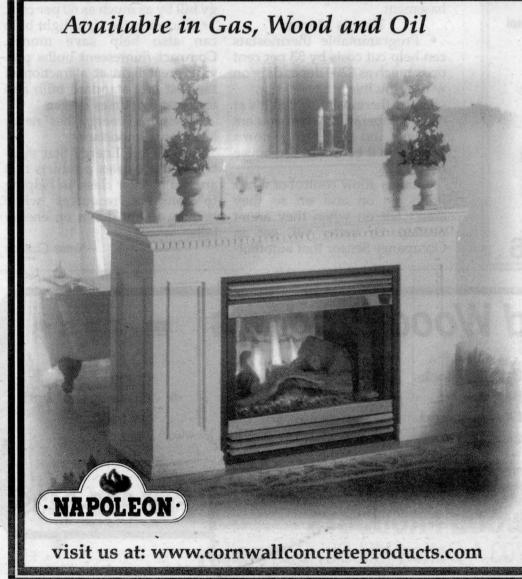
ty."

5. Consider replacing

heat your old furnace or heat pump.

Just like a car, heating equipment doesn't last forever. If your system is more than 12 years old, and you are planning to stay in your home more than a few years, many authorities recommend replacing it before it fails permanently. A new system is safer, more dependable, and can pay for itself through energy savings as it is up to twice as energy efficient.

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Save money and stay warm this winter

(NC)—This winter, staying warm and cozy doesn't have to completely throw off your budget. Here are some money-saving tips to help cut the cost of gas/electricity while conserving resources.

Keep the Heat In

• Weatherstripping and caulking are key elements to getting homes ready for winter and can reduce energy costs by as much as 30 per cent. Window shrink kits make older windows more efficient and help heat from escaping.

• Thresholds (steel piece with rubber on bottom) should be maintained at the bottom of the

door to stop air loss.

 Caulking and foam insulation should be used to seal windows, doors and the garage and for filling in holes or gaps in walls.

• EPA-approved woodstoves provide a steady source of heat at an affordable price and will take the chill out of any room or basement.

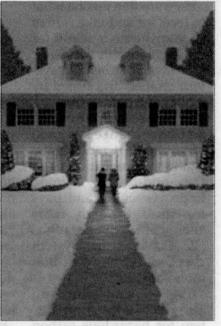
Time is Money

• Programmable thermostats can help cut costs by 33 per cent or as much as \$200 depending on where you live.

Set the thermostat so that it's at room temperature when you are at home and then turn it down when you'll be out of the house

or sleeping.

• Timers allow control of when lights go on and off so they aren't left on when they aren't needed. Or better yet, get an Occupancy Sensor that automot-



Keep the cold out this winter.

ically turns lights ON when occupancy is detected and turns lights OFF when the area is no longer occupied.

• Using a dimmer to dim lights 75 per cent can reduce the energy bill by as much as 60 per cent.

• Choosing the right light bulb can also help save money. Compact fluorescent bulbs provide great light at a fraction of the cost of a standard bulb and they last five times longer.

Conserving energy has never been more important.

Look for the Energy Star symbol as it indicates products that are top of their class, in helping to conserve resources while helping to cut down on energy bills.

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Fire-resistant materials make for safer homes

(NC)—If you are in the market for a new home, you may be concerned about fire prevention and fire-resistant materials.

The National Fire Protection Association (NFPA) reports that there were 55,200 fires reported in Canada in 1999. Ontario's Office of the Fire Marshall reported 30,863 fires in Ontario alone in 2001, with property losses totaling more than \$348 million.

The number one culprit in fires was found to be cooking, while the number one cause of fire deaths was reported as careless smoking.

Along with proper smoke detectors and automatic fire sprinkler systems that greatly contribute to surviving a home fire, there are building materials and methods that are more fire resistant.

According to home expert and TV and radio personality Shell Busey, homeowners can build safer homes using Insulated Concrete Forms (ICFs).



Consider fire-resistant materials when building your new home.

ICFs are used to create thick concrete walls with insulation and other construction layers built in. One of the safest ICF systems is called the Arxx High Performance Wallsystem.

"Arxx is an insulated, steel-reinforced concrete wallsystem that has been tested by United Laboratories and has a fire resistance rating of 2 – 4 hours," said Busey.

That compares to average of only 20 minutes for a 2X6 constructed wood-framed home. At this time, Arxx is the only ICF entitled to bear the ULC fire resistance logo, which is a key indicator of tested fire protection products and materials.

Time is of the essence in a fire and the longer the fire resistance rating, the longer the homeowner has to escape with loved ones and contact the fire department to try to save the structure.

With Arxx walls, the homeowners have at least four times longer to take action.

According to Busey, another step toward fire-resistance is the roof, where fires can spread from windblown burning embers.

Fire-resistant roofing materials include fiberglass reinforced shingles, slate, terra cotta or other types of tile, or standing-seam metal roofing.

Your builder or roofing contractor can advise you on the various fire-resistant roofing materials. Remember, slate and tile can be much heavier than asphalt or wood shingles.

Your roofing contractor should determine whether your roof is strong enough to support them.

If you live in a heavy snowfall area, you may consider a standing-seam metal roof that sheds snow efficiently.

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What's your colour IQ? True or false?

- 1. A dark colour makes a room look smaller.
- 2. Yellows and yellow-creams make a room feel brighter.
- 3. Colours other than white will bring a ceiling down.

Answers: 1) False, 2) True, 3) False.



The painting blues – a cure at last

(NC)—Home renovation, upgrades, or even maintenance never ends up being as simple as it looks. In fact, it's almost a guarantee that something will happen to put a hitch into all your well-laid plans.

One of the great things about home renovation, however, is that people are constantly developing new products to make the process, and your life, easier.

A simple project like painting the ceiling, for example, may seem easy until you get down to

the nitty-gritty.

Sure everything starts out fine, you're painting along your merry way and barring the occasional dollop of paint splashing down on your face from above, it's smooth sailing. Until halfway through your job when you suddenly realize you have

absolutely no clue where you have painted and where you haven't.

And anyone who has a little painting experience knows the negative effects of layering one area of the ceiling more than another. It's not pretty.

Now, there are new paints available that can make this job a breeze. They go on light blue, and only turn white when the paint dries completely.

So you can see exactly where you've painted and where you haven't. No missed spots, and no double layering.

So next time you have a home improvement job, take the time to stop by your home improvement centre and check out what products are on the market that can make your job a breeze.

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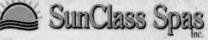
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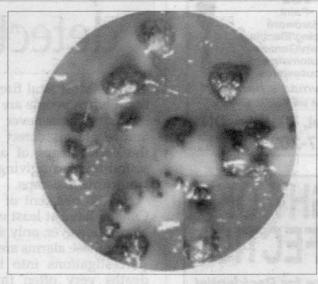
New building materials

(NC)-Did you know that 20 per cent of North Americans suffer from some form of respiratory problem?

The onslaught of new allergy drugs on the market seems to support that. And worse, the old "sick building syndrome" is right at home in our own domains. The main culprits according to experts are moisture, poor ventilation and building methods and materials that provide a food source and opportunity for

mould growth. In home construction, a relatively new building system is eliminating the breeding ground for black mould and mildew species. Insulated Concrete Forms (ICFs) are part of a concrete construction system in which concrete is poured into steel-reinforced expanded polystyrene forms. The result is thick concrete Household mold can cause breathing problems. walls with insulation and construction layers built right in. Unlike 2X6 wood-framed homes, there are no cavities or gaps where moulds can proliferate, feeding on cellulose

and paper-backed building materials. Shell Busey, who hosts TV and radio programs that provide home solutions, said one of the leading ICF systems that battles the mould and mildew problem is the Arxx High Performance Wallsystem.



When used in concert with properly designed HVAC systems, the Arxx walls keep out allergens, eliminate mould growth and generally result in improved indoor air quality," he said.

It is also easier to control temperature and humidity with the Arxx airtight construction, which is another important step against mould growth.

One of the most vulnerable points of entry for moisture is the foundation. On the moisture battlefront, Arxx helped develop Maxx Foundation Wrap, a clear wrap that enables precise anchoring of the membrane to the concrete forms.

The technology features a tough, durable plastic membrane with unique "dimples" that serves as an air gap between foundation and surrounding soil.

The dimples provide a downward drainage path for moisture and serve as buffers when the foundation expands and contracts during freeze/thaw cycles.

No matter what building method is chosen, Busey recommends checking into some of the new Heat Recovery Ventilation systems (HRVs).

The best quality HRV system should help control moisture and humidity. It should not only remove stale air, but also bring in fresh, filtered air on a continuous basis.

For more information about mould prevention, visit the Environmental Protection website Agency http://www.epa.gov/iaq/moulds/moldresources.html.

- News Canada

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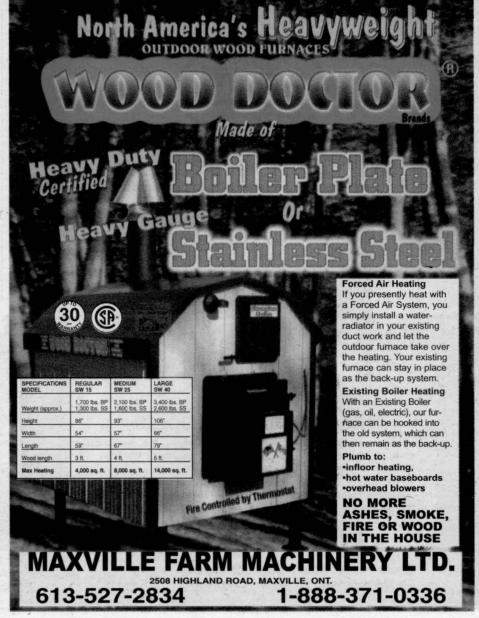
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Is your smoke or CO detector working?

(NC)—Most fatal fires occur at night when people are asleep.

Often victims never wake up. Smoke alarms detect smoke in the early stages of a fire and sound an alarm giving you precious time to escape.

Only 80 per cent of homes in Canada have at least one smoke alarm, however, only about onehalf of those alarms are working.

Investigations into home fire deaths very often find that a smoke alarm did not sound because it had not been properly maintained.

Smoke alarms are inexpensive. Remember, only a working smoke alarm can save your life.

Install smoke alarms on every level of your home, including the basement and near sleeping areas

If you sleep with bedroom doors closed, install an alarm inside each bedroom.

There are many types and models of smoke alarms available, each with different features.

Alarms can be electrically connected, battery-powered or a combination of both.

A leading manufacturer of fire safety products recommends installing ones with a "hush" button to reduce nuisance alarms.

In the event of a false alarm due to, for example, burnt toast, the "hush" feature will let you silence the alarm without removing the battery and then the alarm will re-set itself automatically. Be sure your alarms work:

- Test your smoke alarm once a month
- Replace batteries at least once a year
- Never "borrow" alarm batteries
- Smoke alarms don't last forever - if you think your alarms are more than 10 years old, replace them with new ones.

- News Canada

(NC) – Carbon Monoxide (CO) is a poisonous gas that you cannot see, smell or taste.

Because of its qualities it is often referred to as the "silent killer."

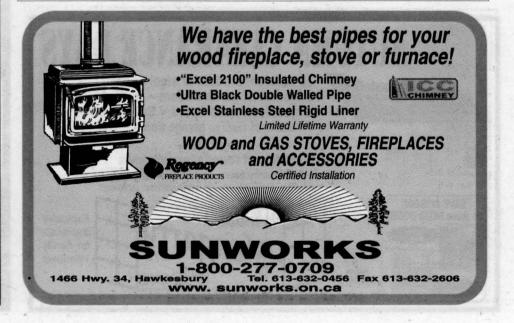
Exposure to CO can cause flulike symptoms such as headaches, nausea, dizziness and even loss of consciousness.

The incomplete burning of fuels such as natural gas, propane, heating oil, kerosene, coal, charcoal or wood produces CO.

Even a small amount of CO is considered dangerous.

Properly installed carbon monoxide detectors are a good second line of defence but they do not eliminate the need for regular inspection, maintenance and safe use of your fuel-burning appliances.

With the cold season upon us, heating oil and propane burning appliances, such fireplaces and furnaces should be checked and maintained by a qualified contractor.



Give your furnace a tune-up

(NC)—The old adage "if it isn't broken, don't fix it" should not apply when it comes to your household heating system. Like a car, your furnace is a running machine that needs regular tuneups to ensure its efficiency and longevity.

You wouldn't wait more than a year to give your car an oil change, so don't wait until your furnace breaks down to call for

service.

A clean, well-adjusted heating system will save you money on fuel and will prolong furnace life. The cost of annual servicing is modest, especially when compared with the price of a new fur-

Replacement of the air filter on a forced air furnace is only a start. There are a number of components in your heating system that

requires regular inspection and maintenance.

They are the heat exchanger, ignition system, fan, motor, bearings, belts, pumps, controls, exhaust, burners, pilot, thermostat, chimney and more.

This season, be sure to give your furnace a tune-up!

Have your furnace inspected and cleaned by a qualified technician. They will be able to identify

problem areas and will recommend solutions that will ensure your year-round comfort. For information on where to find a qualified contractor in your area, check out the website of the Heating, Refrigeration and Air Conditioning Contractors of Canada at www.hrac.ca or call toll-free at 1-877-411-HRAC

- News Canada

Get ready to winterize your lawn mower

(NC)—Now that the summer mowing season is history, it's time to store your mower so it will provide peak performance when spring rolls around.

Here are some tips:

- In a well-ventilated area, drain the fuel tank and run the engine until all fuel from the tank is gone.
- While the engine is still warm,

drain the crankcase oil and fill it with fresh oil.

- · Thoroughly inspect the moving parts of the mower for damage. Any bare metal parts should be covered with oil or rust preventive.
- Remove the spark plug in your walk-behind mower and put a small amount of oil directly into

the cylinder, turn engine over with the pull start and reinstall spark plug.

- Clean dirt, grass and debris from engine, cutting deck and handle of mower.
- · For mowers operated by battery, remove the battery and fully charge before storing.
- Store your mower and fuel can

in a dry, ventilated area and never near a pilot light or heat source of any kind.

Following these maintenance steps to prepare your mower for storage will help your mower perform better, last longer and be ready when your grass comes back in the spring.

- News Canada



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All about hydronic radiant heating

HOME IMPROVEMENT

(NC)—Hydronic radiant heating has gained broad acceptance as an alternative to traditional forced air heating methods in new and renovated homes.

The gentle warmth of hydronic radiant heating can turn any home into a comfortable and healthy environment with even heat distribution, reduced indoor pollutant levels and possible energy savings.

Today, consumers are becoming more familiar with the benefits of radiant heat both inside and outside of the house.

Homeowners are realizing that radiant heat will not only keep their feet nicely warmed but also can be used to clear the driveways and walkways of snow and ice.

Inside the building the heat

comes from circulating heated fluid through a network of radiant piping laid beneath the interior flooring.

The same way pipe is placed under the surface of external areas for snow and ice melting.

Leading radiant heating system suppliers have numerous applications for the residential and commercial consumer.

Using these products, the heating system can easily be extended under sidewalks, sloped or level driveways, patios and entranceways.

With the automatic system taking care of removing snow and ice and the occasional slip, arriving home will always be a warm reception.

Yes, home at last.

- News Canada







127 Augustus, Cornwall, Ontario 613-938-9442





AUTUMN CAR GUIDE

Simple tips can save you money

(NC)—Just because you are not a mechanic, doesn't mean that you can't take better care of your vehicle — and save some money in the process.

Following is a list of basic and common sense tips that can make a big difference in how your vehicle performs and how long it will last.

A little bit of effort on your part can go a long way towards protecting this major investment.

· Check your tire pressures on a regular basis, especially if you are going on a trip or carrying a heavy load.

Improperly inflated tires can have a major effect on the way your vehicle handles, and make a huge difference on how quickly your tires wear out.

If you are not comfort-

able with doing this yourself, go to a reputable fullserve service station and ask the attendant for assis-

 Check your oil yourself or have the attendant check it every time you fill up with gas.

Ît's basic common sense. A low oil level, which easily happen could through a leak or many other reasons, can do serious damage to your engine.

And always remember, the red light on your dashboard is not an oil check light. It is an engine danger light. By the time it comes on, you are most likely already in serious trouble.

• If you want to check your oil yourself, it's easy to do. Fully warm up your vehicle then park it on

the engine (unless you have a dry oil sump like in certain Porsches and a few other high performance cars — in this case you must leave the engine running).

Wait a few minutes for the oil to drain into the crankcase. Open the hood and identify the oil check dipstick (make sure it is not the automatic transmission dipstick). Remove the dipstick, wipe it clean, replace it for a few seconds and then remove it again and check the reading based on the marks. Add a quality brand name oil if necessary and do not overfill. It's that simple.

• Read your vehicle instruction book. Then read your vehicle instrucbook tion again. Thousands of hours have

level ground and turn off gone into the preparation of this manual and it will be full of excellent recommendations on how to keep your car running well - from the people who actually designed the car. Follow their advice carefully on maintenance, safety and the correct type of lubricants to use.

 Change your oil every 5,000 kilometres or every three months. While that probably exceeds your manufacturer's warranty requirements, it will pay off down the road. Supplying fresh, clean high quality oil is the best single thing you can do for your engine.

 Check your automatic transmission fluid monthly. It has a dipstick similar to the engine oil dipstick, but normally is checked with the engine running.

Adding a little transmission fluid is a minor cost. Rebuilding your transmission is a major expense. See your owner's manual for details.

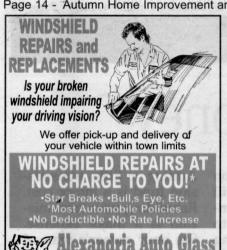
· Carry, in proper containers, at all times, a couple of litres of gas, some engine antifreeze coolant, windshield wiper solvent and a supply of high quality engine oil.

Consider asking your installer for a synthetic oil. It's a little more expensive but if you want the utmost in protection for a vehicle that you plan to keep, it's worth the premium.

A wealth of interesting and valuable information on motor oils and lubricants can be found at wellknown petroleum web sites.



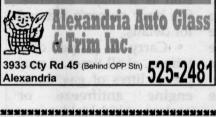






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CAR GUIDE

Treadwear the key for high performance

(NC)—So you own a high performance car. To ensure that it delivers that high performance it promises you, invest in some high performance tires as well.

So what are tires anyway? Well, the fact is they are the only part of your car that actually comes in contact with the road, so needless to say, they are a pretty vital component. And, because your tires are in direct contact with asphalt and concrete, over time they are going to wear out.

But by giving them the care and attention you give the rest of your car, you can maximize performance and your tire invest-

Whether your car has factory installed tires or aftermarket replacements, it's important to rotate your tires every 10,000 to 12,000 kilometres. So, if you drive an average of 24,000km a year, they should be rotated twice a year. This will ensure that your tires will wear out evenly and consequently last longer. To make sure that you do it correctly, consult the "Owner's Manual" which includes all the information necessary about when and how to do this impor-

"As well as rotating your tires, you should make sure that your tires and wheels are properly balanced," says tire expert Tony Mougios. "An unbalanced tire will cause shimmying or tramping which will send vibrations to the steering wheel and possibly

throughout the car.

"Not only will this affect the vehicle's handling, but it accelerates tire wear."

If your vehicle has a tendency to "pull" on one side when you let go of the steering wheel or while braking, your tires may not be properly aligned and should be corrected as soon as possible.

Improperly aligned wheels make the vehicle difficult to drive and also wear out the tires unevenly and quickly.

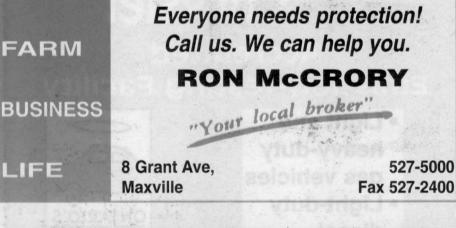
It's also very important to check your tire pressure at least once each month. The proper tire pressure will help you maximize your tires' performance and reduce their tread wear.

Finally, it's also important to wash your tires from time to time with a simple soap and water solution to get rid of oil, dirt, brake pad grit and other materials that might damage them.

You should also take this opportunity to make a visual inspection of your tires, check for any damage, uneven tread wear or any other problems.

Your tires don't need much. They just require a little attention and maintenance.

Take a few minutes from time to time to give them some TLC and make sure that the word accelerate applies only to your vehicles ability to pick up speed, not your tread wear.





AUTUMN CAR GUIDE

Keep safety in mind in sloppy weather

(NC)-It's inevitable - slushy, snowy, and icy conditions are waiting in the wings to make their debut on Canadian roads this winter.

Bad weather can occur without notice, too - so it's best to bone up on your defensive driving skills before the first snowfall of the sea-

Here are some important tips to keep in mind as the temperature drops:

1. Don't be a peephole driver.

The weather's been great all week, and today you wake up to find frost all over your car.

You've managed to find the window scraper, but now you're late for work.

Scrimping on scraping might get you to work faster -but it's a dangerous driving habit that needs to be broken.

We've all seen them - drivers who clear a peephole in the windshield while the rest of their car is encased in ice.

THREE TIPS TO STAY SAFE

- 1. Don't be a peephole driver.
 - 2. Know your tires.
 - 3. Winterize your trunk.

invention - but good old-fashioned elbow grease is the best way to ensure you can see and be seen.

2. Know your tires.

All-season tires may be sufficient for those parts of the country where winters are generally mild.

For those of us who are generally snowed, iced, or slushed-in for six months of the year, however, winter tires are a must.

Winter tires increase traction, making it easier to maneuver around corners and climb out of snow banks.

Winter tires also perform better in cold weather, since the rubber compound in all-season tires can Defrost buttons are a great harden when the temperature

drops below - 10°C, resulting in less traction.

In Canada, tires marked with the pictograph of a peaked mountain with a snowflake mean that they are designed for use in severe winter conditions.

If you do put winter tires on your car, make sure you have them installed on all four wheels.

Vehicles with front-wheel drive, for example, need both linear (forward) traction, and lateral traction, particularly on the rear wheels, to prevent spin-out and loss of control.

Don't forget to check your tire pressure at least once a month especially before a long holiday-

Even with winter tires, tire pressure decreases by one pound for every 5°C drop in temperature.

Tire experts can help you choose the tires that are right for your vehicle.

3. Winterize your trunk.

Keeping a road safety kit in your trunk year-round is a smart idea, but winter driving conditions call for special safety gear.

These items should cover most situations, so make sure you keep the following on hand - just in

- Windshield scraper and snow brush.
- Lightweight shovel.
- · Bag of sand, wire traction mat or other abrasive substance.
- Properly inflated spare tire.
- · Wheel wrench and jack.
- · Rope.
- · Blanket.
- Flashlight (batteries wellcharged), flares and first-aid kit.
- Battery jumper cables.

- News Canada

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Give your car a clean ride

AUTUMN CAR GUIDE

(NC)—Keeping your car in good condition involves caring for it — inside and out.

Here are some tips to help you get started on cleaning and protecting the car's interior.

 Use a protectant that doesn't contain silicone to prevent the dashboard, interior door panels and console from drying out and cracking.

· The dashboard is more vulnerable than other

areas because of the harsh UV rays and therefore needs to be treated more than other vinyl surfaces.

 Thoroughly clean seats and carpet and spray a fabric protector to help repel spills and dirt.

• A good vacuuming will keep carpets and seats in better shape and make the ride more comfortable for passengers.

- News Canada

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Winter survival kit

(NC)—As another unpredictable Canadian winter approaches, Michelin recommends converting your trunk into a winter survival kit by adding the following essentials:

- Shovel
- Sand
- Compass
- Booster cables
- Fuel line anti-freeze
- Traction mats

- Tow chains
- First Aid kit
- Extra clothing/footwear
- Emergency food pack
- Ice scraper and brush
- Fire extinguisher
- Extra windshield washer
- Road flares/warning light
- Blanket
- Flashlight

- News Canada

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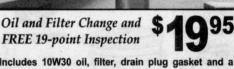
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AUTUMN CAR GUIDE

Solving some common car problems

(NC)—According to the most recent JD Power survey results, the top three automotive services most commonly performed are for oil changes, tire and brake work.

Here's a look at some of the most common problems that lead to these types of repairs and what drivers can do about them to be safe and save themselves time, money and inconvenience down the road.

What's in an oil change

Oil protects the moving parts of the engine against wear and cleans away deposits and by-products of the combustion process.

"Supplying fresh, clean oil to the engine is one of the most important things a driver can do to protect the engine," says Tom Mondoux, director of a

large Canadian chain.

"The oil should be changed every 5,000 kilometres or every three months — whichever comes first.

"The minor cost of an oil change will pay off in the long run by extending the life of the vehicle," he adds.

Keep tires on a roll ...

Proper alignment and balance of the tires is critical to ensuring safety and longer tire life.

Looseness in steering, vibration or difficulty in controlling the vehicle over bumps and around curves are likely indications of balancing and/or alignment issues which need attention.

Recommended routine tire maintenance includes:

• Check tire pressure monthly when tires are



Solving your own car problems will save money.

"cold"

- Inspect tires monthly for uneven wear
- Rotate tires every 10,000 km
- Balance and align tires every 20,000 km or annu-

ally

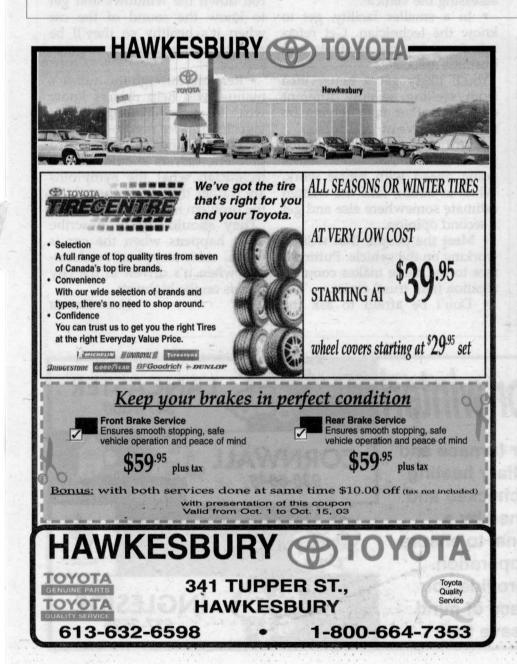
Put on the brakes ...

The brake system absorbs the energy of the moving car and converts it into heat. Proper brake operation is critical to the safety of a car. Because brakes are a normal wear item for any car, sooner or later they're going to need replacement but there are a few things drivers can do to make them last longer:

• Clean, inspect and have moving parts lubricated every 20,000 km or annually. This will ensure proper brake performance, even wear and longer life of the brakes.

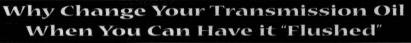
Symptoms of brake problems may include squealing, dragging or grinding brakes, a brake pedal that vibrates and pulsates, a low brake pedal or brake pull.

Should a driver encounter any of these symptoms, they should have the vehicle checked by a qualified technician as soon as possible.











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Finding a good auto-repair facility will save mor

(NC)—Finding a good automotive service facility is like finding a doctor or a financial advisor: building a relationship based on trust will be important and takes time.

Knowing a car's history because it's been worked on before at the same centre can make problems easier to find, and could mean savings on repair work.

The following tips can help:

 In a larger facility, get to know the service advisor.

A service advisor is there to answer questions and can help customers understand the recommendations of the technician assessing the vehicle.

· In a smaller facility, get to know the technician. Get referrals from friends, relatives and business associates.

You'll likely get a better idea from seeking several different opinions rather than relying on the perspective of one person.

 Written estimates should be provided and discussed before going ahead with repair work. When in doubt, take the written estimate somewhere else and get a second opinion.

 Meet the people that will be working on the vehicle. Putting a face to the name makes communication (and trust) easier.

· Don't be afraid to ask the

service advisor questions: what sort of training do their technicians receive? How often? Do they have the latest computer and diagnostic equipment?

· Check the customer area for information about the facility most service centres post their rates and billing information

 Go with a facility that stands behind its work: look for a 'customer promise' — it will give you a sense of how they value your business.

Motorists can help the automotive service technician to help them, too.

- Every so often, drivers should roll down the windows and get to know the sound of the car when it's healthy so they'll be able to notice when it requires service.
- Reading through the owner's manual will help drivers know what to expect in terms of the vehicle's service needs.

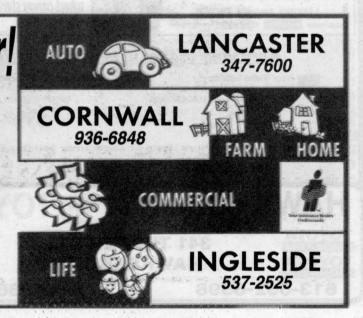
 When taking the car in with a problem, drivers should tell the technician what the symptoms are (rather than what they think the problem is).

They should try to describe what happens when the car is warm, cold, stopping, accelerating, when it's driven in the city versus on the highway.

- News Canada



Have your furnace and any auxiliary heating devices checked and cleaned by a professional to ensure safe operation. It will provide you with peace of mind and save fuel



Driving for fuel efficiency

(NC)—A poorly tuned engine can consume an average of 10 per cent more fuel. Here's some tips to help motorists make their gas dollars go further:

• One equals 20. One poorly tuned vehicle can emit pollutants equivalent to 20 properly tuned cars.

 Don't let your engine idle. Excessive idling pollutes. Turn off the engine whenever you can.

 Low tires put pressure on fuel. Properly inflated tires improve fuel performance.

• 90 is optimum. The best fuel economy for most vehicles is under 90 km/h.

 Light is right. The heavier the car, the more fuel it burns. Avoid unnecessary weight.

•Plan your trips. Save money by planning activi-



Properly inflated tires is just one factor that will improve your fuel efficiency.

and combining your vehicle. errands to reduce the

· Share the ride. Car- vehicles on the road. number of times you start pooling or ride sharing • Be

reduces the number of

aerodynamic.

Reducing wind resistance on the highway cuts fuel consumption. Rolling up the windows, taking car top carriers off when not in use and putting a tonneau cover on pick-up trucks are a few ideas.

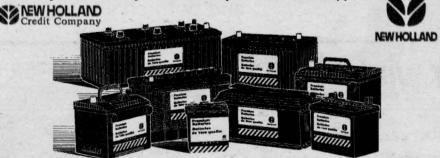
· Driving an emissionfriendly car can save up to 10 per cent in annual fuel consumption and prolong the life of the vehicle. It also reduces emissions to help protect the environment.

 Ensure correct alignment and tire balance. More fuel is consumed as a result of incorrect alignment. Looseness in steering, vibration or difficulty in controlling the vehicle over bumps and around curves are indications of problems which need attention.

- News Canada

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