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## Safe-Driving Strategies for Small-Car Owners

Small cars can be major money savers, trimming gas bills by 50% or more compared with full-size sedans and SUVs. However, small cars also tend to be riskier than larger vehicles, with fatality rates more than twice as high as those of gas guzzlers. To make small-car driving as safe as possible...

Select the safest small car. When buying a car, look for...

**Side-impact air bags.** These greatly improve your odds of survival if your small car is hit on the side.

**Electronic stability control.** This computerized safety system detects when your vehicle is skidding and helps you get the vehicle under control quickly.

**High scores in crash tests.** Crash-test ratings from the National Highway Traffic Safety Administration (NHTSA) are available at [www.safercar.gov](http://www.safercar.gov). Ratings from the Insurance Institute for Highway Safety (IIHS) can be found at [www.iihs.org/ratings](http://www.iihs.org/ratings).

**Bright color.** Select a brightly colored car—red and yellow are particularly visible. Avoid black, silver and gray.

**Turn on your headlights during the day to increase visibility.** If your car doesn't have daytime running lights (low-beam headlights that turn on when the car does), put on the headlights.

Wait a bit before entering intersections when the light turns green. A driver in a larger vehicle could be



barreling through the other way trying to beat the red light.

**Avoid driving in packs with larger vehicles.** When possible, drop back or speed up slightly to create a bubble of open space around you. If a vehicle is tailgating you, look for an opportunity to pull aside and let it pass.

**Think ahead.** Consider in advance what you would do if a vehicle fails to notice you and pulls into your path. Preselect an "emergency escape," an open area into which you could safely maneuver. Wide shoulders usually make the best emergency escapes, so it's usually safest to drive in a lane adjacent to a shoulder.

**Learn your car's capabilities.** Your small car probably can stop and swerve more quickly than larger vehicles. That maneuverability can help you stay out of collisions if you know what your car is capable of before an emergency occurs. Take your small car to an empty parking lot, and practice hard stops and sharp swerves.





## Let's Talk

Dr. Jerry Shapiro

Instead of my usual column I have decided to share this website with you. Sometimes we just have to stop a minute and think about what is really important. The information printed is from the website [CharacterCounts.com](http://CharacterCounts.com). I hope it lights a spark in you as it did with me. Have a wonderful month.

The CHARACTER COUNTS! approach to character education doesn't exclude anyone. That's why we base our programs and materials on six ethical values that everyone can agree on—values that are not political, religious, or culturally biased. Use the points below to help young people understand the Six Pillars.

**Trustworthiness.** Be honest. Don't deceive, cheat, or steal. Be reliable—do what you say you'll do. Have the courage to do the right thing. Build a good reputation. Be loyal—stand by your family, friends, and country.

**Respect.** Treat others with respect; follow the Golden Rule. Be tolerant and accepting of differences. Use good manners, not bad language. Be considerate of the feelings

of others. Don't threaten, hit or hurt anyone. Deal peacefully with anger, insults, and disagreements.

**Responsibility.** Do what you are supposed to do. Plan ahead. Persevere: keep on trying! Always do your best. Use self-control. Be self-disciplined. Think before you act—consider the consequences. Be accountable for your words, actions, and attitudes. Set a good example for others.

**Fairness.** Play by the rules. Take turns and share. Be open-minded; listen to others. Don't take advantage of others. Don't blame others carelessly. Treat all people fairly.

**Caring.** Be kind. Be compassionate and show you care. Express gratitude. Forgive others. Help people in need,

**Citizenship.** Do your share to make your school and community better. Cooperate. Get involved in community affairs. Stay informed; vote. Be a good neighbor. Obey laws and rules. Respect authority. Protect the environment. Volunteer.

**According to a British law passed in 1845, attempting to commit suicide was a capital offense. Offenders could be hanged for trying.**

## Screening Out the Telemarketers

*How can you distinguish telemarketing calls from those calls you want to answer—before you pick up the phone?*

Caller ID will provide some clues: When it displays "Call Center" or a charity's name, it's most certainly a telemarketer. "Private" or "Undisclosed" could signal a privacy-seeking acquaintance, but unscrupulous telemarketers also like to hide where they're calling from. Others feign legitimate corporate affiliation (such as your credit card company) by using so-called spoofing services that put a fake name on your caller ID screen.

When you're not sure, let your answering machine take the call. Telemarketers rarely leave messages. When they get no answer, they typically move to the next number on their calling list. Your real friends and family leave messages, as do legit businesses calling about account issues. (Occasionally scammers pretending to be representing those companies will leave you a message and a call-back number that will link you up to them—so for any return calls, always dial the toll-free number on your statement or card.)

If you do end up on the line with a telemarketer, it's of course always possible to end things promptly with a polite refusal, a request to be taken off the telemarketer's list and a hang-up.

But when harassed by repeat calls, opt for the following response: "Hold on while I get the better phone in the other room." Then go about your business, leaving the caller dangling. Result: After a while, the caller hangs up and doesn't call back. Telemarketers usually have per-hour or per-shift call quotas and they can't waste time waiting.





## Hints from JoAnn

### Let's Talk Refrigerators

#### Cleaning a Refrigerator

- To get your refrigerator clean and shiny inside and out, use (what else?) baking soda on a damp sponge or cloth.
- You can also wipe down the exterior surfaces of the fridge with a solution made from 1 part distilled white vinegar to 5 parts water—this will make everything extra-shiny.

#### Butter Up Your Fridge

- Want to clean behind the refrigerator? If you want to move something big and heavy, smear butter or other shortening on the floor right in front of the appliance. Then, with someone helping you, you should be able to slide the heavy appliance forward. Be sure to clean the floor when you're done! Be aware that butter should NOT be used on marble floors—it can stain.

#### Cleaning Spills Inside the Refrigerator

If food spills are common in your refrigerator, spread a dishtowel on the bottom shelf to catch any drips. Instead of having to clean the bottom shelf every time there's a mess, you can just toss the towel in the wash.

#### Keeping the Drawer Liner Clean

- For easy cleanup (and to prevent messes), line the fruit/vegetable and meat drawers with old plastic place mats. You may have to cut them to fit, but considering how easy they are to wipe clean, it will be worth the effort.
- If you do not want to bother with cleaning place mats, line the drawers with some plastic wrap. Or use a few paper towels in the fruit drawer. They will help absorb moisture, which means the fruit will last longer.

#### Cleaning a Refrigerator Top

Relieve yourself of the very unpleasant chore of cleaning the top of the refrigerator—just line it with plastic wrap. But—unless you keep things on top of the fridge to hold down the plastic wrap—you may want to tape the sides of the plastic wrap to the refrigerator, to keep the plastic in place.

After a reasonable amount of dust-accumulation time, throw away the dirty plastic and rewrap the top of the fridge with fresh wrap.

#### Put Jelly on the Racks

If the slide-out racks or trays in your refrigerator are not gliding as smoothly as they should, simply apply a thin layer of petroleum jelly to the edges—they'll whiz in and out.

## NEVER WAIT ON HOLD AGAIN

Avoid waiting on hold when contacting customer service. Go to [LucyPhone \(www.LucyPhone.com\)](http://www.LucyPhone.com), and search for the company you're trying to contact. Once you find the company, enter your telephone number and click "Start."



LucyPhone will contact the company and will call you with your options for contacting a company representative. Once you have decided on an option, LucyPhone will call you back once it has reached a person. Similar services include [GetHuman.com](http://GetHuman.com) and [DialAHuman.com](http://DialAHuman.com), which list company phone numbers and the buttons to press in order to be connected to a person. All of these services are free.

## Nao by Lladro

These expertly crafted porcelain figurines are created by Lladro in Valencia, Spain. Each piece is produced using only the finest bisque porcelain and is fired for up to 24 hours. The result is a truly unique piece of art that is ready for you to enjoy or give to someone special.

Stop by the gift shop to view our collection.



## Pumpkin Seeds Boost Mood

Like chocolate, pumpkin seeds are a good source of the amino acid tryptophan, which improves mood—but pumpkin seeds don't have the sugar that chocolate does, and one ounce of pumpkin seeds contains about half the daily requirement of magnesium, which strengthens bones. Sprinkle toasted seeds on soups and salads, or put raw, unsalted seeds on the tops of muffins before baking.



## Very Useful Web Sites

**Lifelong learning:** How to improve your memory, read faster, start a blog, learn a language, carve wood, identify trees, tie knots and more. [www.WannaLearn.com](http://www.WannaLearn.com)

**Life calculator:** Estimate your life expectancy—and see how life-style changes can add years. [www.SonnyRadio.com/realage3.swf](http://www.SonnyRadio.com/realage3.swf)

**Local harvests:** Nationwide directory of farmer's markets and small farms that sell retail. [www.LocalHarvest.org](http://www.LocalHarvest.org)

**Flea market finder:** Locations, hours and other information. [www.KeysFleaMarket.com](http://www.KeysFleaMarket.com)

**Smarter picture taking:** How to take better travel photos, family portraits, nature shots, etc. [www.Kodak.com](http://www.Kodak.com) (click on "Tips & Projects Center" and "Learn").

## The Importance of Walking

Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7000 per month.

I like long walks, especially when they are taken by people who annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again.

I have to walk early in the morning, before my brain figures out what I'm doing.

I joined a health club last year, spent about 400 bucks. Haven't lost a pound. Apparently you have to go there.

Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.

The advantage of exercising every day is so when you die, they'll say, 'Well, she looks good doesn't she.'

If you are going to try cross-country skiing, start with a small country.

I know I got a lot of exercise the last few years...just getting over the hill.

We all get heavier as we get older, because there's a lot more information in our heads and because it doesn't fit it's dropped to our hips. That's my story and I'm sticking to it.

AND

Every time I start thinking too much about how I look, I just find a Happy Hour and by the time I leave, I look just fine.

## New High School Exit Exam

(Passing requires 4 correct answers)

- 1) How long did the Hundred Years' War last?
- 2) Which country makes Panama hats?
- 3) From which animal do we get cat gut?
- 4) In which month do Russians celebrate the October Revolution?
- 5) What is a camel's hair brush made of?
- 6) The Canary Islands in the Pacific are named after what animal?
- 7) What was King George VI's first name?
- 8) What color is a purple finch?
- 9) Where are Chinese gooseberries from?
- 10) What is the color of the black box in a commercial airplane?

Remember, you need 4 correct answers to pass.

Check your answers below ...

- 1) How long did the Hundred Years War last? | 16 years.
- 2) Which country makes Panama hats? | Ecuador
- 3) From which animal do we get cat gut? | Sheep and Horses
- 4) In which month do Russians celebrate the October Revolution? | November
- 5) What is a camel's hair brush made of? | Squirrel fur
- 6) The Canary Islands in the Pacific are named after what animal? | Dogs
- 7) What was King George VI's first name? | Albert
- 8) What color is a purple finch? | Crimson
- 9) Where are Chinese gooseberries from? | New Zealand
- 10) What is the color of the black box in a commercial airplane? | Orange (of course)

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