



# Are You Ready for an Adventure?

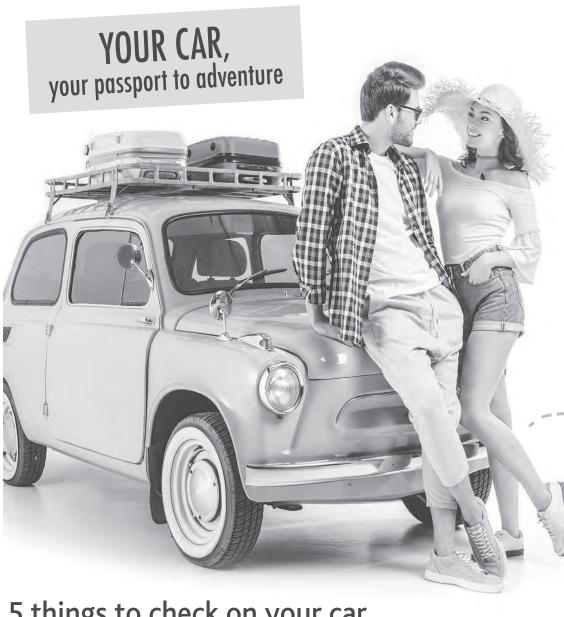


A supplement of the

Cortland Standard

Wednesday, July 14, 2021

# Jummel



#### 5 things to check on your car before your next road trip

Are you planning to go on a road trip this summer? If so, it's important to ensure that your car is in peak condition before you head out. Here are five things to check.

- **1. Lights.** Before you hit the road, make sure all your lights work properly. Inspect your headlights, high beams, brake lights and hazards. Repair or replace them as needed.
- 2. Wipers. You can count on your windshield getting grimy while you're on the highway. Plus, you never know when a rainstorm is going to strike. Test your wipers before



heading out and make sure you have plenty of wiper fluid.

- **3. Tires.** Check the air pressure in your tires. You should also inspect their overall condition and look out for any signs of damage or deterioration. Be sure to do the same for your spare.
- 4. Fluids. Make sure you have enough oil, coolant and brake fluid before you leave. Otherwise, you risk having your car break down en route.
  - **5. Brakes.** Ensure that your brake pads are in good condition. If they're worn, it isn't safe to operate your car. While you're at it, be sure to also check that your handbrake is working well.

If you're planning on making a multi-day trip, it's best to take your car in for a tuneup before you leave. A mechanic will help you make certain that your car is in top shape and primed for the journey ahead.

#### Must-haves for your summer road trip

Summer is the perfect time to jump in your car and hit the open road. But even for the most spontaneous of road trips, it's essential that your car is properly stocked for the journey. Here are some essential things you'll need to bring along.

#### **FOOD AND WATER**

Put some sandwiches, veggies, fruit and other snacks in a cooler, along with plenty of water. This will spare you from shelling out for food during the drive. Plus, such provisions may prove indispensable if your car breaks down or you get stuck in traffic.

#### **SUNSCREEN**

If you're cruising in the sun for hours, you risk getting a sunburn. Put some sunscreen on before heading out and bring the bottle with

you in the car in case you need to reapply.

#### A MAP

Your phone and GPS aren't infallible. Plus, these devices might lose their signal or die unexpectedly. Having a real map on hand is a good idea.

#### A FLASHLIGHT

If you end up on the side of the road with car problems at night, a flashlight may just save the day. It can also come in handy in a number of other circumstances such as unpacking the car at night or taking a roadside wee in the dark.

#### A FIRST AID KIT

A well-stocked first aid kit is a must. Essential items include Band-Aids, tweezers, hand sanitizer, antibiotic ointment, gauze, scissors, adhesive tape and a saline solution (for eye washing and cleaning wounds).

Finally, don't forget to bring items to keep you and your passengers entertained. Think about bringing along music, audiobooks, games and media players. You want to ensure that you and your companions have a fun and memorable trip.



#### Safety tips for driving with a trailer

straight.

If you're planning to hit the open road this summer, renting or buying a trailer is a good way to ensure you'll have enough space for all your stuff. Driving with a trailer can be dangerous, however, so here are some safety tips to keep in mind.

 Check your owner's manual to ensure that your car has sufficient towing capacity to handle the weight of the trailer and its contents.

 Practise driving with the trailer before you leave on your trip. It's harder than you think! You'll need to take wider turns, leave more distance between you and other vehicles and give yourself enough time to come to a complete stop.

• Before leaving, inspect the trailer to make sure it's properly attached. Check the safety chains, lights and licence plates.

• Take it slow on the highway. Stick to the right lane and maintain a pace that's slightly below the speed limit.

• If the trailer starts swaying, don't brake or speed up. Instead, ease off



the gas and reduce your speed while driving

In addition, it's a good idea to get someone

(such as an employee at a trailer rental com-

pany) to give you the full rundown on how to

your bike can handle the load.

drive safely with the trailer.

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## At home on the road



#### What to do when driving an RV

Are you planning to take a trip in your motorhome? If so, here are a few tips to help you stay safe while on the open road.

#### 1. Check your brakes

If your motorhome weighs 6,500 pounds or more, you must pull over at brake check areas or you could be fined. You should also have your brakes inspected at least once a year to make sure they're working properly.

#### 2. Keep your distance and limit your speed

Motorhomes are heavy, which means the faster you drive, the longer it takes for the vehicle to stop. It's important to limit your speed and maintain a safe distance between you and the car in front of you. In ideal driving conditions, you should keep at least a four-second following distance. However, in poor weather conditions, you should increase that distance to seven or eight seconds.

#### 3. Know the height of your motorhome

You may not be able to pass under low-clearance bridges or enter some parking lots or drive-throughs with your motorhome. To avoid running into any trouble, stick a note on your dashboard with your motorhome's dimensions as a friendly

#### **DID YOU KNOW?**

**The Family Motor Coach** Association's goal is to educate, equip and empower RV owners to create the outdoor lifestyle of their dreams. If you want to learn more about the perks of becoming a member, visit fmca.com.





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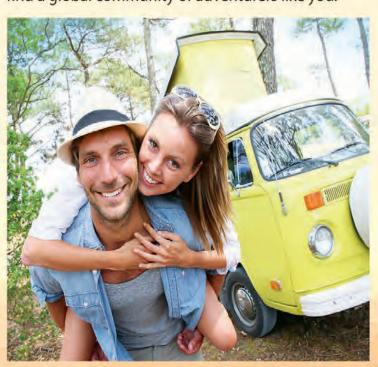
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make the most of your travels.

- 1. Before you fill up, be sure to consult GasBuddy. This free mobile app locates gas stations in your area and compares prices to help you save money.
- 2. Find free spots to camp recommended by other van life enthusiasts on apps like iOverlander, park-4night and RV Parks & Campgrounds.
- 3. Eat fresh food purchased from local farmers and merchants whenever possible. This will allow you to travel light and discover new types of cuisine.
- 4. If you don't have a shower in your vehicle, use the washroom facilities at rest stops, campgrounds and restaurants to freshen up.

For more van life tips, search online for blogs, videos and social media accounts created by people who've embraced this lifestyle. Use the hashtag #vanlife to find a global community of adventurers like you.



#### **BEFORE YOU GO** Remember to contact your car insurance company to make any needed updates to your policy and ensure you'll be covered on the road.



#### Van life: how to find the right vehicle

Do you dream of joining the van life movement and travelling the world in a tiny home on wheels? This nomadic lifestyle with its emphasis on simplicity, freedom and adventure can be enticing. However, if you want to hit the open road, the first thing you'll need is a comfortable and reliable vehicle.

In general, conversion vans and small motorhomes are the vehicles best suited for van life. One important factor to consider is how much space you'll need. If you plan to travel alone or with a partner, a small campervan should suffice. If you intend to have kids, pets or friends along for the ride, however, you may want a more spacious model with room to stand up.

Keep in mind that the furniture and features included vary from one vehicle to the next. In

addition to a modest amount of storage space, you'll likely want a model equipped with:

- A bed or long bench seat
- A table or fold-out countertop
- A sink and water tank
- · A cooler, electric cooler or mini-fridge
- A camp stove or cooking plate A rack for bikes, kayaks or surfboards
- If you have limited funds, consider purchasing a used vehicle (inspected by a trusted mechanic) and transforming the interior yourself using new or second-hand materials. Alternatively, various companies offer van conversion kits that are fairly simple to install. Just make sure any modifications you make to a vehicle are safe and legal.

For example, find out if the National Highway Traffic Safety Administration has any regulations about removing or modifying seats and other vehicle components. You should also leave the installation of electrical wiring and gas lines to a professional. In addition, make sure you don't exceed the gross vehicle weight rating.

If you sell your home to become a full-time nomad, however, you might have a more flexible budget. In this case, you may want to invest in customizing your van to ensure it's fully equipped and designed according to your preferences. Plus, with the right gear, you'll be able to maximize your time off-grid.

Finally, remember to add personal touches that make your vehicle feel like home. These

> can include patterned fabrics, reclaimed wood, colourful lighting, eclectic decor, funny bumper stickers and more.





#### Things to tackle before your next fishing trip

Don't let a brittle line or dull hook stand between you and your next catch. Routine maintenance of your fishing equipment might seem tedious, but it can make a big difference when you're out on the water. Here are a few tasks to complete before your next fishing trip.

#### **Clean your rod and reel**

Wash your fishing rod in warm, soapy water and dry it with a soft cloth. Rinse the outside of the reel but be careful not to get water in the interior mechanisms. Use a cotton swab to clean the reel gears before lightly oiling them. Replace the line if necessary. Inspect your rod, reel and line guides for anything that's loose or damaged.

#### **Organize your tackle box**

Start by emptying out your tackle box and wiping it down with a damp cloth. Sharpen hooks, inspect bait and discard rusty or damaged components. Take note of any items you need to replace. Once everything is clean, reorganize the supplies in your tackle box for easy access when you're on the water.

#### **Inventory your supplies**

You need more than a rod and reel for a successful fishing trip. Check your landing net for tears and a weak rim. Are your waders still waterproof? Make sure you have a hat, sunglasses and sunscreen to protect you from the elements. Don't forget a lifejacket and insect repellant. Put together a shopping list of missing, worn out or expired items.

Once your gear is ready to go, take some time to review the regional regulations and make sure your fishing license is still valid. Following these steps will help ensure your next trip is a good one.







#### Get up to speed on regulations

Fishing regulations play an important role in aquatic conservation, biodiversity and habitat preservation. Before you head out on the water, consult your regional fishing regulations for any updates and to ensure that you're fishing legally and sustainably.

#### **Get your license** A fishing license is man-

datory in New York state if you're older than 16.

#### The right equipment

Before you head out on the water, ensure your fishing tackle complies with regional regulations. Depending on where you intend to fish, there may be restrictions on the use of live bait and barbed hooks. There may also be a limit on the number of hooks and lines permitted.

#### **Know your limits**

Not all fish are created equal, and they may be subject to different size restrictions and bag limits. Some species may be off limits altogether. To ensure compliance with local regulations, you need to be able to identify the species you catch.



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#### plan a summer picnic

#### Prep everything ahead of time

Taking time to chop your fresh, local veggies, assemble your kebabs, and make sandwiches before leaving the house will keep the fuss-and-mess to a minimum once you get outside.

#### Stay bug-free

Bring chemical-free insect repellent from the body care section of your local Co+op.

#### **Practice food safety**

Take care to make sure all raw meats are wrapped separately and transport them on ice. Use separate cutting boards and utensils for handling raw meat and wash your hands often. Bring hand sanitizer!

#### Cook meat with care

If you're grilling outdoors, keep raw meats below cooked meats on the grill and cook thoroughly before eating. Hamburgers should be cooked to 160° and poultry to 170°.

#### Keep it earth-friendly

If you're using disposable products, look for recycled and biodegradable options at your Co+op. Reusable bottles, napkins, and food storage options are great choices too.

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### How to be a courteous driver

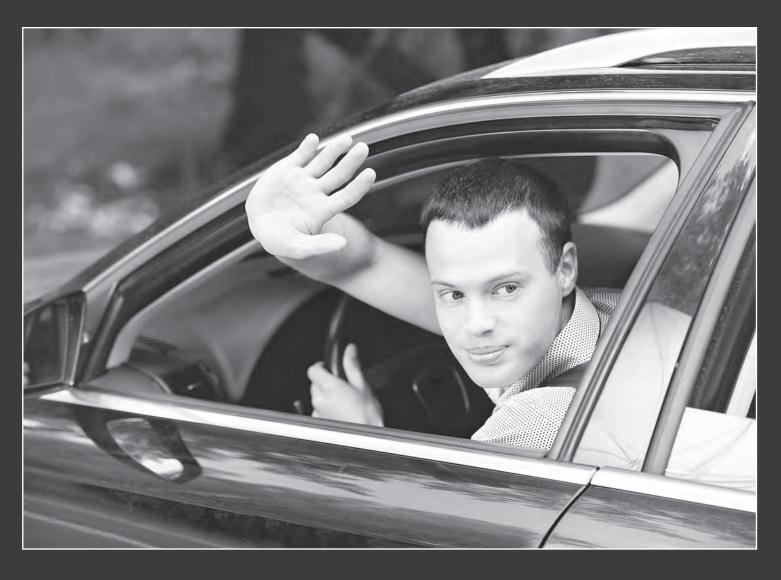
Weather isn't the only thing that runs hot in the summer. With so many drivers on the road, some are bound to lose their tempers. If you want to do your part in keeping things more relaxed, you should avoid making these risky, and sometimes illegal, maneuvers:

- 1. Tailgating
- 2. Cutting off other vehicles
- 3. Not using your turn signals
- 4. Zigzagging in traffic
- 5. Driving too fast
- 6. Not yielding the right of way
- 7. Honking repeatedly without reason
- 8. Stopping on a pedestrian crosswalk at an intersection
- 9. Making vulgar gestures or shouting insults

In addition, you should steer clear of driving too close to cyclists and pedestrians, passing them without slowing down and not giving them the right of way. You should also avoid going through puddles at full speed when driving past them.

Furthermore, it's useful to keep in mind that not all irritating or dangerous maneuvers performed by other motorists are done deliberately. It's essential to stay calm if another driver makes a mistake. Likewise, if you make a blunder, issuing an apologetic hand gesture can help diffuse the situation.

Lastly, if someone helps you out when making a turn or changing lanes on a crowded street, remember to thank them with a wave. Courtesy is more than just not being rude.





#### KNOW YOUR CAR

#### What's a differential?

Located between the transmission and driveshaft of a car's driving wheels, the differential is one of the most important components of a car's engine. It performs the critical job of automatically dividing the power from the engine so the car's wheels can spin at different speeds when you make a turn.

When you turn left, for example, the right wheels on your car have to travel further than those on the left. The differential's gearing system automatically sends more power to the wheels with less traction (in this case, the right wheels), so that your turn is as stable as possible. When it comes to vehicles with four-wheel-drive, there's an additional differential that separates the front wheels from the rear wheels to improve handling when driving over uneven terrain.

Since the differential helps you stay safe while on the road, you should watch for any signs that there may be a problem. If you're having difficulty maneuvering your car around turns or hear loud squeaking or grinding noises coming from underneath your vehicle, you should visit a trusted me-

#### Tips for safely sharing the road with motorcyclists

If you drive a car, it's your responsibility to take clists, know your intentions. This provides them with proactive measures that'll increase the safety of more vulnerable road users. Here are a few tips for safely sharing the road with motorcyclists.

#### 1. Be aware

Get in the habit of frequently checking your mirrors and blind spots when driving. In addition, make sure the road is clear before opening your car doors. Keep in mind that motorcyclists are more likely to face serious or fatal consequences if they're involved in a collision.

#### 2. Use your turn signals

Your signals let other road users, including motorcy-

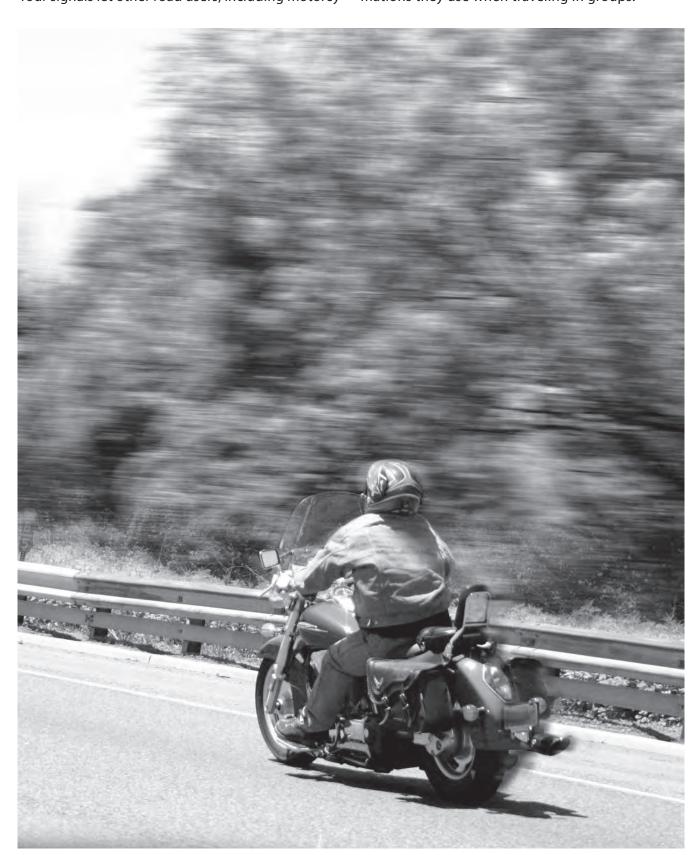
enough time to adapt and respond accordingly.

#### 3. Assess situations carefully

Keep your distance and only pass a motorcyclist if you're 100 percent certain you won't cut them off. For example, once you see a motorcyclist's headlight in your rear-view mirror, you're safe to return to your original lane. When assessing a situation, remember that motorcyclists are often closer than they appear in your car's mirrors and can reach their top speed faster than motorists.

#### 4. Anticipate behaviors

To better anticipate a motorcyclist's maneuvers, Using your turn signals is not optional; it's the law. learn to recognize the hand signals and driving formations they use when traveling in groups.



# Car Care



## Time to show your car a little love

Anytime is the right time to keep your ride in top shape. Here are four tips for that will help you be confident when it's time to get out on the road.

#### **WASH IT REGULARLY**

Washing and waxing your car helps prevent the body and paint from getting damaged by corrosive debris such as road salt. Additionally, keeping your windshield, windows, mirrors and lights spotless improves how well you can see while driving.

#### **CLEAN THE INTERIOR**

It doesn't take long for dust, dirt and crumbs to collect inside your car. In addition to causing odours, contaminants can lead to bacteria growth and compromise the air quality in your car's cabin. Keep the interior of your vehicle tidy by regularly vacuuming the seats and carpets, wiping down surfaces with a disinfectant cloth

and replacing the cabin air filter as needed.

#### **KEEP UP WITH ROUTINE CARE**

To prevent breakdowns, make sure to get your car regularly serviced. Refer to the user's manual to determine the recommended maintenance schedule for your type of car. Even better, find a reliable mechanic who can suggest a maintenance timeline after inspecting and servicing your vehicle.

#### LOOK OUT FOR PROBLEMS

Is your car making weird noises? Does it handle differently? Or maybe a dashboard warning light has come on? Addressing issues right away, even if they seem minor, can help you avoid costly repairs and keep you safe on the road.

Last but not least, make sure to practise safe driving to protect your car as well as yourself, your passengers and other road users.









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# Made For Shades

#### 4 tips for driving in the sun

Cruising the open road on a summer day can be great. How¬ever, if the sun is low, it's likely to create a blinding glare that makes it hard to see the road in front of you. Follow these tips to avoid getting into an accident.

#### 1. SLOW DOWN

If the sun's glare is affecting your ability to see, the best thing to do is reduce your speed. This way, you'll have more time to react if the car in front of you suddenly bra-kes or if an animal unexpectedly appears on the road.

#### 2. TURN ON YOUR LOW BEAMS

If you're blinded by the sun, chances are so is everyone else. To make sure you're seen, turn on your low beams, even if it's light outside.

#### 3. KEEP YOUR WINDOWS CLEAN

Bright light can reveal dirt, dust, smears and fingerprints on your windows, which can obscure your view of the road. This is why it's important to regularly clean the inside and outside of your windshield and rear window. Additionally, make sure your wiper blades are working and your washer fluid is topped up.

#### **4. WEAR SUNGLASSES**

Depending on the position of the sun, the visors in your car can be either very effective or completely useless. To ensure you're prepared for intense glare, always keep a pair of sunglasses on hand.

Happy driving!



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