

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Avoid Getting Stranded This Winter**

**By News Canada**

**Avoid Getting Stranded This Winter**

**by: News Canada**

(NC)—You can never take winter driving conditions for granted. Take for example the Minnesota man who, in January 2001, drove a few kilometres to the grocery store and ended up getting stranded in a winter storm for 36 hours!

While you should always try to avoid driving in winter storm conditions, it is sometimes unavoidable. Since the weather is often unpredictable, Michelin advises drivers to be prepared for the unexpected.

"Installing four winter tires on your vehicle will help keep you on the road and can prevent drivers from becoming stranded in severe weather conditions," advises Tony Mougios, Brand Manager for Michelin in Canada. "Michelin has incorporated new technologies and rubber compounds into our winter tire lines to give drivers extra control and performance in winter conditions."

In the event you find yourself stranded on the highway or a secondary road this winter, Michelin offers the following tips:

Move your vehicle as far off the road as possible to avoid being hit

Turn on your hazard lights to attract help

Keep additional clothing in your vehicle and put it on to keep warm

Use a cellular phone to call for help

Do not drift away from the car and run the engine periodically, but not continuously

Move your arms and legs to improve your circulation and to keep warm

## Avoid Getting Stranded This Winter

Consider the outside temperature and wind chill before leaving your vehicle

The most important tip to remember is not to run your engine continuously, especially if snow is accumulating rapidly. Internal combustion engines produce exhaust fumes known as carbon monoxide - a colourless, odourless gas that, if inhaled in sufficient quantities, can cause drowsiness, unconsciousness, coma and even death. If snow accumulates and blocks your exhaust pipe, you are at risk of carbon monoxide poisoning.

Take the time to have your vehicle checked before venturing out on the roads this winter because a little preparation and prevention can go a long way. Just as you never expect to get stranded, you can never tell what old man winter will have in store.

– News Canada

provides a wide selection of current, ready-to-use copyright free news stories and ideas

for Television, Print, Radio, and the Web.

is a niche service in public relations, offering access to print, radio, television, and now

the Internet media, with ready-to-use, editorial "fill" items. Monitoring and analysis are two more of our primary services. The service supplies access to the national media for marketers in the private, the public, and the not-for-profit sectors. Your corporate and product news, consumer tips and information are packaged in a variety of ready-to-use formats and are made available to every Canadian media organization including weekly and daily newspapers, cable and commercial television stations, radio stations, as well as the Web sites Canadians visit most often. Visit

and learn more about

the NC services.

### **Winter Car Care**

**By Kevin Schappell**

As the weather turns colder, it is time to think about your car for a second. A little preparation can go a long way to making your winter travels a lot safer. Here is a checklist to get you started.

1. Check the antifreeze. The freezing point can be checked with a simple tool available at any auto parts store. Make sure you check the antifreeze when it's cool. Opening a hot radiator can be a dangerous thing.

2. Check the air pressure in your tires. As the air gets cooler pressure drops in your tires. Maintaining your tire pressures will reward you with higher gas mileage and longer tire life.

## Avoid Getting Stranded This Winter

3. Make sure you have the following items in your car. Ice Scraper Salt or sand for traction Blanket in case you are stranded and need to keep warm Good first aid kit (not just for winter) Road flares

4. Check all belts and hoses. As the temperature drops rubber tends to stiffen and break a lot easier. Make sure all your rubber hoses and belts are in tip-top shape.

5. Treat your gas tank to a can of gas line antifreeze before the cold weather strikes. The additive will remove any water in the system and prevent your fuel lines from freezing.

6. Check your tires for wear. Make sure you have plenty of tread left to get you through the snow. Nothing is worse than 3" of snow and bald tires.

Kevin Schappell maintains

where he gives advice on buying, selling,

insurance, and financing. A mechanical engineer and car guy, Kevin has decided to spend his online time helping others learn about automobiles. To learn more about how your car works, Kevin has created

Related Content:

Winter Car Care

How To Maintain Your Car Battery

Prepare Young Drivers For Safe Winter Travel

Winterize – Prepare Your Skin For Winter

Body Care

Read more Content at

Related Products:

Recipes from the Heartland

The Ultimate Rose Garden– Neighbors envy, owners pride!

Beat that Fat

How to keep up the SPICE in your Love Life.

Tattoo Secrets

: A genuine resource center for Quality Ebooks and Softwares

Avoid Getting Stranded This Winter



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**