Protect you car's engine from summer time heat

Summertime temperatures and heat from your car's engine can cause motor oil to lose viscosity or become thinner, resulting in an overheated automobile.

A SAE 10W-30 or 10W-40 motor oil is recommended for year-round use where there is a seasonal temperature change. These multi-grade oils can adapt to greater range of temperatures better than is possible for a single-grade motor oil. The majority of late model cars suggest a SAE 5W-30 or 10W-30 motor oil. It is a good rule of thumb to change the oil every 3,000 miles.

Kendall Refining Co. emphasizes the importance of closely monitoring engine oil levels and changing the oil and oil filter. Bruce Klussmann, senior sales engineer for Kendall, states, "With an increased emphasis being placed on self service, it is important to check your oil often and not to let the level get down below one quart. Engines on the new cars often hold less oil than in years past, magnifying the problem of running low on oil. The oil simply has to work harder, and it is prudent to use a high quality oil."

Kendall offers six easy steps for changing your own oil and saving money, too. Before you begin you will need the following items: an oil

filter wrench, the amount and type of Kendall motor oil recommended for your car's engine, an oil filter, a wrench to remove the drain plug, and a low, wide pan to catch the used oil.

- Step 1: Position car in a safe spot. Run engine up to operating temperature, then turn off. Set the parking brake.
- Step 2: Place drain pan under the car beneath the oil drain plug. Use the wrench to loosen the drain plug. The oil will be hot, so watch your hands.
- Step 3: Next, remove the oil filter with the filter wrench by turning counter-clockwise. Be careful not to turn the oil filter upside down because it will be filled with oil.
- Step 4: After allowing enough time to drain the oil fully, replace and tighten the oil drain plug, and install the new oil filter. Use your finger to put a light film of oil on the filter gasket and tighten the new filter by hand to ensure a tight seal.
- Step 5: Check the owner's manual for the oil fill location and add new oil. Use the proper weight for your car and climate.
- Step 6: Dispose of the used oil in an environmentally safe and legally recognized manner.

Drive defensively – it pays us all

Last year over 4,000 Canadians died in motor vehicle collisions - 85% of which were the direct result of improper driving practices. This horrendous figure can and must be reduced. Today, most professionals agree that the majority of traffic accidents are preventable through simple defensive driving techniques.

The term 'defensive driving' can be divided into three distinct actions, all of which combine to reduce both accidents and insurance costs. The first step is recognizing the potential hazard, the second is understanding the proper action to be taken and the third is taking the necessary action in time.

Expect the unexpected and don't fall into the trap of knowing the road too well. You may travel it several times a day on your way to work or chauffeuring the kids to and from school - but remember that familiarity can breed contempt - particularly on the road. For those interested, there are courses being conducted across the province that allow drivers to upgrade their driving habits.

It's vital that we all work toward driving more defensively. After all, safety on the road is a responsibility that must be shared by all of us!

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