

CLEAN AIR

Make your car more environmentally friendly

(MS) — A single car can substantially impact the environment. According to the Environmental Protection Agency (EPA), the average car emits as much as 575 pounds of carbon monoxide into the air each year. Until automakers develop a more environmentally friendly automobile, it's up to individual drivers to help reduce their car's footprint on the planet. Here are five easy ways to drive green without buying a new car or drastically changing your driving habits:

1. Always follow your car manufacturer's suggested tune-up schedule to ensure your vehicle is performing at its best. An out-of-tune engine can increase emissions and fuel consumption by as much as 15 percent, according to the EPA.

2. Upgrade your motor oil. Some high-performance motor oils have been proven to significantly reduce emissions. It also improves fuel economy by as much as 5 percent and produces notable horsepower and torque

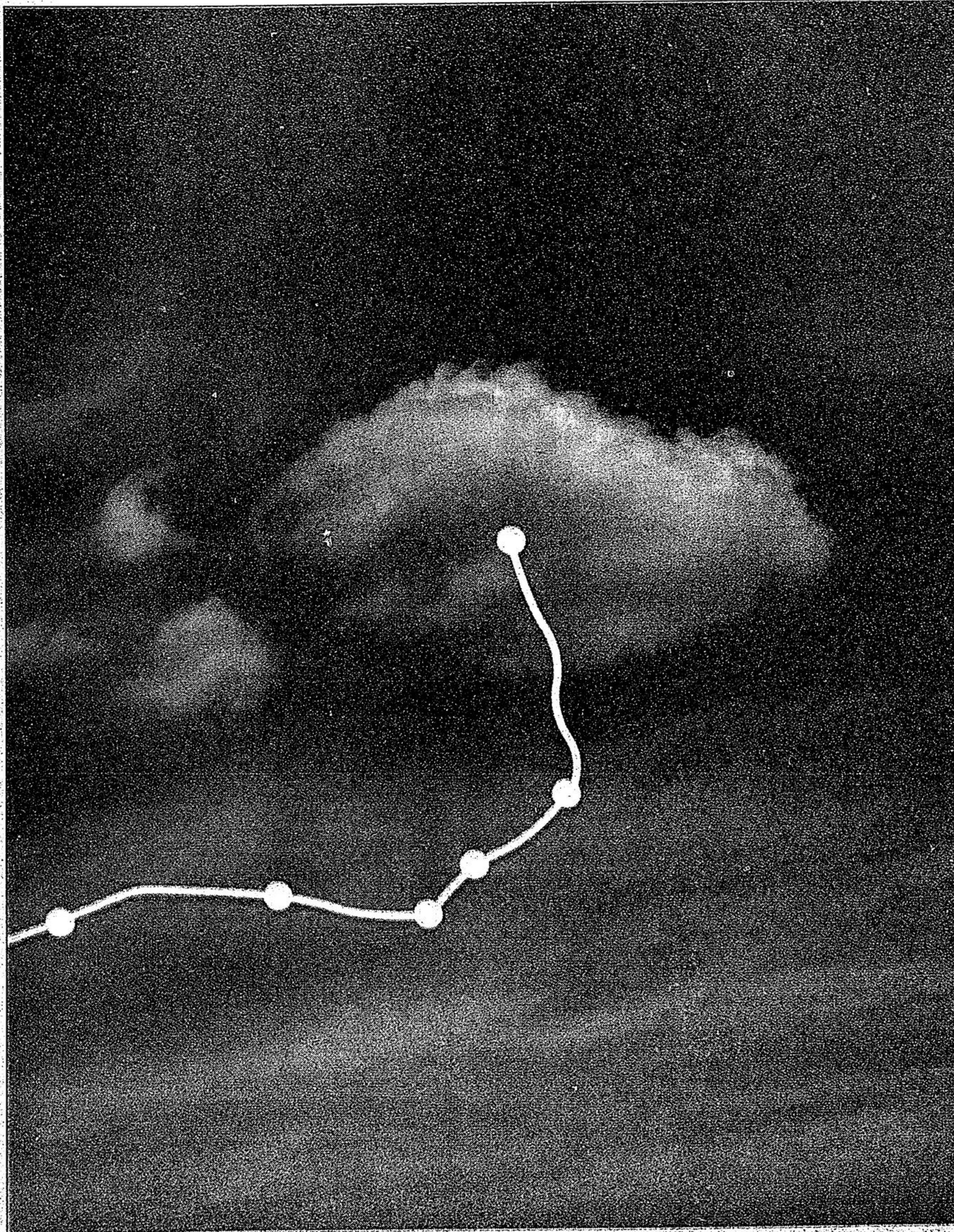
increases.

3. Regularly replace your air filter. A clogged air filter can increase fuel consumption by as much as 10 percent. Air filters prevent impurities from damaging the interior of the engine. So replacing dirty filters will save gas and protect your engine.

4. Keep your vehicle's tires properly inflated. Underinflated tires can increase fuel consumption by up to 6 percent. One study estimates that 50 to 80 percent of the tires rolling

on U.S. roads are underinflated. It will save you money too — collectively, Americans could save up to 2 billion gallons of gas each year simply by properly inflating their tires.

5. Avoid topping off your gas tank when you are filling it. Topping off releases gas fumes into the air and overrides the pump's anti-pollution devices. Capping your tank once the pump automatically shuts off is safer for the environment because it reduces pollution.



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If you suffer from IRRITABLE BOWEL SYNDROME, CROHN'S DISEASE OR ULCERATIVE COLITIS then attending this free symposium may be the most important thing you do this year. You will discover the true cause of these conditions and natural solutions and options you can use right away. Many are now able to drive, take vacations, hold a job, go to school and socialize for the first time in years. Dr. Allen Turner is an international speaker and lecturer who has been featured on the *Dini Petty Show, National News and Canada AM*. He will present a free symposium on Thursday June 9th at 7:30 pm at the Stouffville Health Centre.

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