

# The Hamilton Spectator

## May is Car Care Month

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May is Car Care Month and Car Care Canada has developed an effective stress control strategy for Canadians and their cars. With the May long weekend and summer driving coming up, this is a good time to de-stress your vehicle. Kelly Williams, former CASCAR driver and Be Car Care Aware spokesperson has put together an effective stress-control strategy for Canadians and their cars.

Kelly's tips on Stress Free Driving (here are some easy driving tips to relieve stress whether in the city or on the highway):

€ Set the clock in your car three-to-five minutes fast.

€ Try to leave yourself at least five extra minutes to get where you're going.

€ Plan your route and print out all maps and directions.

€ Have a passenger help with navigation if possible.

€ Don't sweat the small stuff.

€ If somebody cuts you off, don't worry, you will probably never see them again.

€ Yield and let someone in once in awhile.

€ Avoid speeding, tailgating, and erratic lane changing.

€ Plan your Road Trip and always do a 10-minute road-trip checkup: "Getting the car ready for family travel can take as little as 10 minutes, and relieve a world of stress" says Kelly Williams. "Here is a quick 10-minute check-up to help drivers ensure vehicle safety and reliability before heading out on a road trip."

1. Check all fluids
2. Check hoses and belts
3. Check the tires
4. Check lighting
5. Check the wiper blades and make sure the windshield wipers are working properly

The perennial Be Car Care Aware Family Road Trip Guide, which includes the "10-minute Road Trip Check-Up, is available online at [www.carcarecanada.ca](http://www.carcarecanada.ca).

LADIES CAR CARE CLINIC

Kelly will be conducting a Ladies Car Care clinic on Wednesday, May 19th at Active Green + Ross, 955 Upper James Street, Hamilton. Those who wish to attend can contact 905-388-1477 or email to [955@activegreenross.com](mailto:955@activegreenross.com).

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