

Your Loved Ones Health at Stake?

What has a direct effect on you and your family's health and safety? Tires. While I have been harping on this for years, AAA has finally conducted a study that shows how stopping distances are affected in wet conditions. Click or paste this link into your browser to read the entire article: <https://tinyurl.com/ydedo2op>.

The results are rather shocking. "Tests conducted by AAA compared new all-season tires, to tires with a tread depth that had worn to 4/32 of an inch. Researchers found that the worn tires typically resulted in a 43 percent increase in stopping distance in wet conditions, adding an extra 87 feet before a car came to a full stop. Worn tires had a similar effect on light trucks, extending the average stopping distance by 86 feet."

"AAA's testing demonstrates the impact that tire tread has on safety," said Megan McKernan, manager of the Automobile Club of Southern California's Automotive Research Center. "If tested side-by-side at 60 miles per hour, vehicles with worn tires would still be traveling

at an alarming 40 miles per hour when reaching the same distance it takes for vehicles with new tires to make a complete stop."

Having raced cars for over 10 years, I can personally attest to the violence of a crash. It is indescribable. It hurts. The body distorts into configurations that you can't even imagine. And that is with a 5-point harness system. That lap/shoulder belt we wear in our cars

is practical, but woefully inadequate compared to the harness system used in race cars, putting you at greater risk. Don't think you will escape unscathed by deployment of the air bag either. Even if it saves you from death, you

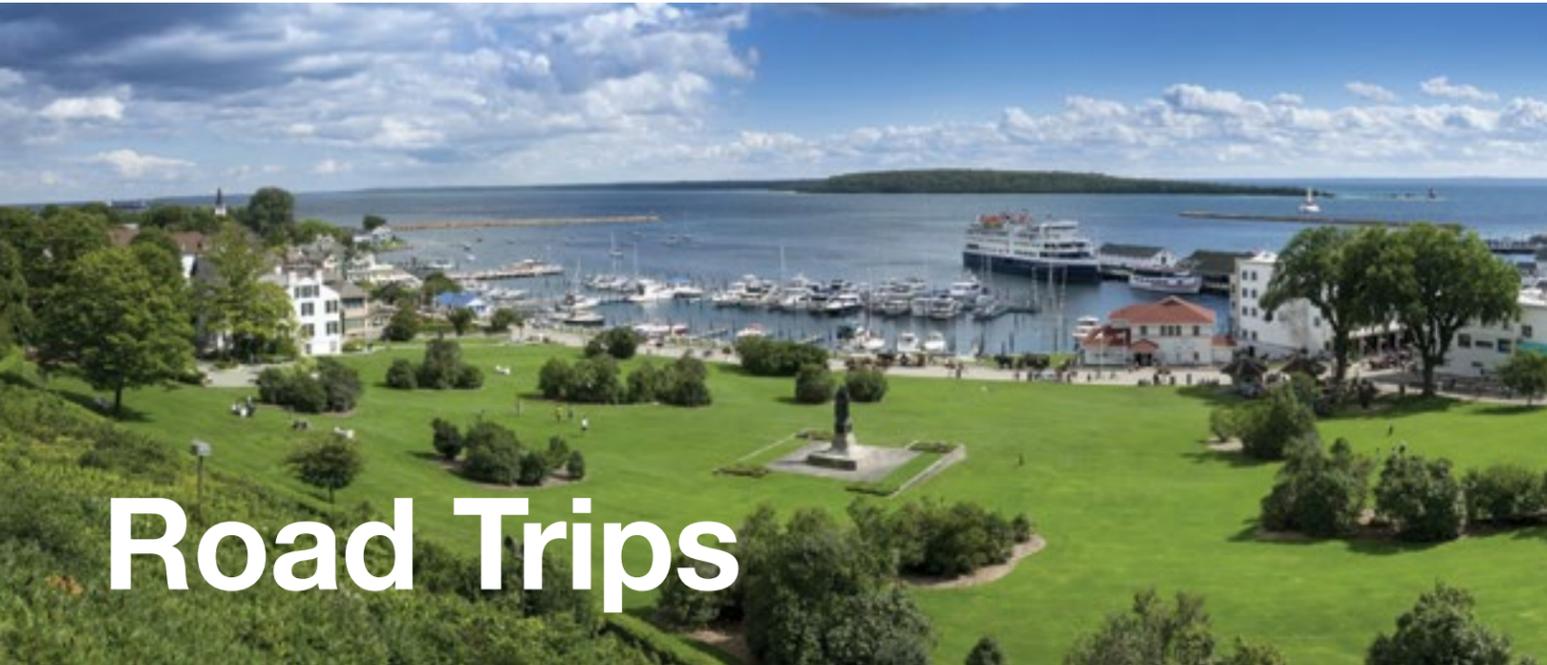
will probably be injured by it anyway.

Bottom line - as tires wear, adjust your speed and stopping distances accordingly. **The older a tire gets, the harder it gets, negatively affecting handling and stopping distances.** The best grip you will ever get from a tire is the day you put it on your car. After that, it's downhill from there. PJ

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Road Trips

Looking for some nice getaways? Try Mackinac (pronounced “Mackinaw”) Island, Michigan. There are no trucks, cars, motorcycles, motorbikes or any other type of motorized transportation. The island is accessed by ferry, horse-drawn carriages are employed as taxis, cargo carriers, or used for anything else that needs to be moved. There are more fudge shops on Mackinac than at the Atlantic shore points. You can do what we did and rent a bicycle to ride around the perimeter of the island or just take a carriage ride. Our bed and breakfast was a short walk from the dock. Click this link (<https://www.mackinacisland.org/>) or copy and paste into your browser for one of the most relaxing and romantic getaways you will ever find.

To the East (way East!) you’ll find Quebec City. If you have never been there, Quebec City is more French than Paris. We used AirBnB lodging at only \$140/night for 4 people and a 30-minute walk to Old Town.

Quebec City is more French than Paris.

Take the Hop-on Hop-off bus for a guided tour, and be sure to stop at the Visitor Center to sign up for the guided walking tour. There were only 10 in our group and the guide was excellent. We ate croissants almost every day, and the dipped ice cream cones are nothing like here. The chocolate must be an eighth inch thick. Contrary to what you may have heard, Quebecois are really friendly and more than happy to help if you are confused on the street. Half the time I forgot that I wasn’t in Europe. Click this link or copy and paste into your browser for more info: <https://www.quebecregion.com/en/>.

Want to stay closer to home? Try the Vanderbilt Mansion in Hyde Park, New York. It offers a fascinating glimpse into how the aristocracy lived back in the early 1900’s. Free for National Park pass holders. Click or paste this link into your browser for more info: <https://www.nps.gov/vama/index.htm>. PJ

Self Driving Police Cars

From Panorama Magazine
All text is quoted directly from the magazine

“Self-Driving Police cars may show up if Ford Motor Company’s recent patent filing is any indication. Apparently, the autonomous police car wouldn’t drive to a bank robbery, for example, since – well what would it do once it arrived? (“Put down the cash, or I’ll blow my horn!”) Instead, the autonomous cop car would be sent after scofflaws who, for instance, ran a red light. Using “smart” technology, the vehicle would be identified by the license plate and the cop car would be directed to the violating vehicle’s home base. Once there, it would issue a citation to the driver.

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The concept is that police could be devoted to more important jobs, such as that bank robbery, if routine police work such as traffic enforcement can be left to autonomous police cars. We do wonder how the cop car issues the ticket, though. Maybe it will be like an ATM or parking garage. (“Please take the ticket.”) And what if the scofflaw is another self-driving vehicle? We can’t wait for that one to hit the papers; two autonomous cars arguing with each other is going to make headlines for sure.”



- Seven percent of adults believe that chocolate milk comes from brown cows. That works out to 16.4 million people.
- Walter Frederick Morrison, the inventor of the frisbee, was cremated and made into a frisbee after he died.
- In 2015 more people were killed from injuries caused by taking a selfie than from shark attacks.
- Banging your head against a wall burns 150 calories per hour.
- * From: <https://www.thefactsite.com>
- You burn more calories sleeping than you do watching television.
- A coyote can hear a mouse moving underneath a foot of snow.
- New York drifts about one inch farther away from London each year.
- It would take a sloth one month to travel one mile.
- A mole can dig a tunnel that is 300 feet long in only one night.
- 95% of people text things they could never say in person.

* From: <https://www.livin3.com>

- 1 package (9 oz) refrigerated or frozen cheese-filled tortellini
- 1 cup frozen sweet peas (thawed)
- 5 cups torn romaine lettuce
- 1 cup julienne (matchstick-cut) carrots
- 2 cups chopped or strips grilled chicken
- 1 medium red bell pepper, cut into strips
- ½ cup mayonnaise or salad dressing
- ½ cup basil pesto
- ¼ cup sour cream
- ¼ cup milk
- 2 tablespoons chopped fresh parsley or basil leaves

1. In a small bowl, mix mayonnaise, pesto, sour cream, milk and parsley.
2. Cook tortellini as directed on package; drain; rinse immediately with cold water. Pat with paper towels to remove moisture. Mix with ½ cup of dressing.
3. In a 3 or 4 quart clear bowl, layer the lettuce, the carrots, chicken, peas, the tortellini, and bell pepper.

4. Spread dressing over peppers. Cover and refrigerate at least 2 hours until chilled or overnight. Stir just before serving.



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