

Tips For Getting Maximum Mileage from a Tank of Gas

As the summer road trip season approaches, drivers are feeling the sting of elevated gas prices. But fuel costs don't have to put a damper on your vacation (or "staycation") plans. Fortunately, there are ways to help your gas take you farther and reduce the stress on your wallet.

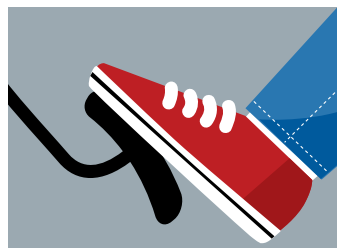


7 Ways to Improve Your Vehicle's Fuel Efficiency

1. Don't Put the Pedal to the Metal

According to Consumer Reports, a test showed that reducing speed from 65 mph to 55 mph improved fuel economy by 6 miles per gallon in several popular car models. Each vehicle reaches its optimal fuel economy at a different speed, but as a general rule, the faster you go, the less mileage per gallon you'll get. In fact, AAA says most vehicles reach their best fuel efficiency when traveling 40 to 50 miles per hour (Hybrids 40-60 mph). But keep in mind, driving significantly slower than the flow of traffic to maintain the speed limit can cause a hazard, leading to sudden braking or dangerous passing attempts by other drivers. The moral of the story: Use good judgment and obey the speed limit when possible.

2. Set a Smooth and Steady Pace



Easy does it! Brake and accelerate gradually at stop signs and traffic lights—and exercise control on the open highway, too. According to the U.S. Department

of Energy, your gas mileage can plummet by approximately 10 - 40% in stop-and-go traffic and 15 - 30% at highway speeds if you repeatedly slam on the brakes or go heavy on the gas pedal.

3. Turn Down the AC

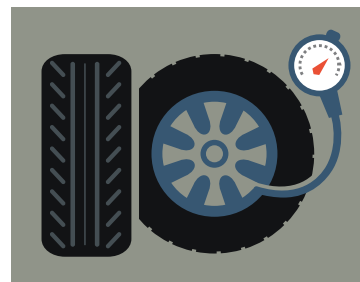
Blasting your car's air conditioning consumes extra gas, so only use the AC when you need it to stay comfortable. If you can get by with a few open windows, enjoy the fresh air while gaining an additional one to four miles per gallon. It may not sound like much, but it can really add up over time.

4. Pay Attention to Proper Maintenance

Giving your vehicle the TLC it requires not only increases its longevity, but it can also help you get better gas mileage. Keep these car care tips in mind:

- **Check tire pressure regularly and maintain the pressure per square inch (psi) levels recommended by your car's manufacturer.**

As temperatures fluctuate in cold and hot weather, so will your tire pressure. The U.S. Department of Energy estimates that underinflated tires can reduce gas mileage by up to 3%, and overinflated tires can cause excessive wear and tear.



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Five Things to Do Before Getting Rid of Your Car

Your vehicle's software systems know more about you than you may realize. So, if you've decided to trade in or sell your car, you'll want to clear the data you've stored in it before sending it on its way.

According to KimKomando.com, studies show that 8 out of every 10 used cars being sold on lots still have a former owner's personal information—such as home address, text messages, contacts, and even garage codes—stored in their software. That's alarming, considering the increased prevalence of hacking and scams these days.

What can you do to avoid having your data compromised? Consider the following steps to be safe, not sorry:

1. **Unpair and delete your phones and other devices** from the vehicle's infotainment and Bluetooth settings.
2. **Do a factory reset on your car's infotainment system** to remove your personal profiles. Also, check to make sure that resetting

the system has deleted your call logs, messages, video, navigation data (including home and work addresses), and garage door openers from both the car and the cloud.

3. **If you've provided banking or credit card information** to pay for subscriptions to apps and services associated with your car, remove that information from those accounts to ensure it's not visible to the new owners.



4. **Delete your vehicle from the manufacturer's smartphone app.** Many newer cars have apps that allow drivers to lock/unlock doors, start the car remotely, and monitor engine diagnostics, etc. And if you're not buying another car from the same manufacturer, close your account with that brand.
5. **When in doubt about how to wipe your data from your car,** look for instructions on the manufacturer's website or contact the dealership for assistance.

Sources:
<https://www.komando.com/news/security/your-car-has-been-logging-your-texts-contacts-garage-codes-and-home-address-the-free-site-that-shows-you-exactly-whats-in-there/>

<https://www.consumerreports.org/electronics/personal-information/how-to-clear-your-personal-data-from-a-car-before-selling-a2082502452/>



(continued from page 1)

- **If your car's air filter is dirty or clogged,** replace it to ensure adequate airflow to the engine. Airflow is essential for efficient engine performance, which is critical for achieving the best possible fuel economy.
- **Heed warning lights.** Vehicles will alert you if something's amiss with emissions sensors. Don't ignore them! Schedule service promptly to get issues fixed before they can negatively impact your gas mileage.

5. Lighten Your Load

The aerodynamic drag from carrying equipment on top of your vehicle can really put a strain on your engine and diminish gas mileage. A Consumer Reports test showed that adding a rooftop box can decrease fuel efficiency by approximately 5 mpg on a mid-size sedan vs. 9 mpg on a small SUV. So, if you're not using your rooftop box, remove it before you hit the road, and don't place other items on your roof unless necessary.



6. Invest in Better Gasoline

Good-quality gasoline will take you farther per gallon, so it pays to be choosy. Experts recommend filling up at gas stations known to carry top-tier gas, such as:

- Chevron
- Exxon
- Shell
- Costco
- Mobil

7. Use Common Sense

Research gas prices to find the best deal near you. Why pay more than you have to? Also, plan your errands strategically to avoid unnecessary driving—for example, map out a route ahead of time, avoid backtracking to get from here to there to there, and combine multiple trips into one if the stops are in close proximity. In addition, consider carpooling when you and co-workers or friends live close enough to share a ride to common destinations.

Sources:
<https://www.consumerreports.org/cars/fuel-economy-efficiency/10-tips-to-get-the-most-out-of-a-tank-of-gas-a2642110189/>

<https://www.acg.aaa.com/connect/blogs/4c/auto/increase-gas-mileage-driving-tips>

HUMOR
me

HISTORY OF FUEL ECONOMY

1970s

Gas mileage hovered around 13 to 14 MPG. In response to the oil price shocks of the early 1970s, Congress passed the nation's first Corporate Average Fuel Economy (CAFE) standards in 1975. The law called for a doubling of passenger-vehicle efficiency—to 27.5 miles per gallon (mpg)—within 10 years.

1980s

The average gas mileage for new passenger cars steadily climbed from about 20 MPG in 1980 to roughly 27.5 MPG by the late 1980s.

1990s

The typical mid-size car achieved a combined fuel economy of 20 to 25 MPG. Congress passed an appropriations rider taking away the administration's authority to increase vehicle efficiency. This anti-fuel economy rider remained in effect from 1995 to 2000.

The average car and truck sold at the end of the decade went about a mile less per gallon of gas than 10 years earlier. The 90s was the boom of the oversized car.

2000-Present

The average real-world fuel economy of new U.S. vehicles steadily increased from about 19.8 mpg in 2000 to a present day record high of 27.2 mpg.

Source:
<https://www.positivityblog.com/funny-spring-quotes/>

JACKIE'S KORNER KITCHEN



Ingredients:

- 1 tablespoon olive oil
- 1 lb boneless, skinless chicken breasts, cut into bite-size pieces (16 oz)
- 1 teaspoon lemon pepper
- 1/4 teaspoon black pepper
- 1 tablespoon finely chopped garlic
- 1 carton (32 oz) Progresso™ chicken broth
- 8 oz spaghetti pasta, broken in half
- 1/2 cup shredded Parmesan cheese, divided
- 2 tablespoons butter
- 1 tablespoon lemon juice
- 2 teaspoons grated lemon peel (from 1 large lemon)
- 5 oz baby spinach

LEMON CHICKEN PASTA

Prep Time: 45 minutes | Total Time: 50 minutes | Servings: 6

Directions:

1. Sauté Chicken: In a 5- to 6-quart Dutch oven, heat olive oil over medium-high heat. Season chicken with lemon pepper, and black pepper. Cook chicken in oil for 5 to 7 minutes, stirring occasionally, until no longer pink. Remove chicken to a plate; cover and keep warm.
2. Cook Pasta: Add garlic to the Dutch oven; cook for 30 to 60 seconds, stirring constantly, until fragrant and lightly browned. Add chicken broth and spaghetti; heat to boiling. Reduce heat to medium; simmer uncovered for 13 to 15 minutes, stirring occasionally, until most of the liquid is absorbed and pasta is al dente.
3. Combine and Serve: Stir in 1/4 cup of the Parmesan, the butter, lemon juice, lemon peel, and the cooked chicken. Remove from heat. Gradually add spinach; stir just until it begins to wilt. Let stand for 5 minutes before serving. Serve warm topped with the remaining 1/4 cup shredded Parmesan cheese.

** Adapted from a Betty Crocker recipe.*

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