

CAR CARE & REPAIR

3269 Broad Street • Sumter, SC • 803-494-4394

Pool Safety Tips

A swimming pool can be very dangerous for children. If possible, do not put a swimming pool in your yard until your children are older than 5 years. Help protect your children from drowning by doing the following:

- Never leave your children alone in or near the pool, even for a moment. An adult who knows CPR should actively supervise children at all times.
- Practice touch supervision with children younger than 5 years. This means that the adult is within arm's length of the child at all times.
- You must put up a fence to separate your house from the pool. Most young children who drown in pools wander out of the house and fall into the pool. Install a fence at least 4 feet high around all 4 sides of the pool. Use gates that self-latch, with latches higher than your children's reach.
- Keep rescue equipment (such as a shepherd's hook or life preserver) and a telephone by the pool.
- Do not use air-filled "swimming aids" as a substitute for approved life vests.
- Remove all toys from the pool after use so children aren't tempted to reach for them
- After the children are done swimming, secure the pool so they can't get back into it.
- A power safety cover that meets the standards of the American Society for Testing and Materials (ASTM) may add to the protection of your children but should not be used in place of the fence between your house and the pool. Even fencing around your pool and using a power safety cover will not prevent all drownings.

Remember, teaching your child how to swim DOES NOT mean your child is safe in the water.

CHECK OUT OUR NEW WEBSITE!!!!

WWW.CARCAREREPAIR.COM

Fireworks Fun Facts

- It is believed that fireworks originated in China and were used to scare spirits away, although some experts actually think that fireworks may have been invented in India or in the Middle East.
- Fireworks were used for the first time to celebrate Independence Day in 1777, one year after the Declaration of Independence, while the American Revolution was still in progress.
- Early fireworks were exploded for the sound until chemicals were added for color, starting in Italy in the 1830's.
- Disney World has more than 1,000 fireworks shows every year.
- Sparklers can burn at a very high temperature, well over the boiling point of water.

Wherever you are, enjoy your 4th of July celebrations!

Fireworks Safety Tips

- Use fireworks outdoors only.
- Obey local laws. If fireworks are not legal where you live, do not use them.
- Always have water handy.
- Only use fireworks as intended. Don't try to alter them or combine them.
- Never relight a "dud" firework. Wait 20 minutes and then soak it in a bucket of water.
- Use common sense. Spectators should keep a safe distance from the shooter and the shooter should wear safety glasses.
- Alcohol and fireworks do not mix. Have a "designated shooter."
- Only persons over the age of 12 should be allowed to handle sparklers of any type.
- Do not ever use homemade fireworks of illegal explosives: They can kill you! Report illegal explosives to the fire or police department in your community.

The National Council on Fireworks Safety invites you to celebrate our nation's on the Fourth of July, but celebrate safely.

Staying Cool In Hot Weather Driving

The inside of your car is full of hot air and this time the culprit is a malfunctioning air conditioning (A/C) system. An annual checkup of your vehicle's A/C system will help prevent it from breaking down when you most need it, especially with record high temperatures hitting many parts of the country.

The typical A/C service consists of the following:

- A service technician checks pressures to test operation, refrigerant charge and outlet temperatures.
- If the system is found to be low on refrigerant, a leak test is performed to find the source of the leak. Keep in mind that if your vehicle is leaking refrigerant, it is damaging the ozone layer.
- Refrigerant may be added if necessary to "top off" the system, although some states do not allow "topping off."
- A technician may also check for evidence of refrigerant R-12, trade named DuPont Freon, has been replaced by R-134a. This refrigerant is touted as being environmentally safer than R-12 and has been standard since 1994. The refrigerants are not inter-changeable. The refrigerant R-134a cannot be simply added to an older vehicle that was using R-12, without first flushing the system and replacing old components and the oil in the compressor. On older cars, the retrofit conversion may be cost-effective option.
- A/C service should also include a check of the compressor's drive belt and tension.

Getting stuck in traffic is hard enough but getting stuck in traffic during the heat of summer without a properly functioning A/C is the pits. It is important to always have the A/C system properly maintained to keep it in tip-top shape and avoid costly repairs down the road.


Caring For Your Car During Summer

Summer can be tough on cars, especially during high temperatures when heat can destroy batteries and stress the cooling system and tires. As a precaution, these vehicle components should be checked periodically during summer to help avoid breakdowns and car problems.

- Excessive heat and overcharging shortens the life of a battery. To get the most life out of a battery, have the electrical system checked to make sure it is charging at the correct rate. Keep the top of the battery clean. Dirt can drain the battery power.
- The cooling system also works harder during hot temperatures to prevent overheating of the engine. You should keep the coolant mixture for a vehicle's radiator at a 50:50 mix. The coolant should be changed annually on most vehicles, this will keep the cooling system fresh and clean. A pressure test, thermostat test, a cooling fan test and visual inspection for leaks and corrosion should also be done annually.
- Tires also need special care in warmer weather as high temperatures put added stress on them. You should check the tire condition and inflation pressure monthly, and have them rotated every 6,000 miles.

It takes very little time and money to make sure your car runs properly during summer, and although breakdowns happen, they can definitely be minimized by taking a few extra preventive maintenance steps.

MOVIE RELEASES		
JULY 2010		
<u>JULY 1</u> The Last Airbender	<u>JULY 9</u> The Girl Who Played With Fire Despicable Me The Kids Are All Right	<u>JULY 23</u> Salt Ramona and Beezus The Concert Life During Wartime
<u>JULY 2</u> Great Directors	<u>JULY 14</u> The Sorcerer's Apprentice	<u>JULY 30</u> Twelve
<u>JULY 7</u> Predators	<u>JULY 16</u> Inception The Wild Hunt Standing Ovation	Cats & Dogs: The Revenge of Kitty Galore The Extra Man
<u>JULY 8</u> Grease Sing-A-Long	<u>JULY TBA • DARFUR</u>	



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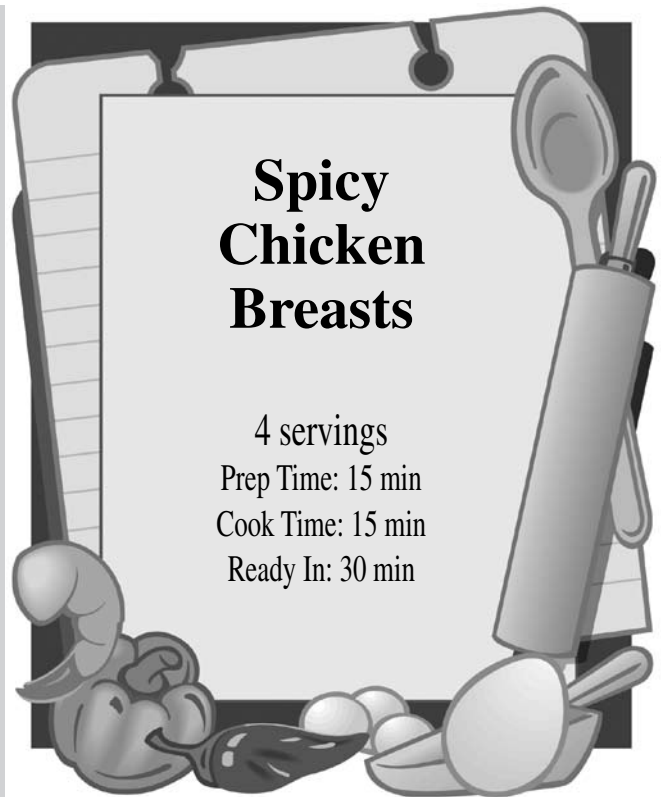


Soles 4 Souls

We are collecting new and gently worn shoes here at our shop and accepting monetary donations as well. To find out more about this much needed and worthy cause call us and we will be happy to talk with you about it. Also visit www.soles4souls.org to learn more. Thank you for your heart felt generosity.

Sumter County Events July 2010

- 2 Big Screen Fridays at the House Sumter Opera House
- 4 Jammin' July 4th Dillon Park
- 8 Sumter@Six Brody Pavilion
- 9 Sumter's House of Classic Movies Sumter Opera House
- 16 Fridays at the Terrace Concert Series Downtown Sumter (Main St.)
- 16 Sumter Artists' Guild Show (through August 27th) Sumter County Gallery of Art
- 16 Big Screen Fridays at the House Sumter Opera House
- 16-18 USTA Jr. Team Tennis State Championships Palmetto Tennis Center
- 16-22 Dixie Boys Baseball State Championships Patriot Park Sportsplex
- 18-23 Chuck Kriese Total Tennis Training Palmetto Tennis Center
- 23 Big Screen Fridays at the House Sumter Opera House
- 24 End of Summer Invitational Swim Meet City of Sumter Aquatics Center
- 30 Big Screen Fridays at the House Sumter Opera House
- 31 ISA Softball Tournament (through August 1st) Patriot Park Sportsplex



Spicy Chicken Breasts

4 servings
Prep Time: 15 min
Cook Time: 15 min
Ready In: 30 min

INGREDIENTS

- 2 1/2 tablespoons paprika
- 2 tablespoons garlic powder
- 1 tablespoon salt
- 1 tablespoon onion powder
- 1 tablespoon dried thyme
- 1 tablespoon ground cayenne pepper
- 1 tablespoon ground black pepper
- 4 skinless, boneless chicken breast halves

DIRECTIONS

- In a medium bowl, mix together the paprika, garlic powder, salt, onion powder, thyme, cayenne pepper, and ground black pepper. Set aside about 3 tablespoons of this seasoning mixture for the chicken; store the remainder in an airtight container for later use.
- Preheat grill for medium-high heat. Rub some of the reserved 3 tablespoons of seasonings onto both sides of the chicken breasts.
- Lightly oil the grill grate. Place chicken on the grill, and cook for 6 to 8 minutes on each side, until juices run clear.

Amount per serving:

Calories: 173 Total Fat: 2.4g Cholesterol: 68mg

7	5	8	9	2	3	1	4	6
2	4	3	1	6	7	5	9	8
1	9	6	4	5	8	7	2	3
6	2	7	3	9	5	8	1	4
8	1	5	7	4	6	2	3	9
4	3	9	8	1	2	6	7	5
3	7	1	5	8	4	9	6	2
5	6	4	2	7	9	3	8	1
9	8	2	6	3	1	4	5	7

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Famous Quotes

A dog is the only thing on earth that loves you more than you love yourself. – Josh Billings

All you need is love. But a little chocolate now and then doesn't hurt. – Charles M. Schulz

Age is an issue of mind over matter. If you don't mind, it doesn't matter. – Mark Twain