



LifeLines

information for your life

GAS TANK STICKER SHOCK

Little changes mean big savings

Rising gas prices have us all thinking twice before getting behind the wheel. We've all heard that modifying our driving habits and taking care of our vehicles can equal gas savings, but do you know how much? Following a few simple guidelines can help you keep a whole lot more money in your pocket, and not in your tank.

Tame the Road Rage

Aggressive driving (speeding, rapid acceleration and braking) wastes gas. It can lower your gas mileage by a whopping 33 percent at highway speeds and by 5 percent around town. Sensible driving is also safer for you and others, so you may save more than gas money.

Fuel Economy Benefit: 5 - 33%

Equivalent Gasoline Savings: **\$0.19 - \$1.25/gallon!**

Observe the Speed Limit

Slow down Speed Racer. While each vehicle reaches its optimal fuel economy at a different speed (or range of speeds), gas mileage usually decreases rapidly at speeds above 60 mph. You can assume that each 5 mph you drive over 60 mph is like paying an additional
continued on page 3

FLYING THE FRIENDLY SKIES THIS SUMMER?

KNOW YOUR RIGHTS

If getting on a plane is part of your summer vacation plan, you should know your rights—your Passenger Bill of Rights. Additional protections were added in April of this year that build upon the original protections passed in 2009. The Passenger Bill of Rights has resulted in fewer instances of planes being held for long periods on the tarmac and now new rules go even farther to insure that passengers have a better traveling experience.

LOST BAGS AND BAG FEES

Paid a fee to check that bag? The airlines will now be required to refund that fee if the bag is lost. Airlines will also be required to apply the same baggage allowances and fees for all segments of a trip, including segments with interline and code share partners. Airlines are already required to compensate passengers for reasonable expenses for loss, damage or delay in the carriage of passenger baggage.

FULL DISCLOSURE OF ADDITIONAL FEES

The small print can't be so small. Airlines are to prominently disclose all potential fees on their websites, including but not limited to fees for baggage, meals, canceling or changing reservations, or advanced or upgraded seating. In addition, airlines and ticket agents will be required to refer passengers of baggage fees, and to include all government taxes and fees in every advertised price.

BUMPING

Get bucks for being bumped. The amount of money passengers are eligible to be compensated for in the event they are involuntarily bumped from an oversold flight has been doubled. Bumped passengers subject to short delays will receive compensation equal to double the price of their tickets up to \$650, while those subject to longer delays would receive payments of four times the value of their tickets, up to \$1,300. And these amounts get adjusted for inflation every two years.
continued on page 2



Contact Us



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www.CAEAP.com



COPING WITH CAMP JITTERS, HOMESICKNESS, AND OTHER SUMMERTIME SOCIAL AILMENTS

Tears, tummy aches, anxiety, sleeplessness...These can all be symptoms of homesickness when a child is away at camp. But homesickness is normal; many children and teens at a resident camp feel homesick at least one day during their stay. How do you manage this and other summertime ailments? Before and after your child leaves for camp, the prescription is a combination of preparation and patience.

ENCOURAGE INDEPENDENCE ALL YEAR LONG

To alleviate some of the nervousness about going to a resident camp, the American Camp Association™ suggests that children practice separations through sleepovers at a friend or relative's house.

LET YOUR CHILD PARTICIPATE IN CAMP PLANNING

From researching camp options to visiting likely camps and checking references, let your child be involved in every step as you move ahead with your summer plans.

GET A CAMP PREVIEW

At a camp's open house or visiting days, meet the counselors, tour the buildings, and check out the sleeping, eating, and recreation areas.

ANTICIPATE CAMP EXPERIENCES

With your child, talk about what camp will be like and what some of the new experiences are going to be.

PACK SOMETHING SPECIAL

Decide what special object from home will make the trip to camp with your child.

THINK ABOUT A BUDDY

If it's a child's first year at resident camp, attending with another family member, a friend from school, or a neighbor can make the transition much easier.

MAKE A PHONE CALL PACT

Agree on how much contact there will be. Whatever you decide, do not make "If you're homesick, I'll come and get you!" part of the deal.

SEND A LETTER

Just before camp begins, send a welcome letter or care package so that it's waiting there on the first or second day of camp.

RESIST THE URGE TO RESCUE

If you do get an anxious phone call or e-mail, calmly reassure your child that things will be okay. Leaving camp early is a last resort, and if there are other issues involved, rescuing your child from the problems will seldom solve or address them.

Workplace Options. (2010, Updated). Coping with camp jitters, homesickness, and other summertime social ailments. Raleigh, NC: Author.

FLYING THE FRIENDLY SKIES THIS SUMMER?

continued from page 1

TARMAC DELAYS:

Foreign airlines are now included in the ban on lengthy tarmac delays. Four hours is the time limit on tarmac delays for international flights of U.S. and foreign airlines with a few exceptions. Passengers must be provided food and water after two hours, and be insured of working lavatories and needed medical treatment.

ADDITIONAL GOOD NEWS FOR PASSENGERS:

- If a reservation is made a week in advance, airlines have to honor the price quoted for 24 hours after it is made.
- Airlines are required to inform passengers of any delays over 30 minutes or cancellations or diversions in the boarding gate area, on the telephone reservation system, and on the airline's website.
- Fares can't be increased post purchase unless they are due to government imposed taxes or fees. Passengers must be notified of a possible increase at time of sale.

Source: U.S. Department of Transportation Press Release. April 20, 2011.



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continued from page 1

\$0.24 per gallon for gas. Observing the speed limit is also safer.

Fuel Economy Benefit: 7 - 23%

Equivalent Gasoline Savings:

\$0.27 - \$0.87/gallon!

Get Rid of the Junk in Your Trunk

Maybe you are keeping your golf clubs in the car for that round of golf this Saturday or collecting items for a church rummage sale. Avoid leaving unnecessary items in your vehicle, especially heavy ones. An extra 100 pounds in your vehicle could reduce your MPG by up to 2 percent. The reduction is based on the percentage of extra weight relative to the vehicle's weight and affects smaller vehicles more than larger ones.

Fuel Economy Benefit: 1 - 2%/100 lbs.

Equivalent Gasoline Savings:

\$0.04 - \$0.08/gallon!

Additional Tips to Keep Fuel Usage Down:

- Avoid Excessive Idling.
- Use Cruise Control.
- Use Overdrive Gears.

Note: Cost savings are based on an assumed fuel price of \$3.79/ gallon. Your savings may be even higher.

Adapted from: Driving More Efficiently. www.fueleconomy.gov

BE WATER WISE

Summer Water Conservation Tips

When temperatures go up, so does our water usage. Save water in yards and gardens with a few simple tips:

- Set lawn mower blades one notch higher since longer grass reduces evaporation. Leave grass clippings on your grass, this cools the ground and holds in moisture. Use mulch, compost, and wood chips in flower beds and vegetable gardens.
- Never hose down your patio or balcony, always use a broom or blower. (Can save up to 100 gallons a week.)
- Don't allow children to play with the hose. (Can save up to 10 gallons a minute.)
- If you have a pool, use a cover to cut down evaporation. This will also keep your pool cleaner and reduce the need to add chemicals. (Can save up to 250 gallons a week.)
- Take your car to a car wash that recycles its wash water. If washing your car at home, use a bucket of water and sponge. Rinse quickly at the end. Never allow the hose to run continuously. (Can save up to 150 gallons a week.)
- Water your lawn and landscaping before dawn or after the sun sets when there's less evaporation. Adjust your sprinklers so they don't spray on sidewalks, the driveway or the street. (Can save up to 250 gallons a week.)

Source: <http://www.sandiego.gov/water/conservation/tips.shtml>