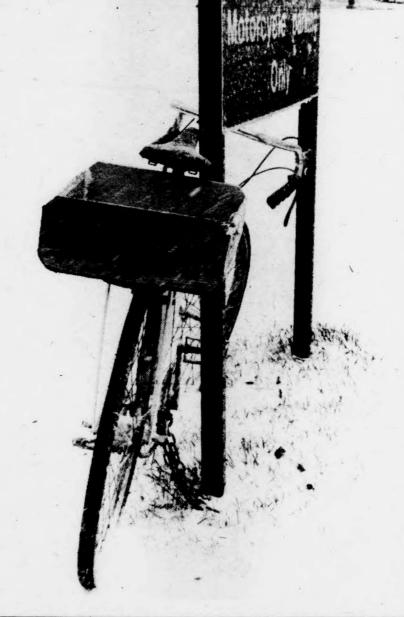
# the deep freeze



Photos by **Reg Hunt** 

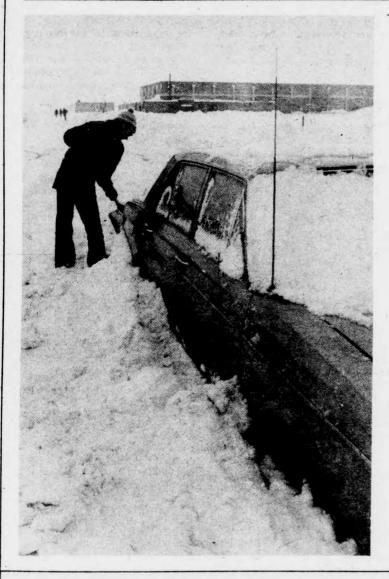




in shape you've got stamina.

And if you've got stamina you can stay with it. And with it. And with it.





# The Excal guide to easy winter car care

You have just finished reading War and Peace, they kick you out of the library and you get into your car for the long trek home.

Click, click, click-your car won't start. "Damn!" you cry.

What do you do now? You call the Grounds Office at 667-2354 and pay them \$3 for a boost.

This wouldn't have happened if you followed the Excalibur Easy Guide to Winter Car Survival at York. So here goes:

- Park you car tacing south or east. The cold winter winds come from the northwest in Toronto, and the trick is to keep them from blowing through your grill across the battery and radiator.
- Get your battery checked now! If it is weak, have it replaced. Do this so that you can buy the battery cheaply and easily at Sears or Canadian Tire and not frantically from the friendly, but expensive gas station that you'll have to call if your car dies.

(If your battery came with a new car and is now three winters old, you're living on borrowed time.)

While you're at it, get new plugs.

That first turn of the engine has got to spark, so don't inhibit it with worn plugs.

 Make sure that you have antifreeze protection down to -35 Celsius, at least. It may sound very cold but a 20 kilometer per hour wind blowing in -20 weather can freeze the coolant in a radiator

There is nothing worse than being stranded on Steeles Ave. with an overheated engine because you were too cheap to spend \$5 for a litre of anti-freeze.

 Physical Plant gives boosts to about 3 cars on even the warmest of days. In most cases, people left their headlights on. Unless you have a great stereo in the car, don't

lock it. Metro Police advise however to place all valuables out of sight.

- Shovels make an inexpensive and handy tool to dig yourselves out those nights that you ignore all my other advice and the snowplow buries your car outside Mac.
- Buy a set of booster cables. If all else fails, someone will usually give you a boost.
- Happy motoring.

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Sign up for the Counselling and Development Centre's SCAMP:80 Group starting in October (Self Change and Management Programme). This self-directed actionoriented programme helps you to work more effectively toward your goals.

Come to an introductory presentation and discussion at 1 p.m., Tues., Jan. 13, 1981, Room 115, Behavioural Sciences Building, If you can't make this time contact Charlene Denzel, Room 145, Behavioural Sciences Building, phone 667-2241.