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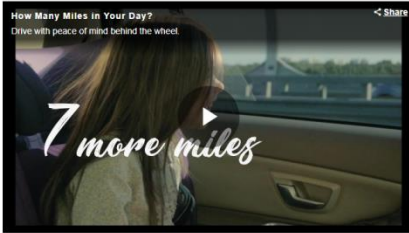

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## How Many Miles Are in Your Day?

Gain peace of mind behind the wheel, no matter where your road takes you.  
 by Allstate (Paid Content)



Driving habits often change according to where you are in life...new job, retirement or becoming an empty nester. And depending upon how often you use your car, adhering to a car maintenance plan that fits your usage can keep you going confidently - no matter where your road takes you.

So whether you're tooling around town or taking off on a major road trip, you'll want your car in tip-top shape. When you're ready to go, make sure your car is ready too!

**How do you roll?**

**Roberta (The Commuter)** Always on the go, Roberta heads out early for yoga class, has a 50-mile roundtrip commute to work each day and is out several nights a week between dinner with friends or her book group.

If you're like Roberta, you're a heavy commuter and rely on your car every day. Follow these car safety tips so you can get to where you need to be.

- Find a Trusted Mechanic.** Build a relationship with an honest independent mechanic or technician that you can count on. They'll get to know you and your car to provide better service to keep your car in optimal condition.
- Change Your Oil.** Sounds simple enough, but many people put off changing their car's oil. Change the oil according to the maintenance schedule in your car owner's manual; it's the key for a smooth-running engine.
- Walk the Perimeter of Your Car Before You Hop In.** This gives you a chance to do a quick inspection of your vehicle, look at the tires, windshield and mirrors, and also can help prevent running over sharp objects that could possibly cause a flat tire. This tip doesn't cost a dime and can help prevent bigger problems down the road that can leave you stranded on the road.

**Phil (The Daytripper)** Phil jumps in his car a couple of times a week so he can enjoy an afternoon with the grandkids, share a lunch with the guys and to keep his doctors' appointments.

If you're like Phil, you're an occasional driver too. Follow these car safety tips and help ensure car will be ready when you are.

- Time Your Oil Change.** Even though you're not putting a lot of miles on your car, engine oil becomes contaminated over time. Check your owner's manual for the maximum time frame for an oil change, rather than going by mileage.
- Drive Your Car.** At least once a week, drive around the block a few times to reach operating temperature indicated at the middle of your temp gauge. Don't let your car sit for too long between uses. Just like with the human body it needs to be moved.
- Don't Ignore Warning Signals.** Even though you may not be traveling long distances, have any indicator warnings checked out by a mechanic as soon as possible. And keep up with necessary repairs accordingly because even a breakdown close to home can be a nuisance.

**Lila and Jack (The Adventurers)** Newly retired Lila and her husband James are finally fulfilling their dream of driving across the country from East to West. They're planning to experience as many sights, tastes and attractions as possible in two months.

If you're like Lila and Jack, you're an adventurer. Follow these car safety tips before you embark on your next big road trip.

- Have a Mechanic Do a Thorough Inspection.** Make sure your vehicle is current on major services before you embark on your trip. This inspection should include checking of oil, coolant and windshield wiper fluid, as well as an inspection of tires, filters and the battery.
- Put Paperwork in Order** Make sure your license, registration and insurance information is up to date and accessible. As a back-up, use your smartphone to take pictures of your documents just in case you need them.
- Be Prepared for a Car Emergency.** Because you can't prevent all car emergencies, ensure your roadside assistance plan is up to date and provides the coverage you need. You'll have peace of mind in the event you run into any major hassles that require towing, tire changes, jump-starts or if you need fuel.

**AARP® Roadside Assistance from Allstate is designed with you in mind. A product or service that carries the AARP brand has been carefully evaluated and selected as one that meets the high service and quality standards of AARP.**

No matter how many miles are in your day, have peace of mind when you're on the road. See plans.

**Also of Interest: 5 U.S. bucket list road trips not to be missed**

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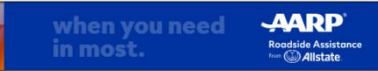
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## 5 U.S. Bucket List Road Trips Not to Be Missed


From World Heritage Sites to famous festivals, these adventures will leave you breathless  
 by Allstate (Paid Content)



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Hit the road and find your adventure. Now you've got the time and freedom to make your travel dreams come true. So set your sights on these five must-see road trip destinations guaranteed to satisfy your appetite for fun and discovery.

Tip: Plan ahead. For this trip it is all about getting to the destination. Don't let a roadside emergency spoil your trip. Think about upgrading to a premium plan for optimal benefits. An open road of adventure lies ahead! Where will the road lead you?




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**1. Albuquerque International Balloon Fiesta, New Mexico**  
 Imagine hundreds of brightly colored hot air balloons sailing silently through the brilliant blue skies of New Mexico. From the glorious morning Mass Ascensions to the magical Balloon Glows at night, the largest balloon festival on earth thrills visitors with flight precision competitions, balloon rides, live entertainment and special-access clubs to make your visit unforgettable. Special Event hotel accommodations at discounted prices are available. Explore Albuquerque too – a vibrant city rich with world-class museums and traditional New Mexican cuisine and culture.



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Toroweap point at sunrise, Grand Canyon National Park.

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## 2. Grand Canyon National Park, Arizona

One of the most awe-inspiring natural wonders, this World Heritage Site is known for spectacular towering cliffs, colorful rock layers and the copper-colored Colorado River. Choose from a variety of lodging experiences from back-country camping to premier accommodations. Explore the park on foot, by bike or on the back of a mule. And be sure to catch a Park Ranger walk and talk to get an insiders look at the history and geology of this most majestic gorge. If you're over 62, consider the National Parks and Federal Recreational Lands Lifetime Senior Pass. One fee provides entry to the Grand Canyon and most other national parks and forests – forever!



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 Bison paradise in Yellowstone Park.

## 3. Yellowstone National Park, Montana

Watching the eruption of the Old Faithful Geyser is a breathtaking experience not to be missed! And there's so much more to explore. Stop by a Visitors Center, download apps, brochures and guides so you're prepared to navigate astounding natural beauty. This is literally where the deer and antelope play, along with bison, elk, bears and birds. Walk the boardwalk that winds around Mammoth Hot Springs Terraces. Fish, hike, bike and camp to take in the canyons, rivers, and lush forests of Yellowstone.



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 Mardi Gras parades through the streets of New Orleans.

## 4. Mardi Gras, NOLA (a.k.a., New Orleans, Louisiana)

Up for wildlife of a whole different nature? NOLA's calling! A few days before FAT TUESDAY each year – officially March 5 in 2019 - New Orleans hosts a Carnival featuring parties, parades, entertainment and activities throughout the streets of NOLA. You'll marvel at the spectacular floats and bedazzling costumes, while you catch your own stash of traditional green, purple and gold treasures thrown from floats. A true foodie's paradise, NOLA's traditional cuisine and cocktails are a must. Beyond the party, fascinating history, culture, music and alligators abound!



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 Mission Espada near San Antonio Texas.

## 5. San Antonio Missions, Texas.

This National Park is a history buff's haven and home to four missions originally established at the time of Spanish colonization. The missions commemorate the culture and stories of their inhabitants in the 1700s. Each of the missions - Concepcion, San Jose, San Juan and Espada - are just a few minutes away from each other by car. There's also a 10-mile Mission Riverwalk Hike and Bike Trail that follows the San Antonio River and connects you to all four missions. San Juan Mission features an historic grist mill still in use today as well as the San Juan Demonstration Farm.

Life is all about the journey. You've worked hard, now is your time to travel and experience the beauty and diversity America has to offer. So when the rubber hits the road, make sure you and your car are protected with an emergency roadside assistance plan that's reliable so you can get back on the road again quickly.

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