

Living 50plus

Improve Vision For A Safer Ride

As the motor vehicle industry continues to evolve, the emphasis drivers and manufacturers place on safety continues to increase. But even though technological advancements have vastly improved driver safety, accidents still happen.

One of the more concerning trends with regards to traffic accidents is when they occur. In spite of the fact that there are five times as many motorists during the day, statistics indicate that one-third of all accidents and roughly half of all traffic fatalities occur at night. Though that might seem counterintuitive, this peculiarity can largely be traced to a driver's visual acuity, which is reduced by 70 percent at night. Simply put, the human eye is not adapted for nocturnal vision, so drivers must take steps to improve their vision and visibility within their vehicle. The following are just a few of the ways drivers can do just that.

- * Replace headlight bulbs every two years. Addressing automobile lighting is one of the most underperformed vehicle maintenance tasks. In fact, many drivers do not even consider replacing their headlight bulb until it fails. But as a bulb ages, its light output is drastically reduced by a host of factors, including humidity, electrical resistance and filament fatigue. Industry experts recommend replacing headlight bulbs every two years, and motorists should add bulb inspection and/or replacement to their list of routine maintenance tasks.
- * Upgrade your headlight bulbs. Perhaps the best way drivers can improve nocturnal vision is to upgrade their headlight bulbs. Philips, a leading innovator of automotive lighting, makes a series of upgrade headlight bulbs that put out more light and



create longer beam patterns than the standard halogen bulb found on many of today's vehicles. Philips even produces a special headlight bulb for motorcycles that not only improves vision but creates a unique orange reflection that helps distinguish the motorcycle from other vehicles on the road.

- * Inspect and replace wiper blades when necessary. Similar to headlight bulbs, wiper blades are often overlooked when it comes to vehicle maintenance. But many motorists would be shocked to discover that industry experts recommend wiper blades be replaced at the change of each season or on three month intervals. That's because the longer a wiper blade is on the vehicle, the more brittle and ineffective it becomes, putting drivers and passengers at risk.

Drivers can also purchase inexpensive treatments designed to make the rubber more pliable and extend the life of the wipers. In addition, when inspecting or replacing wiper blades, top off the windshield washer fluid as a precautionary measure.

- * Install daytime running lights, or DRLs. While many drivers will admit to having trouble driving at night, just as many, if not more, might also concede they struggle with visibility at dusk or even during the day. But DRLs operate whenever the vehicle is moving, helping to increase visibility during the day and at dusk. While most DRLs are based off the car's headlights, causing the headlights to wear down over time, the new LED DayLight DRLs from Philips operate on their own and use high powered LEDs which draw less power from the vehicle. These LEDs are incredibly bright for maxi-

mum visibility in daylight and have a much longer life expectancy than headlight bulbs.

- * Clean interior glass and mirrors. Another way to improve visibility is to clean interior glass to remove any film buildup that can reduce vision and create a hazy reflection from the sun. This is especially important for motorists who smoke in the car, as this film is typically thicker. When addressing interior glass, take the time to adjust all side and rearview mirrors properly to cover all of the views around the car, especially the blind spots.

More information about Philips Upgrade Headlight Bulbs is available at: www.philips.com/automotive. For Philips LED DayLight Daytime Running Lights go to: www.daylight-led.com.

Furnishing The Empty Nest

For parents, experiencing their kids leaving the nest can not only be a momentous event, but it can also be one sometimes tinged with a bit of sadness. After all, your little boy or little girl is all grown up now. However, looking at the bright side, this means you now have one or more rooms that can be turned from a kid's bedroom into a space you can now enjoy.

You may have been making due with storing your personal effects into rooms in the house simply because of necessity. But now that the kids have flown the coop, it's possible to take over their rooms and turn them into something tailored to you and your spouse. The following are a few transformations that can take place.

Craft Center

Many people enjoy making things with their hands, be it painting ceramics or

knitting sweaters. A room that is set aside for different types of craft projects can keep work undisturbed and organized. Walls filled with shelves and storage containers alongside bulletin boards will create a utilitarian feel to the room. Have a large task table so you can spread out work and comfortable sitting chairs. Stick with a flooring material that can be cleaned quickly, like tile or wood in the event of spills.

Sports Room

Sports enthusiasts may want to set up a room devoted to collections of trophies, collector cards, memorabilia, and any other sports-related items. Add a sofa or recliners in the room as well as a big-screen TV, and this spot can be the perfect place for watching the game undisturbed.

Home Office

For those who have been doing bills at the kitchen

table or trying to work from home amid the noise of the kitchen or the television in the family room, a home office can be just the solution. If the room is large enough, place two desks face-to-face so it can be a his-and-her work center. Use neutral paint colors so that it will be more of a gender-neutral space.

Private Bedroom

Although topics of the bedroom are often kept hush-hush among friends and family, many men and women aspire to one day having their own bedrooms. After time retreating from the master bedroom because of a spouse snoring or simply because of being on opposite schedules, separate bedrooms enable you to create rooms that cater to you. Put in the amenities you desire and encourage



your spouse to revamp the other bedroom according to his or her desires as well.

Guest Retreat

Many times guests are forced to sleep on a pull-out bed or sleeper sofa when staying over at a loved one's. Having an extra bedroom available can enable friends and family members to stay overnight with com-

fort and ease now. Decorate the room in neutral colors and invest in comfortable, hotel-quality linens for the utmost in luxury.

Library

Some people simply enjoy the ability to curl up with a good book in a quiet space. Turn a vacated bedroom into a cozy nook complete with bookshelves, a

plush chair and decorative reading lamp. Fill the room with favorite books, decorations and a side table to house a cup of tea or coffee.

Regardless of how you feel when your children leave home, redecorating empty rooms into new, functional spaces can help add a positive spin to your suddenly empty nest.

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