

# Summer travel: road trip tips

**Lydia Bashaw**

*The Clackamas Print*

Once summer sets in, the road summons and the need to take a road trip arrives.

Though a road trip can be one of the best experiences in a lifetime, there are several things that can go wrong, such as flat tires, lack of funds and getting lost. There are a few things that all soon-to-be-road-trippers must know before throwing the bags in the car.

First of all, road trips can be expensive. With the rising cost of gasoline and motel stays, make sure you budget ahead, and though suggesting for college students to get credit cards may be a bad idea, having emergency funds is a good idea. Never leave home without some sort of map or GPS device.

There are four areas where you can save money: food, lodging, entertainment and vehicle expenses.

When it comes to hunger, it's a bad idea to hit the road empty-handed. Instead, bring along a cooler with snacks, sandwiches and drinks. Avoiding eating in restaurants will save money and help you stay healthier. If it's a long trip, mix it

up, dining out a few times and making meals yourself.

Bringing along a camp stove is very convenient, though most don't like cooking meals or doing dishes on vacation. It may be easier to grab a cheeseburger, but resisting the urge will save money and keep you on that summer diet.

If a road trip will continue into the evening, it's very important to think about where you will be staying. On long trips, it's smart to mix camping and inexpensive hotels.

Camping should be utilitarian. Take only the bare necessities: a pop-up tent, mattress pad, sleeping bag and flashlight.

There are very cheap, easy-to-set-up tents nowadays. Bringing along a plastic basin of some sort will help with the dishes.

As for a hotel, most rooms are less than \$40 a night if you check out the Mom & Pop establish-

ments. They may not have a pool or continental breakfast, but it saves you dough that can be spent on other enjoyable things.

Even though road-tripping should be entertaining, a few interesting stops along the way are always a good break from sitting behind a windshield. If there is a chance to check out a national park, splurge for the annual pass, which is around \$50, rather than the daily one. Daily fees can cost an upwards of \$20, so in the long run, it's a much better deal.

Before you leave, check your route online - often there are free museums and exhibits along the way. Look for visitor centers, city halls and city guides for more information on attractions. These locations often offer coupons for local motels and attractions. Always carry your student body card for those easy discounts.

Also, locals are great sources of information, so start a conversation with that waitress or say hello to the local

shopkeeper. One of the best things you can do on a road trip is talk to people.

Remember: Gas is costly, and prices are rising. The best tip for fuel economy is to buy at truck stops and ask for a "frequent fueler" card, which will get you a rebate.

Always make sure that your car has had the appropriate care; get that oil change and tune-up beforehand. Getting stranded in the desert does happen - flat tires do occur, just like in the movies. A

good membership to AA

nice to have. Drive with fuel economy in mind. Don't gas it; go steady speed, use cruise control and keep speeds low. There is no need to go across the countryside on the drive.

Road trips require planning in order to be completely successful. Always think about the possibilities and be prepared for them.

As for where to go, it's up to you and the car.



Illustration by Katie Wilson Clackamas Print

## Fantastic footwear: a history of flip-flops



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It's becoming summertime, and flip-flops seem to be the favorite type of footwear.

Flip-flops are basic, flat sandals that have a strap between the big toe and second toe that wraps around to the side of the foot. Typically, they are made from rubber or plastic.

There are other styles of flip-flops that are dressier and more formal than the basic rubber-soled design. Some have kitten or wedge heels.

Different fabrics can also make for a more or less dressy flip-flop, depending on the material. Often, the shoes are made from leather, suede, patent leather and fabric.

Sometimes there are embellishments, such as buckles, fringe, beading, rhinestones and fabric flowers. These dressy flip flops are generally referred to as "dress sandals" and not "flip-flops."

Because of their rising popularity, hosiery manufacturers have created flip-flop socks and pantyhose.

Considered to be the most basic type of footwear, flip-flops have become a sort of fashion statement and have begun to replace regular shoes as everyday footwear.

They have not always been a "fashion staple," as many now consider them to be. Street vendors in destitute countries would wear rubber sandals made from recycled tires because they were cheap, often costing less than one American dollar.

Though the exact invention date is not known, flip-flops seem to be based on the traditional Japanese sandal, the zori. Woven-soled zoris, called "jandals," were used as beach footwear in New

Zealand in the 1930s.

The modern flip-flop design was developed in Auckland, New Zealand by Maurice Yock, and patented in 1957.

As more and more celebrities began to wear flip-flops, the more popular they became and high-class designers began designing them. Designer Sigerson Morrison was first to add a kitten heel.

Flip-flops are popular due to their flat structure and ease of removal. They also allow a foot to be exposed, but do not constitute as shoes.

Many wear flip-flops every day, as they are considered quite comfortable. The danger in this is that they are usually not very sturdy and the straps may break after moderate use. They can be fixed, but typically the wearer will just buy a new pair. Their average life expectancy is only about a year.

Furthermore, flip-flops can be dangerous. They provide little to no ankle support. Because of the soft sole, the foot rolls inward more than it usually would in a regular shoe. This roll is called pronation, and because many foot problems, including pain in the heel, arch and toes, as well as bunions, are related to pronation.

Another common flip-flop-related injury is spraining the ankle. The ankle bends but because there is little ankle support, the ankle bends too far in the wrong direction and sprains.

Whatever opinions may be held about the safety or validity of flip-flops as daily footwear does not change the fact that they're wildly popular. This summer, like many others, will see numerous variations and styles in a simple and fashionable shoe, the flip-flop.

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