

The Some Times Newsletter

Use Social Media Responsibly

Here are some tips for both parents and children to follow to help create an atmosphere of positive citizenry on social media channels:

- > **Pause before you press "enter."** You leave a permanent footprint on everything you post, creating the likelihood it can resurface at any time and call your character into question later. Resist the urge to be impulsive, spread gossip, or promote hate.
- > **Apply the Golden Rule.** You are what you post, retweet, and share. Ask yourself these three questions of anything you feel inspired to post: Is it true? Will it cause anyone harm? What is my motivation for posting this?
- > **Get permission/Give permission.** Before sharing someone else's photos or content, make sure you have their OK and ask the same of your contacts.
- > **Review your privacy settings.** They are there for a reason - to limit who can access your information and how they can use it. You have locks on the doors and windows of your home to keep unwanted guests out; do the same for your social media profiles and feeds.
- > **Police the content that appears on your page.** Not everyone is mindful of the content they post. Occasionally, that inappropriate material will make its way onto your social media feed, where it can be viewed by your contacts and misinterpreted as something you favor. Don't hesitate to block contacts and remove posts from your feed if they are offensive.
- > **Exercise caution.** You wouldn't allow your children to walk around with a sandwich board displaying their legal name, age, address, and other personal information, so don't allow them to create detailed profiles that can be accessed by strangers the world over. Never divulge too much information about yourself, your current location, or future plans unless you want to fall victim to unscrupulous internet trolls.



Matt H.

Master Certified Technician

Years in this industry: 13 years

Year started at Star Automotive: 7/2022

What do you specialize in, proficient at or prefer to work on: Diesel, Fiat certified, electrical, emissions, Fords.

ASE Certifications: ASE Master Tech Certified. A1-A9, L1, C1, G1, Continuous industry training and development.

Hobbies: Off-Roading, Gambler 500 – trash pickup, resurrecting junk cars, enjoying the river.

Save Dough When You Rent Wheels

Travel is expensive enough. When you need to rent a car, don't spend money unnecessarily. Here's a tip: Don't rent your car at the airport. Often it's cheaper to take a cab or public transportation into the city, where you can avoid extra taxes and user fees that city governments often impose on airport rentals.

You can usually return the car at the airport with no extra charge, as rental companies generally allow customers to drop off their vehicles at a different location.

If you're staying at a hotel, park at a public lot down the street. Chances are the rates will be cheaper than the hotel's overnight parking fees.



\$10 Off Labor Coupon

- Not Valid On Oil Change -

You must present this coupon at time of service. Coupon will not be accepted after repair is completed and paid for. One coupon per person per repair order. Cannot combine with other coupons.

Valid Through March 31, 2025

The Start Of Spring

This year, the vernal equinox - the day when night and day are nearly the same length - starts on March 20th.

According to American folklore, the first day of spring is the only time that a raw egg can be balanced on end because the sun's equidistant position between the poles of the earth generates special gravitational forces. This notion goes back to 1945, when a reporter for Life Magazine covered a Chinese ritual in which people balanced eggs on the first day of spring.



But the Chinese calendar puts the first day of spring in early February, a month and a half before the equinox. This fact didn't stop Donna Henes, an artist and self described ritual maker, from rallying 100 people in New York City in 1983 to balance eggs on March 20. At the hour and minute of the equinox, she stood her egg on end and announced, "Spring is here." The following year, 5,000 New Yorkers convened at the World Trade Center to repeat the egg ritual, meriting coverage by the New York Times. To this day, many news and radio stations repeat the story and urge people to balance eggs on the first day of spring.



But myth busters say the yolk's on them because there are no such special gravitational forces at work on this day. It's possible to get an egg to balance upright on any day of the year - as long as you have the patience to

Air Out House to Reduce Indoor Pollution

If you suffer from eye irritations, headaches, nausea, or fatigue, your house could have "sick building syndrome" - a coin termed by the Environmental Protection Agency that refers to a phenomenon common in new homes and those that are well sealed against drafts. The biggest contaminants include:

- New carpeting and upholstered furniture
- Pressed wood
- Household pesticides and cleaners
- Fumes from stoves and heaters
- Aerosol deodorizers, air fresheners, and candles

Environmentalist Lee Dobbins advises opening the windows every time you clean the house to air out those troublemakers. "Even just a crack is effective in cooler weather," he says.



- 1) If you're too open minded, your brains will fall out.
- 2) Age is a high price for maturity.
- 3) Artificial intelligence is no match for natural stupidity.
- 4) If you must choose between two evils, pick the one you have never tried before.
- 5) My idea of housework is to sweep the room with a glance.
- 6) Not one shred of evidence sup-ports the notion that life is serious.
- 7) If you look like your passport picture, you probably need the vacation.
- 8) Junk is something you've kept for years and throw away three weeks before you need it.
- 9) By the time you can make ends meet, they move the ends.
- 10) Blessed are they who can laugh at themselves for they shall never cease to be amused.



Don't text me while I am in the middle of texting you. Now I have to change my whole text!

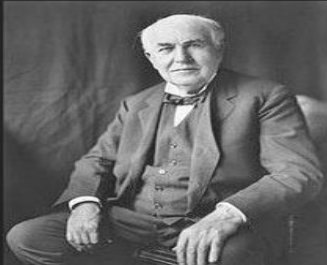
What's Your Perspective

Thomas Edison tried two thousand different materials in search of a filament for the light bulb. When none worked satisfactorily, his assistant complained, "All our work is in vain. We have learned nothing."

Edison replied very confidently, "Oh, we have come a long way and we have learned a lot. We know that there are two thousand elements which we cannot use to make a good light bulb."

How do you see things? Cup half full or is the glass half empty?

PERSPECTIVE



"I have not failed 700 times. I have succeeded in proving that those 700 ways will not work. When I have eliminated the ways that will not work, I will find the way that will work."

THOMAS EDISON
on inventing the light bulb.

Jolene's Corner

If there is any veggie that I really like it is zucchini. I love it any way that it is prepared. In soups, fried, cut up in a salad, spiralized then sautéed with marinara sauce on it, slicing it lengthwise to use instead of pasta for lasagna. Yum Yum. My Jim likes it spiralized then sautéed with marinara sauce. He is not a big pasta fan so for him this veggie version is the best thing since sliced bread. Here is a casserole that has a lot of flavor and is easy to prepare.

Zucchini Casserole Bake

This recipe is for 2-4 people but can easily be doubled.

2 medium-sized zucchinis, sliced into rounds
 1 tomato, chopped or you can use cherry tomatoes cut in half
 1/4 onion, chopped
 1/2-1 cup shredded cheddar cheese
 3 slices of bacon, cooked and crumbled
 Olive Oil
 2 tablespoons chopped fresh herbs (such as parsley thyme or basil. I make this with fresh thyme)
 1/4 teaspoon garlic powder
 Salt and pepper to taste.



Preheat the oven to 375°. Grease a small casserole dish with olive oil and set it aside.

In a skillet, heat olive oil over medium heat. Add the chopped onion and cook until it becomes translucent and fragrant.

In a large bowl, combine the chopped zucchini rounds, chopped tomatoes, crumbled bacon, sautéed onions, chopped fresh herbs, garlic powder, salt and pepper. Mix everything well to ensure all ingredients are evenly distributed.

Transfer the zucchini mixture into the greased casserole dish, spreading it out evenly. Sprinkle with the cheese.

Place the casserole dish in the preheated oven and bake for about 30 minutes or until the zucchini is tender and the cheese has melted and turned golden brown.

Once cooked, remove the zucchini from the oven and let it cool for a few minutes before serving. Serve as a side dish or as a main course. It pairs well with a fresh salad or crusty bread.

Hint: For a vegetarian dish omit the bacon, or use Morningstar Farms bacon.

March is spring break time. Your car deserves a break, too, a **"brake check"**. How long has it been since your brake fluid has been inspected? Did you know the braking system should be flushed and the fluid replaced periodically? Did you know that when you're out of brake fluid you're out of brakes? **Be car care aware and let us inspect your brakes for free! If you are in need of any brake services then we will give you a "break" and we will give you \$45.00 off any brake service.** Offer good till 3/31/2025



Thanks for the kind words!

Excellent work affordable fast. Shuttle ride home and back after the work was performed. The awesome service writer's are a big help and it's not high Pressure updates. I'd highly recommend this shop for oil service and major repair. I trust them with my E92 coupe and my 23y old F150 super crew.

Jason

\$60 Off Timing Belt Replacement

Manufacturer's Recommended Maintenance.
 You must present this coupon at time of service.
 Coupon will not be accepted after repair is completed and paid for. One coupon per person per repair order. Cannot combine with other coupons.

Valid Through March 31, 2025



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March 2025

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Details available on our website at <http://www.stargp.com/warranty-information/> and at our front counter

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Are You Feeling Lucky?

**You can be the lucky winner for a
FREE Brake Fluid Exchange valued
at \$141.00! Winner will be drawn
on March 31, 2025.**

No purchase necessary. Call or come by
the shop to enter. Good Luck!
Happy St. Patrick's Day!

Right the First Time, On Time, Every Time since 1975

Is it "Time" for your Timing Belt?

What is a timing belt?

Your car's most important belt is called the timing belt. It connects the crankshaft to the camshaft which in turn opens and closes the valves. Without it, an engine cannot run.

Why would it need to be replaced?

Like any other component in a car, timing belts are subject to wear and tear and will stretch over time. As they stretch, the timing of your engine's valves will deteriorate, leading to decreased engine performance. If the timing belt were to fail completely, your engine would quit running altogether - leaving you stranded!

IMPORTANT! If you have an "interference" engine (many Hondas, Nissans, etc.) the engine's pistons and valves actually occupy the same space at different times during the engine cycle. Should the timing belt fail, these two components will **impact** one another, causing significant engine damage. This is why with certain car models, replacement of the timing belt is recommended by the manufacturer at *specific* mileage intervals. Waiting too long can result in a BIG repair!

Don't take a chance. Call today and find out if it's "time" for a timing belt on your family vehicle!

Think of **STAR Automotive** for all of your automotive service needs.

"Where Service & Workmanship are Priorities!"