

October 2025

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The Some Times Newsletter

Facts about Breast Cancer in the United States

- 1) One in eight women will be diagnosed with breast cancer in their lifetime.
- 2) Breast cancer is the most commonly diagnosed cancer in women.
- 3) Breast cancer is the second leading cause of death among women.
- 4) Each year it is estimated that over 220,000 women in the United States will be diagnosed with breast cancer and more than 40,000 will die.
- 5) Although breast cancer in men is rare, an estimated 2,150 men will be diagnosed with breast cancer and approximately 410 will die each year.

Good News About Breast Cancer Trends

In recent years, perhaps coinciding with the decline in prescriptive hormone replacement therapy after menopause, we have seen a gradual reduction in female breast cancer incidence rates among women aged 50 and older. Death rates from breast cancer have been declining since about 1990, in part due to better screening, early detection, increased awareness, and continually improving treatment options.

The best way to fight breast cancer is to have a plan that helps you detect the disease in its early stages.



Deliciously Eerie

Things that go bump in the night. Faint cries coming from empty rooms. Shadowy figures that fade from view. It's all deliciously creepy fun. If you're a ghost hunter or you just love feeling a chill run up and down your spine, one of your spooky destinations should be Southern Oregon.



The site of the old Galesville Hotel in Douglas County is reportedly haunted by a phantom stagecoach which can be heard there.



The Linkville Playhouse in Klamath Falls is supposedly haunted by the ghost of a former actor, Ralph McCormic, who starred in local plays there.



Lithia Park in Ashland is reportedly haunted by a young girl who was murdered there in the 1800s. Visitors have described seeing a blue light glowing above one of park's ponds.



Several locations at Southern Oregon University in Ashland are reportedly haunted, including the Susanne Holmes residence hall where a child died, and the basement of the Plunkett Center.



The Oregon Caves Chateau in Cave Junction is a rustic lodge reputed to be haunted by a poltergeist named Elizabeth, a woman who committed suicide in the chateau in 1937.



The Wolf Creek Inn in Wolf Creek is an inn that opened in 1883 and served as a stop for carriage travelers. It was later frequented by several celebrities and writers, including Clark Gable and Jack London, who finished his novel *Valley of the Moon* while staying at the inn. Strange occurrences have been reported at the inn for years, as well as a commonly told legend about a vampire-like being who reportedly attacked a traveler there in the 1970s.

Halloween Word Search

C O A I O E I Q A I I I P E U
S P N Q Q N U J W Y T L G L P
T N W E I T G N Q S W C E N I
R L V Y Y T N D O L O L V C W
E L D R V I R H I N A U L S I
A D T X L Q G I E D G R G C T
T G D B B U X E C M N V A P C
E P O G Q F W M B K J U O M H
S G F Q A O U G O Z B A M U E
J I X Y L A V N A N K Y T M S
I M O L L W E M C Z S K C M J
D U A P U M P K I N V T F Y C
O H A Z Y T C O S T U M E K G
C I L P E O C T O B E R Y R M
E P P X R S H W R H L J S S E



Fun
Costume
Mummy
October
Halloween
Goblin

Trick
Ghost
Monster
Witches
Pumpkin
Treat



Millions of animals are waiting for someone to give them a safe, home. Be a hero and consider adopting a rescue animal or a dog from your local shelter. You'll be saving a life and adding joy to yours.



Thanks for the kind words!

"We were on the road and had brake problems. They got us in right away and replaced our brakes within a couple of hours at a good price. Highly recommend!"

Deva

Safety Tips for Night Driving

Night driving can be a lot of fun. You can turn your music up loud, there's less cars on the road and less distractions. However, driving at night, especially longer distances can be tricky and have more dangers than daytime driving.

Did you know that more crashes and auto accidents happen at night? It's true, there's about 1 and a half times more crashes at night than during daylight hours. The main issue that contributes to this is the decreased visibility you have at night. Not only is your depth perception, peripheral vision and color perception less at night, but road markings and signs are simply harder to see at night. The older you get, the more trouble you may have with driving at night, since a 50-year-old will need more light to see than a 20-year-old driver. Fatigue can also be a factor, for both old and young people.

Here are some essential safety tips to help you drive at night with less worry:

1. First, always make sure that your mirrors and windows are clean, as any dirt or dust on these areas will increase the glare you get from lights and oncoming cars. Also make sure your headlights and tail lights are clean to make sure others can see you. Whenever you stop for gas, make it a habit to clean your windshield.
2. Speed is a big factor in crashes, so be sure to obey the speed limit at night. In addition, visibility, even with
- your high beams on, is much less at night so obeying the speed limit is critical to be able to stop for any obstacles in time to avoid them.
3. Since there's a lot of glare at night, you'll want to check your side and rearview mirrors frequently, this can help lower eyestrain and keep your eyes focused.
4. Never drive when you are sleepy. Drivers who are sleepy are almost as dangerous as drivers who are under the influence of drugs or alcohol. If you're sleepy, stop and get a cup of coffee to make sure you stay awake, or take a nap in your car until you feel refreshed enough to drive again.
5. Should you have car trouble, always pull over to the shoulder of the road and make sure to turn on your hazard lights so others can see you.
6. Watch the roadsides for the reflection of any animal's eyes. You'll be able to stop or slow down more easily if you spot them before they run into the road.
7. Use your high beams and fog lights only at appropriate times. Don't use high beams if there are oncoming cars or fog lights if it isn't foggy.
8. It's smart to be a defensive driver at night, especially on weekend nights, due to the higher risk of encountering drunk drivers.
9. Lastly, put down that cellular phone. It's an even worse distraction at night than during the daytime.

Some Frightfully Good Facts For Halloween Retailers

Boo! Halloween is here once again—and, commercially speaking, the holiday seems to gain popularity as each year passes. The National Retail Federation released the following projections about the 2025 celebration based on its research:

- An estimated 44 million trick-or-treaters would be knocking on doors for ghostly treats.
- The average U.S. consumer planned on spending \$100-200, adding up to the chain-rattling figure of more than \$10 billion.
- More than 70 percent of consumers were expected to hand out candy. Almost 50 percent said they planned on decorating their yards or homes.
- More than 40 percent planned to carve a pumpkin. Nearly 30 percent said they were planning on throwing or attending a Halloween bash.

Rebuild Your Brain

Up until about 12 years ago, it was believed that we were born with a fixed number of brain cells that eventually died out.

Now scientists know that brain cells regenerate throughout our lives. And one thing seems

clear: To keep the sharpest memory you can for as long as you can, get moving. Aerobically, that is. Studies have shown that people who engage in aerobic exercise perform better cognitively and show increased brain volume. In another study, participants who exercised showed lower rates of dementia. That's because exercise actually encourages neuron generation in the part of the brain that processes memories.



SCARY FACT: 8 Out of 10 Automatic Transmissions Fail Due To Lack Of Preventative Maintenance. Transmissions Fail Due To Fluid Not Dissipating Heat From The Transmission.



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Jolene's Corner

Spaghetti squash originated in Central America. While its exact origins are not fully known, it was later introduced to China in 1850 where it was cultivated and became known as "shark fin gourd" or "squash". It was then brought to Japan and eventually to North America. Most of the recipes on the internet have a heavy sauce to accompany spaghetti squash. I tried my hand at creating a lighter version. Here it is.

Veggie Spaghetti Squash

1 Spaghetti Squash
 1 cup diced onion
 1 cup sliced mushrooms
 1 cup diced tomato
 1 cup diced zucchini
 1 teaspoon dried thyme
 1 teaspoon dried marjoram
 2 cloves garlic minced
 Salt and Pepper to taste
 Olive oil

Preheat the oven to 400 degrees.

Cut the squash in half and remove the seeds. Sprinkle olive oil on the cut side of the squash. Salt and pepper. Place squash cut side down on a baking sheet lined with a silicon mat or parchment paper. Bake for 40-50 minutes until a knife easily enters the squash. Remove from the oven and cool until you can touch it without being burned.

Heat a large sauté pan over medium high heat. Add 2-3 tablespoons of olive oil. Heat till it shimmers. Add onion and sauté till translucent. Add mushrooms and cook for 5 minutes stirring a couple of times. Add thyme and marjoram, salt and pepper to taste. Add the zucchini and sauté for 3 minutes.

With a fork shred the squash. Add to the sauté veggie and stir to combine. Add the diced tomato and stir to incorporate. Serve.

Warning this makes a lot. If there are only 2 of you, only cook half of the squash or find the smallest squash you can find.

If you want to add meat I think some Andouille sausage or a smoked sausage would work great. Just slice it up and sauté it till browned then remove from skillet and continue with the veggies. Add back in when you add the squash.



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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!

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