

The Some Times Newsletter

Sprucing Up Your Vehicle

Winter is one of the harshest seasons for vehicles. From ice, slush and salted roads to the extreme temperature swings and potholes; it all takes a toll on your vehicle. As spring finally arrives, it's a great idea to give your car a thorough cleaning to wipe away the grime and undo winter's damage. It doesn't have to cost a fortune when you can do most of the work yourself, visit a car wash or swing by our shop.

Here are 5 things you can do to shake the winter blues and spruce up your vehicle this spring:

- 1) **Wash the Underbody ~** Wintertime driving can coat the bottom of your car with salt, sand and other grime that can cause corrosion. Corrosion can lead to rust problems.
- 2) **Scrub Both Inside and Out ~** Grab some automotive upholstery and carpet cleaner and get busy. Start with the seats and move yourself to the carpet. The carpet can act like a filthy, salty, wet rag that can accelerate rust. Scrub the bottom of the doors and window channels. They can easily get coated with grime. You might also like to apply a silicone spray to the window channels which repels dirt while lubricating the surface.
- 3) **Replace Wiper Blades ~** Wiper blades really get their workout during the winter months. It's best to change them every fall.
- 4) **Check Tires ~** Cold weather can cause your tires to deflate. Driving on properly inflated tires can save you money.
- 5) **Check Fluids ~** Winter weather can deplete some of your vehicle fluids, especially the windshield washer fluid. Make sure to check your oil, brake and transmission fluids too.

By using Spring as a time for sprucing up your vehicle, you will not only enjoy a fresher vehicle but also save yourself time and money as you roll into the long-awaited vacations.

All About March

- ? Did you know that the word March originates from the Roman word "Martius"? It was originally the first month of the Roman calendar and was named after their god of war, Mars.
- ? In some places, the traditional games in March are marbles and skipping. Some places actually named days "Marble Day" or "Long Rope Day".
- ? One of the flowers most associated with March is the narcissus or known as the wild daffodil. It was named after the boy in Greek mythology who was changed into a flower.
- ? Old folklore: "March winds and April showers bring forth May flowers."

3 Drinks That Are Diet Approved Sick of water?

- 1) Add a tablespoon of sugar-free cranberry juice to one of your glasses. It's a natural diuretic and helps you shed water weight fast.
- 2) Tea drinkers are 20 percent trimmer, according to a 2003 study in the journal, Obesity Research (now called Obesity). Black tea is ok too, but a compound called EGCG in green tea gives you the best fat-burning results.
- 3) COFFEE! Consuming caffeine 45 minutes before your workout will help you burn more calories. Just make sure your daily cup of 'joe is cream- and sugar-free.

\$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 29, 2024

Our goal is to serve you properly in a timely manner.

Should you have an issue, please discuss it with us and we will do our best to make things right.

Our business survives by providing good service done at a reasonable expense. Referrals and online reviews are important to us.

We would sincerely appreciate your online review.



Brake Safety Compromised by Contaminated Brake Fluid

Six fluids that require replenishment in most vehicles are the engine oil, transmission fluid, antifreeze/coolant, washer fluid and fuel. Number six, the one most neglected, is brake fluid. You've known about topping off brake fluid, you may say, but changing it?

According to the Car Care Council, brake fluid in the typical vehicle **can become contaminated in two years or less**. This is because the fluid absorbs moisture, which works its way through the hydraulic system. Under heavy braking conditions, such moisture in the overheated fluid vaporizes (boiling water is lower than that of brake fluid) and brake efficiency is reduced. Even under normal driving circumstances, this condition can develop if the brake fluid is seriously contaminated. Not only is the contaminated fluid vulnerable to vaporizing, it also can freeze. Brake fluid must maintain a stable viscosity throughout its operating temperature range. If it's too thick or too thin, braking action is impaired. Beyond the vaporization hazard, moisture creates an additional problem for owners of vehicles equipped with anti-lock braking (ABS) systems. Rusted and corroded ABS components are very expensive to replace.

How does a car owner know when to have the fluid changed? The Council recommends replacement every two years or 24,000 miles. It should be included with brake pad or shoe replacement, the Council emphasizes. In between, as a preventative measure, a professional brake technician should check the condition of the fluid with an accurate fluid safety meter, which is inserted into the master cylinder reservoir to record the fluid's boiling point.

Have it checked! "What's Stopping You"? Don't "roll the Dice" with your Life!

Fact Behind St. Patrick's Day

For many people, St. Patrick represents an excuse to wear green on March 17, maybe go to a parade, and drink some Irish whiskey. But who was St. Patrick??

The most common belief is that he drove the snakes out of Ireland. Ireland probably never had snakes, though, and the myth may refer to Patrick's efforts to stamp out the serpent imagery used by the Druids. He also may have used the three-leafed shamrock to illustrate the concept of the Holy Trinity to the people he was trying to convert to Christianity as a missionary in Ireland during the fifth century.

Historians agree that Patrick was born in Roman occupied Britain, the son of a Christian deacon. At age 16 he was captured and taken to Ireland, where he was a slave for six years.

During this time, his Christian faith strengthened. One day, according to a letter he wrote about his early life, he heard a voice promising he would soon return home. Shortly afterward he escaped his captors and went back to his family.

He later wrote that an angel appeared to him in a dream, telling him to return to Ireland as a missionary. Patrick went back to the land where he had been a slave to convert the Irish and to minister to those Christians living there.

Why do we celebrate him on March 17th? That's believed to be the date of his death. Although never formally canonized, Patrick came to be considered a saint. March 17 was celebrated as a religious holiday until 1903, when it became a public holiday in Ireland by an act of the British Parliament.



What is moderate exercise?

According to exercise experts at Intermountain Healthcare in Salt Lake City, the answer depends on you. What feels moderate to you is different from what it feels like to someone else. Base your exercise on how

you feel. Moderate exercise feels like this:

- ◆ You breathe a little harder, but you don't feel out of breath.
- ◆ You can talk to a friend but might have trouble singing a song.
- ◆ You sweat a little bit, but aren't soaked with sweat.
- ◆ Your muscles feel a little tired, but they don't hurt.

Any duration of physical activity counts over the course of the day. The total amount of routine activity can easily add up to 10 minutes or more and you can add minutes to it if you think about it. Try parking as far as you can from the entrance to your workplace or the grocery store; pacing or doing jumping jacks in the living room during TV commercials; taking the stairs whenever possible, and gardening or mowing the lawn with a push-mower.



Jolene's Corner

Barley, a member of the grass family, is a major cereal grain grown in temperate climates globally. It was one of the first cultivated grains, particularly in Eurasia as early as 10,000 years ago. 70% of barley production is used as animal fodder while 30% as a source of fermentable material for beer and certain distilled beverages, and as a component of various foods. It is used in soups and stews, and in barley bread of various cultures. Barley grains are commonly made into malt in a traditional and ancient method of preparation. While the following recipe has the main ingredient of mushrooms, barley plays a key role in this dish.

Mushroom Barley Soup

3 1/2 Tablespoons olive oil
 1 Tablespoon butter
 1 1/2 pounds mushrooms sliced (buy mushrooms already sliced for ease of preparation)
 1/2 cup shallots chopped. (About 1 large shallot)
 3 Tablespoons dry sherry or Madeira
 1 Tablespoon fresh thyme chopped or 1 teaspoon dried thyme
 2- 32 ounce boxes of beef broth
 3/4 cup pearl barley
 1 teaspoon salt
 1/2 teaspoon pepper

Heat a large stock pot over high heat for 2 minutes. Lower heat to medium and add oil and butter. Stir until the butter is melted. Add mushrooms and shallots. Cook, stirring often until the mushrooms are wilted about 5 minutes. Add dry sherry and thyme. Reduce heat to low and cook, stirring and scraping brown bits off the bottom of the pot, for 5 minutes. (I did not have any brown bits when I made this). Stir in beef broth, barley, salt and pepper. Increase heat and bring to a boil. Reduce heat to low when it comes to a boil, cover with lid and simmer until the barley is tender about 1 hour. Taste the barley if not tender, cook for another 20 minutes. Make sure to stir occasionally so the barley does not stick to the bottom of the pot. You may need to add additional broth or water if the soup becomes too thick. Enjoy.

Hints: I served this in bread bowls. I toasted the bread that I removed from the bread rounds in an air fryer. I used this toasted bread as a topping on the soup.
 If you need to add additional liquid I recommend using beef broth instead of water.

Did You Know?

You don't have to go back to the Dealer for service or maintenance on you new or used vehicle!

Federal Law (Magnuson-Moss Act 1975) prohibits new car dealers from implying or denying warranty service because routine scheduled maintenance was performed at an independent repair facility.



Thanks for the kind words!

I do tell people it's fully worth the drive to Grants Pass and that it is an auto shop that's thorough, honest and nice.

Jenn

BRAKE



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Please inquire at STAR Automotive should you be interested in this payment option from Synchrony Financial.



www.mysynchrony.com

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 soon!**

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