

The Some Times Newsletter

Advice From Women At The Top Of Their Game

Women and men alike can benefit from the experience and advice of female celebrities who have achieved success. From The Cut website comes these words of wisdom from successful women in the entertainment industry:

◆ **Kelly Ripa:** "Somebody's negativity dumped on you is a bigger commentary on how they feel about themselves than you."

◆ **Susan Sarandon:** "You can always forgive yourself or apologize for things you do, but you can't ever work through things you wish you'd done and you didn't."

◆ **Chita Rivera:** "Take advantage of every opportunity that comes your way, with grace and humility. Be a sponge, and absorb and learn."

◆ **Dana Delany:** "Trust your instincts, but the caveat is you don't usually know what those are until you're much older."

Keep Your Finances Organized

Keeping your financial papers in order is satisfying, but it can be difficult to achieve. If you devote a few hours to getting organized, though, you'll save endless hours in the future. Start the right way with these tips:

- Find a home for your papers. Set up a home financial center where you store your bills and receipts, whether it's in the corner of your kitchen or a filing cabinet nearby. Use a space you go to often.
- Determine what to keep and what to discard. Generally, you can get rid of grocery receipts, credit card slips for non-tax deductible items, and ATM receipts you've already reconciled. Toss all your junk mail. Hold on to anything that's tax deductible, such as medical expenses and records of charitable contributions. Also keep insurance policies, investment purchase records, mortgage and property bills, and warranties and instructions.
- Sort your papers. Use four categories: bills, insurance policies and records, bank and brokerage statements, and other important documents. Then sort those papers into separate folders for each account, type of receipt, like transportation expenses or medical bills, and each insurance policy, etc. Toss the nonessentials.
- Build a routine. Spend 5 to 10 minutes a day maintaining your files. Open your mail near the trash bin. Circle the due date for your bills, and file them in the proper order. And file whatever you decide to keep in its proper folder.

Tips For A Safe Halloween

Kids:

- * Bring a flashlight, Walk, don't run
- * Use sidewalks; if no sidewalk is available, walk on the left side of the road, facing traffic, obey traffic signals
- * Don't cut across yards or driveways
- * Don't trick-or-treat in unfamiliar neighborhoods; approach only houses that are lit
- * Bring a watch that is readable in the dark
- * Avoid tripping by wearing costumes that don't drag and shoes that fit, take caution when walking with a mask on, don't carry nonflexible knives, swords or other dangerous props
- * Wear reflective markings or tape on costumes so motorists can see you
- * Avoid unfamiliar pets
- * Carry a cell phone to call home in an emergency



Parents:

- * Provide dinner before trick-or-treating
- * Accompany young children. Don't allow them to trick-or-treat alone
- * Look for flame retardant costumes
- * Know where older children are trick-or-treating
- * Inspect candy for tampering, examine candy wrapping; discard anything suspect

Homeowners:

- * Remove from your yard any ladders, hoses, dog leashes, flowerpots or other items that children could trip on
- * Keep pets inside; they may bite if frightened by the noise and commotion
- * If using real candles in a jack-o'-lantern, place pumpkin away from where trick-or-treaters may stand
- * Place paper or cloth decorations away from any candle flame
- * Provide healthy alternatives to candy, like fruit rolls, miniboxes of raisins or popcorn
- * Consider offering nonfood treats like pencils, stickers, coins or erasers

Drivers:

- * Proceed slowly all evening
- * Have designated drivers for adult parties

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Christopher Columbus: Things You May Not Know

October 8th is celebrated this year as Columbus Day. However, Captain Christopher Columbus landed on the island of Guanahani on October 12, 1492, which he renamed San Salvador.



Columbus was probably born in Genoa, Italy in 1451, his exact birthday is unknown, and some scholars believe he was actually born elsewhere, possibly in Corsica. He claimed to have taken his first sea voyage at age 10. Columbus mistakenly believed the earth was smaller than it really is. No ship of his time could have carried enough food and water for a voyage from Europe to Asia, and so his plans for such a trip were met with skepticism from the European leaders he approached for funding.

Spain, though, had just ended a long and difficult war to expel Muslims from the Iberian Peninsula, and its rulers were somewhat desperate to find any competitive advantage in trade over its neighboring European nations. Aside from financial support, the king and queen of Spain agreed to name Columbus "Admiral of the Ocean Sea," appoint him governor of any new lands he discovered, and allow him to nominate three people to any office in newly discovered countries. The Spanish rulers may have agreed to these terms because they didn't really expect Columbus to return from his journey.

But he did return, and made three more trips across the ocean. Columbus died in 1506, but his legacy endures.

Rising Costs Of Parenthood

Children are priceless...but they ain't cheap. The cost of raising a middle-class child from birth to age 17 comes to \$222,360, according to the U.S. Department of Agriculture in a recent report. That's 22% more than a kid cost in 1960, when the cost was \$182,857 (adjusted for inflation).



The increase is mainly due to child-care and education costs, which have expanded from 2% of the expenses associated with child-rearing to 17%.

Health-care expenses also doubled as a percentage of total costs. And none of these costs includes college tuition. NOW THAT'S SCARY!!

Cell Phone Dangers: Not Just Texting While Driving

Is your cell phone under attack? Malicious hackers who gain access to your phone can use your number to make their own calls and charge them to your account, or steal your personal information. Guard your security with these tips:

- ◇ Check your settings. Your phone's settings page and documentation will have security options, like a keypad lock code. Choose the most secure settings available.
- ◇ Be careful with applications. Don't download an app you aren't familiar with, or one that asks you for information that doesn't seem appropriate. Be suspicious of text messages that ask you to click on unfamiliar links.
- ◇ Disable network features. Turn off functions like Bluetooth and Wi-Fi when you're not using them to prevent hackers from collecting your data wirelessly.
- ◇ Keep your eye on your phone. A skilled hacker needs only about three minutes with your phone to take control of it. Don't let it out of your sight, even momentarily.

The lighter side

"When my cats aren't happy, I'm not happy. Not because I care about their mood but because I know they're just sitting there thinking up ways to get even."

Mother to little boy: 'Stop pulling the cat's tail.' Boy: 'I'm not. I'm just holding it. It's the cat that's doing the pulling.'

My cat can talk. I asked her what two minus two was and she said nothing.

Thousands of years ago cats were worshipped as gods. Cats have never forgotten this.

What's the difference between cats and dogs? Dogs have owners, cats have staff.

How is cat food sold? Usually purr can!

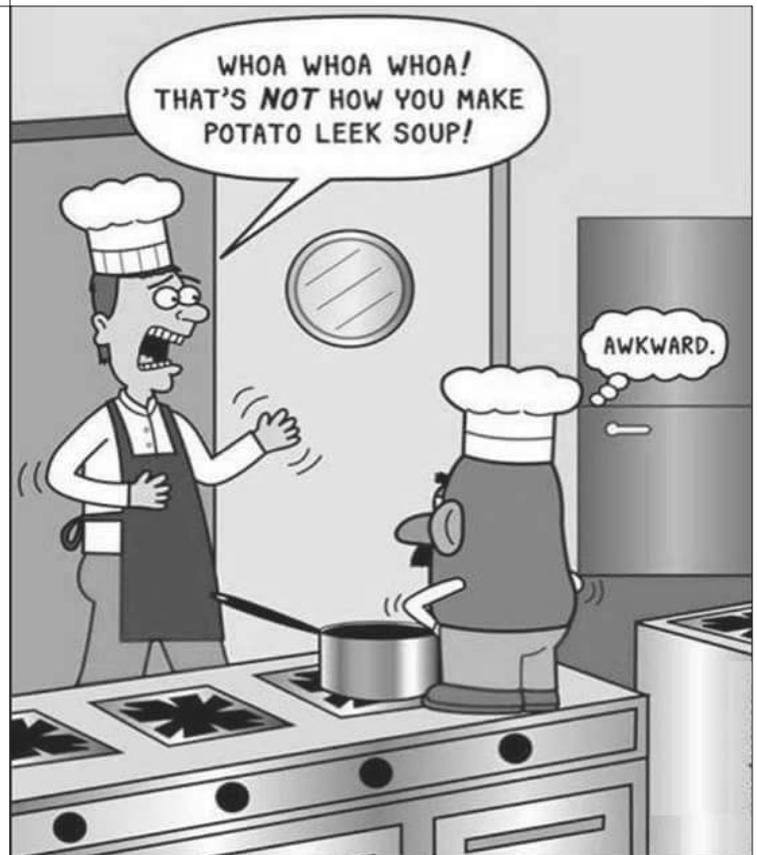
I can teach my cat any trick he wants to do!

What do cats eat for breakfast? Mice Crispies.



What do you get if you mix a cat with a ball of wool? Mittens.

What's the definition of a cat? An animal that never cries over spilled milk.



Jolene's Corner

Do not be afraid of the many steps to this recipe. You can make one step at a time a few days before then make the soup. I made this for Jim and gave some to my son and his wife. They all raved about it. You will need a spice mill or a coffee grinder dedicated to grinding spices.

Roasted Butternut Squash Soup

Toasted Spices

- ¼ cup Fennel Seeds
- 1 Tablespoon Coriander Seeds
- 1 Tablespoon peppercorns (I used the 4 variety blend. Black, white, green, and pink)
- 1 teaspoon red pepper flakes
- ¼ cup chili powder
- 2 Tablespoons kosher salt
- 2 Tablespoons ground cinnamon

Toast the fennel seeds, coriander seeds, and peppercorns in a small heavy pan over medium heat stirring constantly. When the fennel turns light brown turn on exhaust fan and add the red pepper flakes. Lift pan up to the exhaust fan and stir, stir, stir for about 30 seconds. Quickly pour the spice mixture onto a plate to cool.

In a small bowl place the remaining spices and combine. When the toasted fennel mixture is cooled pour into a dedicated coffee grinder (used for spices only) When ground pour into the remaining spices and combine. Keep the spice mix in a glass jar in a cool dry place, or freeze.

Roasted Butternut Squash

- 3 pound butternut squash, peeled, and cut into 1" cubes
- Salt
- Fresh ground black pepper
- ½ cup (1 stick) butter
- 2 Tablespoons finely chopped fresh sage leaves
- 2 Tablespoons granulated sugar
- ¼ cup white balsamic vinegar
- ¼ cup unsulfured molasses
- 2 teaspoons Toasted spices

Preheat oven to 350 degrees F. Place peeled, and cubed squash in a large bowl and season with salt and pepper.

Heat the butter in a medium skillet over medium heat. When the butter ceases to foam and has turned a light brown, remove pan from heat and add the sage, sugar, vinegar, molasses and toasted spice. Mix well and let simmer over medium low heat for 1 -2 minutes to incorporate the flavors.

Pour over the squash and toss well, then transfer to a heavy rimmed baking sheet or baking dish large enough to hold the squash in a single layer. Place in oven and roast for 40-45 minutes, until tender. Remove from oven and set aside to cool enough to handle.

Working in batches transfers to food processor and process until smooth. At this point you can refrigerate for up to 5 days or freeze for up to 2 month.

Butternut Squash Soup

- 2 Tablespoons extra virgin olive oil
- 1/3 cup diced onion
- ¼ cup diced celery
- ¼ cup diced carrot
- 1 cinnamon stick
- Kosher salt
- Fresh ground black pepper
- 4 cups chicken stock
- ½ teaspoon ground coriander
- 1 ½ cups Roasted winter squash
- ½ cup half and half
- Mascarpone cheese garnish
- Toasted pumpkin seeds, garnish

Heat the olive oil in a large saucepan over medium heat until hot. Add the onion, celery, carrot, and cinnamon stick and sauté until soft but not brown. About 10 minutes. Season with salt and pepper.

Add the chicken stock and the coriander, and bring to a boil. Simmer for several minutes. Stir in squash until smooth, simmer for 10 minutes. Discard the cinnamon stick.

Puree the soup in a blender until smooth. Return to sauce pan and heat gently. Add the half and half.

Ladle into serving bowls and garnish with mascarpone cheese and pumpkin seeds.



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What's Inside?

- ▣ Halloween Safety Tips
- ▣ Rising Cost of Parenthood
- ▣ Cell Phone Dangers
- ▣ Money Saving Coupons
- ▣ Jolene's Special Recipe
- ▣ & Much More!

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HALLOWEEN

So, you drum up an awesome idea one night for a fun, family costume. You stroll into the local Halloween store and find that the items you need for said costume are over \$50! Each!! What? That could seriously dent the pocketbook, because while Halloween is the second most commercially successful holiday, Christmas is number one and right around the corner. This year, instead of blowing huge amounts of cash on "bought" costumes, turn this Halloween into a fun-filled family holiday and create your own costumes together! Have a "family costume making night" and allow the kids to tap into their creativity and see what they can come up with. Instead of just focusing on candy this year, why not use Halloween as a way to spend more time together? If you're feeling a little stuck or lost you can find affordable and creative ideas at www.Costume-Works.com.