



A Newsletter From the Automotive Professionals
 Because At Jay's Automotive we Believe That . . .

“YOUR CAR MATTERS”

Quik Info

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Hours of Operation:

Mon-Fri. 7:00 a.m.-5:00 p.m.
 Closed Saturday/Sunday

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February is
 National
 Heart Health Month



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A Keeper is Cheaper!

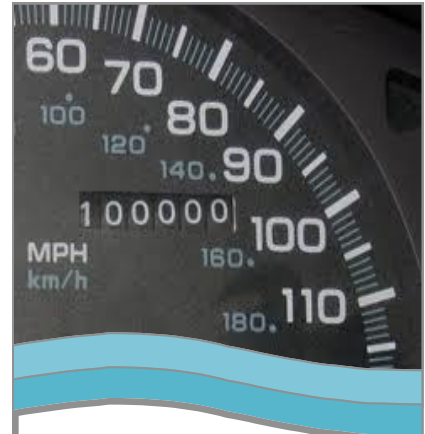
The secret to automotive longevity turns out to be no secret at all: it's maintenance! “Do what needs to be done when it needs to be done,” says Erik Robertson. Sounds too simple to be true, doesn't it? The owner's manual in your car has many benefits to taking proper care of your vehicle:

First, you can easily prolong the life of your car if you take time to have critical parts maintained. Like your body, your car can become "unhealthy" to the point where it simply stops performing. By maintaining your vehicle's health, you can help ensure that you will be able to drive it for many years.

9.4 Years
 The median age of passenger car in the United States, now at an all-time high.
 - R.L. Polk & Co.

Second, you will likely end up selling your car at some point. Few people retire cars. Instead, when they grow tired of them or want a newer model, they will sell the car to another party. A properly-maintained vehicle will attract a higher selling price than a vehicle that is in disrepair. Usually, the small amount of time and effort it takes to maintain your car is well-compensated by the higher resale value you will enjoy when you sell it.

Third, performing preventive maintenance on your vehicle can save you money over the years. For example, having the oil changed every 3,000 miles often helps your car use fuel more efficiently. This increased efficiency can help you get better gas mileage. Any questions, ask us!



With a little care, your car can last for decades—and save you \$\$\$\$\$\$

- ◆ **Replace your timing belt**—Around 60,000 or 6 months you MUST consult your vehicle's maintenance requirements. Also, consider these optional parts: timing belt tensioner pulley, idler pulley, hydraulic tensioner and water pump. Far less expensive to replace before it causes internal damage to the engine.



- ◆ **Replace that lost owner's manual**—Contact a dealership or check to see if you can download one for your vehicle at Edmunds.com
- ◆ **Use a product** such as Armor All on leather and vinyl surfaces exposed to the sun.
- ◆ **In snowy weather**, wash your car weekly—and spend the extra buck or two to get the underside washed; that's where the salt it.

DANGER WILL ROBINSON

Cooler weather means dryer air which is conducive to the build-up of static electricity. As we shuffle about, our body and clothes can build up enough stored energy that it can surprise us when it finally discharges. This problem is: this can turn deadly under some circumstances—like when we're re-fueling our vehicles. Each year, the number of people injured or killed while gassing up their vehicles grows. How? Static discharges ignite the fumes that naturally surround the fueling process. Even a cell phone emits enough energy when it rings to spark gasoline vapors. Play it safe when you refuel by following these basic rules:

- Always touch a steel part of your car prior to operating a fuel pump. This will release any built up static electricity you have.
- Remove any cell phones from your person and leave them in your car when re-fueling. Mobile phones can give off enough energy when they light up and ring to ignite gasoline fumes. They have, in fact, become the leading cause of gas station fires.
- Do not go back to your car and sit while waiting for the tank to fill. Simply sliding in and out of the seat on a dry day is enough to build up a dangerous amount of static electricity. Always turn off your vehicle's engine prior to re-fueling and of course, never smoke near a gasoline pump.



*A Healthy Lifestyle
in Less than 10
Minutes?*



Confucius said “A journey of a thousand miles begins with a single step. What can you do in 10 minutes or less to begin a healthy lifestyle? More than you think. In a brief 10 minute window you can release tension, prevent future frustrations, get your blood flowing, etc. In fact, here are 10 things you can do:

- 1) Brush Your Teeth
 - 2) Smile
 - 3) Eat an Apple
 - 4) Send a friendly email to a friend
 - 5) Stand up and Stretch
 - 6) Straighten Your Posture
 - 7) Put a package of oatmeal in your pocket or purse for a health snack (and throw a bottle of water in there as well)
 - 8) Say thank you to someone who deserves it
 - 9) Take a deep breath
 - 10) Call your mother....get the picture?
- We dare you to get up and move!

Jay's Kitchen

Homemade Applesauce

It's yummy either hot or cold!

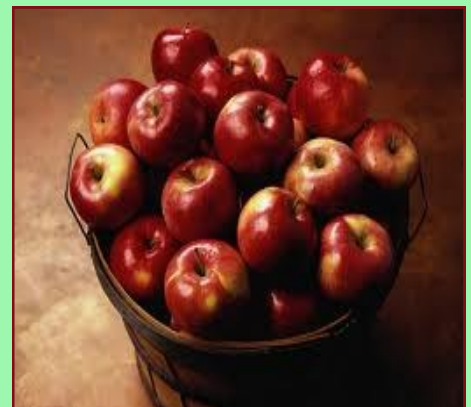
Ingredients:

- 3 pounds (about 12) cooking apples, peeled, cored and sliced
- 1/2 to 3/4 cup sugar
- 1/2 cup water
- 1 teaspoon ground cinnamon

Directions:

1. In a large microwavable-safe bowl, combine all ingredients, stirring well.
2. Cover bowl with wax paper. Microwave 9 minutes, then stir.
3. Cover and continue microwaving 5 to 8 minutes or until apples are soft.
4. Mash apples and serve warm or cold

Helpful Hints: Apples are available year round, but the best buys are found from September—February. Delicious, Gala and McIntosh are great for eating alone or in salads. Tart apples, such as Granny Smith and Jonathan, make the best pies and applesauce. A 3-pound sack of apples equals about 12 medium apples or 12 cups of sliced apples.



Did you know. . .

Mankind has been using salt for many centuries, in the course of which we've amassed many uses (some speculate thousands) for this amazing substance—uses that go far beyond mere seasoning. Here are a few of the more practical ones:

- Use as a cleaner because it won't scratch pans, even nonstick.
- Add salt to a teaspoon of baby or olive oil to exfoliate hands or feet.
- Sprinkle salt on a damp sponge to clean the bottoms of stained coffee mugs or cups.
- When food bubbles over in oven, let oven cool, then cover mess with salt and scoop us.
- Cutting board dirty? Sprinkle with salt and scrub with half a lemon or lime.



Something to Make you Smile!



For months a married couple had a debate over the purchase of a new family vehicle. He wanted a high-performance sports car and she wanted a mini van with plenty of room for their growing family. Neither would give in and they didn't have the money to buy both. "Look," the husband finally said "My birthday is coming up and I don't care what you buy me as long as it goes from zero to two hundred and fifty in just a few seconds—so surprise me." "OK, fine," his frustrated wife answered. When the "big day" finally arrived, the man got exactly what he had asked for—his very own, shiny, brand-new. . .bathroom scale!
Bwhahahhahahah!

Call us to schedule your appointment today! (918) 333-3700

Driving a Car Word Search

How many words can you find in any direction; forward, backward, up, down, or diagonal?



ACCIDENT
BRAKES
CRASH
CROSSROAD
DRIVING
EMERGENCY
HIGHWAY
INJURY
JUNCTION
LICENSE
MIRROR
PARKING
PASSENGER
PEDESTRIAN
RACE
SAFETY
SEAT
SEATBELT
SIGNALS
SLOW
SPEEDLIMIT
STOP
SUV
TICKET
TIRE
TRAFFIC
TRUCK
VEHICLE
VIOLATION
WHEEL

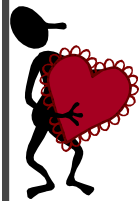
K E C K O K D Y G P M B B N F U V G G S
O O X B L Y J O H V E Z U X F M W P D G
F N B O P R L E E H W P F H M T E R J R
Q H D Q O O O F A E L Z C S J C X C X C
S P G I O F T B Z K J Q P A A G U S D G
C E J N G P A S S E N G E R D I I A I F
G B K T I U E M E R G E N C Y G O E C L
D E F A U K W D R I V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



Every Valentine's Day, the Italian city of Verona, where Shakespeare's lovers Romeo and Juliet lived, receives about 1,000 letters addressed to Juliet.

A thought to Ponder:

The first sign of maturity is the discovery that the volume knob also turns to the left.



Do You Have A Question About Car Maintenance That You Want Answered?

We love to hear from all of our good friends and clients. If you have a question about anything related to your vehicle, feel free to give us a call at (918) 333-3700 or email us at

Emmerich@jays.cc.



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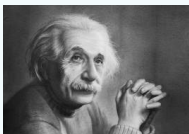
How Often Should You Replace Brake Pads?

A lot of factors need to be considered when to replacing the brake pads in your car. Manufacturers designed the braking system according to the weight and specifications of a particular model car, and some models require a brake pad change when the mileage is in excess of 35,000.. Though, not all car models conform to this standard.

It is also common knowledge that cars with an automatic transmission require frequent brake pad replacement than cars equipped with a manual transmission. Actual usage will also play a crucial part in the service life of brake pads, as aggressive drivers prone to speeding will shorten the service life of brake pads regardless of the transmission. Brake problems can be avoided by paying close attention to incremental changes in the braking performance of your car.

While neglecting your brakes until your car is grinding to a halt instead of gliding is always an option, but it can cost you a lot of cash in unnecessary rotor replacement and possible towing bills. That's not to mention the likelihood of losing most of your stopping ability right when you need it most. Keeping up with brake maintenance, paying attention to the signs of brake wear and choosing the right equipment for your vehicle is simply the best option!

At Jay's Automotive, we check the brakes every time we change the oil in your car to prevent any costly problems in the future. If you have any questions or concerns, please Call us at (918) 333-3700, Email us at jaysautomotive1959@gmail.com or Facebook us at : JaysAutomotive.



Nothing prevents maintenance like preventive maintenance.