

# Braking News!

*Keeping Your Mind in Tip-Top Shape...Not Just Your Car!*

This free issue of *Braking News* is being sent to you from your friends at DUFRESNE'S AUTO SERVICE. Thank you for being a valued customer!

## November Events

Child Safety Protection Month

Nov 1: All Saints' Day

Nov 6: Daylight Saving Time Ends

Nov 11: Veterans' Day

Nov 18: Mickey Mouse's Birthday

Nov 24: Thanksgiving Day

## The Funny Bone

Rabbi Rabinovitz answers his phone.

"Hello?"

"Hello, is this Rabbi Rabinovitz?"

"It is."

"This is the IRS. Can you help us?"

"I'll try."

"Do you know Sam Cohen?"

"I do."

"Is he a member of your congregation?"

"He is."

"Did he donate \$25,000 to the synagogue rebuilding fund last year?"

"He will!"

## Are You Properly Maintaining Your Car?

Shrewdly following the maintenance schedule provided in your car's owner's manual can prevent lengthy or more expensive visits to the service shop.

Compared to the family cars of a generation ago, modern cars require about as much maintenance as a toaster. Curiously, many people haven't adjusted their thinking to keep pace with new car maintenance schedules. The preoccupied still run their daily drivers without service until the dash warning lights burn out, while over-achievers fret about running synthetic oil more than 2,500 miles without a change.

Although maintenance intervals are now more widely spaced, even the newest cars require scheduled service to live long, productive lives. Whether yours is the latest model or you paid it off years ago, the trick is giving your car the maintenance it was designed to receive. Surprisingly, the answer to what maintenance is required is hiding no farther away than the glove box. Every car is supplied with a maintenance schedule — in the owner's manual or in a separate maintenance log book — that details that vehicle's needs.

*Article compiled from MSN Autos*



## Household Child Safety

Fall is a good time to take a look at your home and update any safety needs.

Depending on your child's age or any new children you may have had, it may be time to make some changes. Think of everything

from electrical outlets to smoke detectors. Think of safety gates, latches on windows, railings that may need to be installed. Get eye level with your child and look for any potential hazards that may be accessible to them.

## Have a Question About Your Car?

Just give us a call! We always enjoy hearing from our valued customers.

Whether you have a question about vehicle maintenance, a repair question, or just want to call to say Hello, we'd love to hear from you.

Feel free to give us a call at **(503) 646-2940**

**Thank You  
Labor Sale**

**Take 10% Off  
Labor  
Maximum \$50**



Expires 11/30/11

**Thanks for the Kind Words**

"Great place to get your car fixed"!!  
-Dewey & Liz Nigna

Marco & Roberto were great!!  
DuFresne's does a great job, Honesty is  
key!!" -Sean Timbo

Great job guys!!!!  
-Garrett Ferguson

"I should have come to you in the 1st  
place! Thank you for the excellent &  
super friendly service." -Roel Uleners

Have had many vehicles serviced by  
many car care facilities....none  
compares to Du Fresne's...technical  
knowledge, customer care, value...plus  
Steve, Marco, Teresa and the others,  
excellence without parallel!!! -Edr

**You Are The BEST!**

Thank you to all of our amazing  
clients that have referred us business  
time after time. Our business depends  
on the positive comments and  
referrals from people just like you.  
Every month we take a moment to  
thank the clients that have sent us the  
greatest number of referrals over the  
past month!

**Jennifer Kroon, Paul Lindberg,  
Larry & Laurel, owners of Pet  
Barn and Cody Noren**

**Client of the Month**

Each month, we are thrilled to select one  
special client who has touched our  
hearts and brought a smile to all of us.  
Thank you to this month's Client of the  
Month! Thank you for your support of  
our business and we look forward to  
seeing you soon!

This month's  
Client of the Month is

**Dan Nichols**

Congratulations! Please bring this in  
for a **FREE Oil Change!!**  
(expires 2/28/12 so hurry!)

**Coconut Chicken with Apricot Sauce**

- |                                |                                 |
|--------------------------------|---------------------------------|
| 1 egg                          | 1/4 teaspoon black pepper       |
| 1/2 cup flour                  | 4 boneless chicken breasts      |
| 1/2 teaspoon garlic powder     | 1/2 cup unsalted butter, melted |
| 1/2 teaspoon salt              | 1/4 cup apricot preserves       |
| 1 cup sweetened coconut flakes | 2 tablespoons Dijon mustard     |



Preheat the oven to 400°F. Line a baking sheet with parchment paper. In a medium bowl, lightly beat the egg and set aside. In a shallow bowl, combine the coconut, flour, garlic powder, salt and pepper. Working with one chicken breast at a time, dip the chicken in the egg mixture and then coat the coconut mixture. Place on the baking sheet. Once all chicken breasts are coated and on the baking sheet, evenly drizzle with the melted butter. Bake for 30 to 40 minutes, flipping once. To make the apricot sauce, combine the apricot preserves and the Dijon mustard. Store in the refrigerator until ready to serve.

**Autumn Puzzler**

- HAYSTACK  
ACORN  
AUTUMN  
BONFIRE  
CANNING  
EQUINOX  
FESTIVAL  
FOLIAGE  
HARVEST  
HAY RIDE  
LEAVES  
ORCHARD  
PUMPKIN  
SQUASH  
TURKEY

- APPLES  
FALL  
FROST  
PIE



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

**Natural Cures You Can Trust**

- Massage** – for Depression  
**Cocoa** – for Hypertension  
**Rhodiola** – for Anxiety  
**Tai Chi** – for Insomnia  
**Acupuncture** – for Chronic Pain  
**Green Tea** – for Rheumatoid  
Arthritis  
**Bromelain** – for Swelling  
**Glucosamine/Chondroitin** – for  
Joint Pain



**Extreme Temperatures Can Be Extremely Messy!**



**Don't Let a Broken Belt or Hose Take Away Your Holiday Cheer!**

**Save 20% On ALL Belts and Hoses!**

**Thru November 30, 2011 ONLY! HURRY!!**



Must present coupon

## 5 Easy Tactics To Help with Credit Card Debt

**Scale back spending.** Re-examine where your money goes every month. Lots of things that you think are necessities may not be. It's easier to scale back spending than it is to increase income.

**Sell things on eBay.** You can raise some cash to pay off your credit card by selling unwanted goods on eBay or by holding a garage sale.

**Get a second or third job.** Look for stores hiring for the holidays. Need flexible hours? Look for ways to turn a hobby into an income source or look for something you can do from home that will bring in extra money – every little bit can help you pay down you MasterCard or Visa bills faster.

**Borrow from family and friends.** If you have an unexpected expense, see if you can borrow money from family or friends. Also, check with your church and charities if you have a real hardship. They, too, might be willing and able to help.

**See a consumer credit counselor.** Having a frank discussion with a nonprofit consumer credit counselor can open your eyes and help you plan and make sound budget decisions. The sooner you seek help, the better.

*“Everything should be as simple as possible, but not simpler.” -Albert Einstein*

### Thanksgiving Customs Around the World



We generally think of Thanksgiving as a uniquely American holiday, but there's actually a long tradition of harvest-time and thanksgiving celebrations.

Every autumn, the ancient Greeks enjoyed a three-day festival to honor Demeter, the goddess of corn and grains. The Romans had a similar celebration in which they honored Ceres, the goddess of corn. The Ancient Chinese held a harvest festival called Chung Ch'ui to celebrate the harvest moon and

ancient Egyptians participated in a harvest festival in honor of Min, the god of vegetation and fertility.

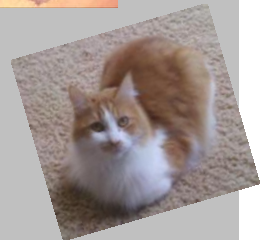
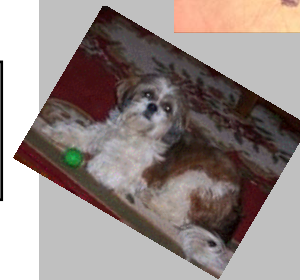
In fact, one of the most prominent Thanksgiving symbols, the cornucopia, actually dates back to the ancient Greeks and Romans. The term (generally describing a horn-shaped basket filled with fruit, flowers and other goodies) comes from the Latin cornu copiae, literally "horn of plenty."

## FROM THE DESK OF NANCY:

Go to DuFresne's facebook and like us and a coupon will popup.



Put a picture of your pet on our FACEBOOK PAGE to enter to Win a FREE OIL CHANGE.



### The Funny Bone



Give Thanks for Your Loved Ones!



**TWO FREE MOVIE TICKETS  
FOR EACH PERSON YOU REFER  
TO US FOR SERVICE**

This free issue of *Braking News* is being sent to you from your friends at **Dufresne's Auto Service**  
 10690 NW Cornell Rd  
 Portland, OR 97229  
 (503) 646-2940



# Braking News



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## IN THIS ISSUE

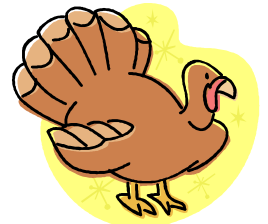
- Are You Properly Maintaining Your Car?
- Household Child Safety
- Coconut Chicken Recipe
- Natural Cures You Can Trust
- 5 Easy Tactics to Handle Credit Card Debt
- Thanksgiving Customs Around the World
- November Events
- Money Saving Offers & More!



## Inside Secrets



- Are You Properly Maintaining Your Car?
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  - Household Child Safety



**Find These Answers  
 and More Inside This Issue  
 of Braking News**



# Play Black Jack at DuFresne's Digital Picture Frame

8 Inch Pandigital Frame  
128 MB Internal Memory  
2 Interchangeable Frame  
Remote Control



Every Customer that comes in November gets to play Black Jack with Steve our Service writer. **EVERY BODY WINS! NO LOSERS!** And you get to play every time you have your car worked on. Just think of all the Prizes you can

**WIN!**  
**More Prizes!**

 **Stadium Seats**  **\$100.00**  **Free LOF** 

**Clock Gift Certificate** **\$50.00**  
**Lot's of Discounts** **Gift Certificate**

  
**All you have to do  
is BEAT STEVE and  
Win!**



**HIT ME AND WIN!**  
**5TH ANNUAL CASINO MONTH**  
**AT Du Fresne's Auto Service**  
**(503)646-2940**



Alison Btiner, Allen Hull, Anna Marie Rainford, Bob Zimmerman, Catherine Clausen, Cindy Mcinnis, Dave Landis, Dick Cogan, Forrest Koch, George Vennes, Greg Jones, Gretchen Cook, Jerry Whitmore, Jim Goetsch, Jody Depinna, John Roscher, Joy Labrousse, Kathy Lindermann, Ken Krapf, Laura Roberts, Linda Olshausen, Mark Niebur, Mary Felice-Crowe, Michelle Ledcler, Michelle Schoenholtz, Motor Sports International, James Mullaney, Paul Stackhouse, Robert Coffin, Rober Myers, Ruth Emory, Scott Vawter, Terry Dean, Tom Cook, Kelly Holloway, Paul Gillman, Linda Gillman, Rick Fowler, Clark Vitek, Karen, Vitek, Tom Cook, Deb- bie Cook, Judy Roberts, Kim Toffel, Leslie Hanson, Pat Collins, George Vennes, Steve Campbell, Carmin Artrip, Henry Benitez, Jackie Benitez, Al- ison Bitner, Hunter Bit- ner, Don Waggoner, Ellie Rozendaal, Mateo Marti- nez-Lopez, Sharon Zeigler, Barnes and Miller, Lindsay Ham- ilton, Young Zeon, Tracy Thornton, Todd Schiff, Tina Schiff, Monica Mylet, Kristen, Gustafson, Beth Hoben, Dave Mlodinoff, Bob Schallberger, Ken Will- helmi, Marliee Freemnan, Nor- man Steinber- gugge, John Sterinberugge, Angela Biancalana, Nick Grant, Alberta Gallaway, Robert Wall, , Eric Dishman, Jon Eickelberg, Kelli Eickelberg, Tim Rilling, Diane Rill- ing, Mike Tarbell, Vickie Hammer, Jehn Benson, Kirk Lalwani, Seema Lalwani, Jim Fearl, Tianna Fearl, Henry Benitez, Jackie Benitez, Vinh Truong, Todd Schiff, Tina Schiff, Joe Pratt, Ken Martin, Sam Briggs, Carol Briggs, Ashley Jetton, Kerry Stavig, Margeret Dailey, Diane Alexender, George Peden, Mike Thomas, Noelle Nies, Peter Roberts, Richard Nelson, Todd Schiff, Tina Schiff, Mike Gould, Fred Wagner, Angela Biancalana, Sharon Hicks- Metivier, Mark Neilsen, Kim Stauffer, Steve Campbell, John August, Terry Wood ward, Kim Cook, Scott Warnick, Jenny Warnick, Jeanine Garrett, Mateo Martinez-Lopez, Lee Lauder, Nanna Lauder, Jason Rhod- es, Nick Grant, Dennis Matta, Todd Blacksher, Luke Lennon, Mark Mathew, Amy Mathew, Ponniah Ilavarsan, Eric Rader, Carol Mcpherson, Shelby Leland, Jehn Benson, Raleigh Bennet, Zach Krapf, April Hauck, Chris Wil- liams, Fred Ohmes, Margit, Lamey, Jason Applegate, Lisa Angullia, Maureen Efridm Sandi Cardelli, Kim Rudolph, Nancy Grant, Ponniah Ivarasan, Chris Jasper, Susan Jas- per, Kelly Scott, Mateo Martinez-Lopez, Helen Barnes, Karen Soderling, Scott Tuomi, Matt Zekala, Kristin Phillips, Sean Whitacre, Faye Whitacre, Spenser Stone, Jeanne Ly- becker, Jamie Dull, John Jolly, Erik Memmot, Susanne SinClair, Cherry Zavr- snick, David Bell, Dennis Matta, Sandi King, Noell Nies, Jean Ro- zas, Kim Cook, Jack Gold, Wendy Gold, Chris Wiley, Dave Hall, Kathleen Trytko, Richard Bennett, Kara Campbell, Zach Holden, Betty Gleason, Michael Kerrigan, Sean Timbo, Alicia Timbo, Lee Lauder, Nanna Lauder, Melissa Freeman, Cherry Zararsnik, Sam Roloff, Tommy Thompson, Kathy Barndt, Sean Timbo, Alicia Timbo, Brian Hanes, Corey Shaffer, Kelly Shaffer, Isabel Bolden, Michelle Lonai, Sam Fretta, Greg Smith, Sherry Thompson, Chris Cody, Melike Kayim. Bob Sutton, Bob Mckillop, Tim Phillips, Kristin Phillips, Gin Miller, Eric Emns, Megan, Emns, Gary Shephard, Petra Wein, Stephanie McGinnis, Steve Baca, Bryan Mol- loseau, Steve Kayfes, Doug Hilkin, Lauriem Hilkin, Judy Makela, George Wool- ston, Particia Archibald, Karen Buffington, Barbara Cooke, Randy Lowell, Heather Lowell, Dominic Kan, Tom Noesen, Kelly Shaffer, Debby Rankin, Larry Heald, David Lee, Sally Canepa



# Have You Gone To The Movies On DuFresne's Yet?

**Did you notice names on the list more than once? This is not a typo! They just like going to the Movies on DuFresne's! We have many more names too.**

**GET YOURS: Refer a person just like your self and get 2 Movie tickets**