



Big News

AWARENESS MONTH

Breast

October Observances

Breast Cancer Awareness Month

Oct 3rd: Bring Your Bible to School Day

Oct 4th: Kids Music day
Oct 5th: Nat'l Be Nice Day

Oct 12th: Buckeyes vs Oregon

Oct 14th: Indigenous People's Day Oct 18th: Nat' Mammography Day Oct 22nd: Nat'l Make A Dogs Day

Oct 31st: Halloween





October Activities at "THE PUMPKIN PATCH" Sauvie Island 16511 NW Gillihan

Free Pumpkin Picking

The Animal Barn

The Maze

The Produce Market



Thank You For The Kind Words

Hunter Z

I'm so glad we found Du Fresne's. They provide all the services for our Sienna and MDX. Honest, professional, good pricing (and warranty their work)...couldn't be happier!

Brian Wickliffe

I was looking for an honest repair shop after having issues with the dealership, and they were very professional and great to work with.

Jerry Palumbo

I appreciate Dufresne service and monthly publication with auto repair specials as well as local events in the surrounding community. I look forward to receiving this monthly publication in the mail and I have never been more satisfied with the car maintenance service I receive.

James Hodgins

Service was quick, the mechanic is always informative when they call with an update, and all the problems I was experiencing were addressed. They're also good about recommending service needed.



The Great Pumpkin Special

We've put together one GREAT Special to celebrate October!!!

Check it out...~All of this Included~

- Lube, Oil & Filter Change Most Cars 5 Quarts
- Complete Brake Inspection
- Tire Rotation & Air Pressure Check
- Inspect Belts and Hoses
- Inspect Under Vehicle, Suspension & Exhaust Steering & Coolant
- Inspect Condition of Battery & Charging System Check
- Inspect All Safety Lights & Wiper Blades
- Check Anti-Freeze For Proper Levels
- Check If Tune-up Is Needed

Now only \$99.99 Synthetic

Air & Cabin Air Filter Special

Your cabin air filter is vital in keeping the air in your vehicle fresh. But when it inevitably becomes gunked up with dirt, debris, and other contaminants, the air in your car might not feel or smell so fresh. And a musty smell inside your car isn't the only potential problem that may arise from an old cabin air filter. There are a couple of crucial reasons you need to make a cabin air filter replacement one of your top car-care maintenance priorities! Here's what happens if your cabin air filter is dirty and what you should do about it.



Why A Cabin Air Filter Is Important

Paying attention to what's going on inside the cabin is essential. Is the heater working well? How about the A/C? Is the driving experience comfortable or a little smelly and stuffy?

If you're dealing with the smelly and stuffy scenario, it's time to check your vehicle's cabin air filter. The cabin air filter is somewhat of an unsung hero in the automobile world. It juggles a lot of responsibilities, including:

- Helping clear the air inside the cabin of bacteria, dust, and other pollutants.
- Helping eliminate odors within the vehicle's HVAC system.

Cabin Air Filter The Air You Breath

\$5.00 Off Each Expires Oct 31th, 2024

No math is required to solve a Sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. The difficulty on this puzzle is easy.



(503)646-2940 DuFresnesAutoRepair.com

DuFresne's Auto Service Big News

Fall Hikes Near Portland



Banks-Vernonia State Trail

A century ago, a mighty railroad curved over the hills northwest of Portland, hugging ravines and cutting across creeks. Today, 21 miles (34 m) of the dismantled railroads have been transformed into the scenic, multi-use Banks-Vernonia Trail. Six trailheads give hikers (and cyclists, joggers, and horseback riders) plenty of opportunities to customize their route. Each path is lined with deciduous trees (think cottonwood, Oregon ash, red alder, big-leaf maple, and sour cherry) that display some of the most splendid fall hues in the region.

Punchbowl Falls and Metlako Falls

A 45-minute drive east of downtown Portland delivers hikers to the popular <u>Eagle Creek Trail</u> in the <u>Columbia River Gorge</u>. Autumn is a prime time to visit — not only to avoid the crowds but also to spot Chinook and coho salmon spawning near the mouth of the creek. From the trail's lower junction, follow the path about 2 miles (3.2 km) to one of Oregon's most iconic sites, Punchbowl Falls, named for the deep bowl-shaped basin at the waterfall's base. On the way back, keep an eye out for a sign pointing to lesser-known Metlako Falls. This showstopper's 100-foot (30 m) plume seems to shoot straight out of a cliffside before plunging into the pool below. On your way home, detour slightly to the <u>Hood River Fruit Loop</u>, a scenic drive that connects several family-owned farms offering apples, chestnuts, and cider.

Warrior Point

<u>Sauvie Island</u> has so much to offer, including beaches, farms, wildlife areas, and trails that seem to go on forever. Every autumn, folks flock to the island to <u>harvest pumpkins</u>, take hayrides and wander through <u>corn mazes</u> at several local patches. Once you've had your fill of U-pick apples and fresh cider, visit Warrior Point Trailhead at the island's northern tip. The mostly flat path winds its way along the Columbia River and through the <u>Sauvie Island Wildlife Area</u>. In the fall, you'll see migrating sandhill cranes, snow geese, tundra swans, and Canada geese. After 3 miles (5 km), trekkers will arrive at the 16-foot (5 m) Warrior Rock Lighthouse, Oregon's smallest lighthouse.

Coupons



Secrets From Nancy & Tee's Kitchen







Tamale Pie

1 1/2 lbs ground beef

1 yellow onion, chopped

1 green pepper, chopped

1 tsp salt

2 tsp chili powder

tabasco or hot sauce to taste

1 14.5 oz can fire roasted tomatoes diced

14 oz can green chilies

1 16 oz hominy, drained

1 6 oz whole large black olives

1 1/2 cup sharp cheddar cheese

1 16 oz package prepared cornbread mix

Preheat the oven to 375°F.

Brown the beef, onions, and bell pepper: Heat olive oil in a large skillet on medium high. Add the ground beef, onion, and bell pepper. Add salt, chile powder, cumin & hot sauce. Cook, stirring infrequently, until the ground beef has browned on all sides. Remove from heat. Drain excess fat. Mix in fire-roasted tomatoes, chiles, hominy, olives, & cheese. Spray non-stick pan 9 x 13-inch casserole dish. Spoon filling into the casserole dish. In a large bowl, prepare the cornbread batter according to the directions on the package. Pour the cornbread batter over the top of the filling in the casserole. Bake at 375°F for 40 minutes, until the top is browned.



25% Off Any Service For Active Or Retired Military Thru October 31th-2024

We would like to hear any moving or heroic stories-from or about our customers or your friends or family-that are in the military.

Up To \$50.00

Good Thru
October 31th

Must Show Military I D





Support Our Troops

Home Game



Oregon Ducks Set
For Epic Showdown
W/ Ohio State
October 12th

Be Aware.
Take Action.
Fight Breast
Cancer.



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| 6 | 1 | 2 | 7 | 5 | 3 | 4 | 8 | 9 |
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Thank you for trusting us with your friends & family!

Chris Carpenter Andrei Badulescu EARLY DETECTION SAVES LIVES

Customer Of the Month

Loren Hotchkiss

REFFER A FRIEND OR FAMILY MEMBER & GO TO THE MOVIES ON US



Exceptional Customer of the month.











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