October 2026
Edition

Big News



Du Fresne's AUTO REPAIR

October Observances

Breast Cancer Awareness Month
Nat'l Popcorn Poppin Month
Adopt a Shelter Dog Month
Oct 1st: Nat'l Black Dog Day
Oct 2nd: Name Your Car Day
Oct 4th: Nat'l Golf Day
Oct 10th: World Homeless Day
Oct 12th: Columbus Day
Oct 14th: ER Nurses Day
Oct 21st : Int'l Nacho Day
Oct 30th: Frankenstein Day
Oct 31stb Halloween

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Breast Cancer Awareness Month takes place from October 1 to October 31, 2026, uniting organizations and individuals worldwide to promote early detection, support patients, and fund research.

KEY DATES IN OCTOBER

- Oct 1st: Month Kickoff
- Oct 13th: Metastatic Breast Cancer Awareness Day
- Oct 16th: National Mammography Day
- Oct 17-23rd: Men's Breast Cancer Awareness Week



Thank You For The Kind Words

Gregory Dourian 07/24/2026

I recently purchased a 2013 GMC Yukon, XL for my stepson and daughter-in-law, And knew that there was an issue with the motor mounts being bad. Since I always take my cars for maintenance to do frames, this was a no-brainer to Use them for the repair. What truly impressed me (But did not surprise me) Is that Preston suggested? I wait a few days so that he could not only order the Factory parts, but could do so for less money if I waited. Let that sink in for a minute… A repair facility looking to give me the most fair deal they could! Just another reason why I will always use Duras for my maintenance and repair needs for all of my vehicles. By the way, the repair was done in a half a days time, And the car Now performs as it should!

Janice Germann 07/24/2026 So happy to have been referred to this shop! They were amazing. Fixed my air conditioning & put in new bright headlights! Very friendly & will be using them for all our car needs!

Erik Chosvig 07/27/2026 They did a great job repairing my truck. I was kept informed during the repairs. I will take my vehicles here from now on.

Joann 08/12/2026 The team at Du Fresnes constantly exceeds my expectations. The entire team, mechanics as well as your office staff, deliver excellent service in all needed areas. When I explained I was going on vacation they ensured timely completion of my repaired auto. I will continue to use Du Fresnes not only because I trust the quality of their workmanship but also because of their great customer service. Thanks everyone!

October 2026 Edition



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

~~$159.99/189.99 Value~~

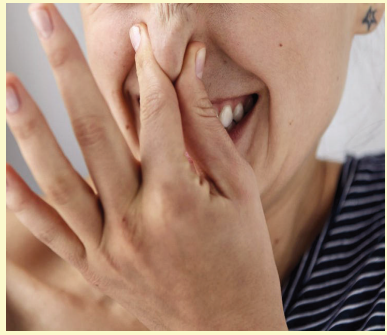
Now only $69.99 Conventional

Now only $99.99 Synthetic

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DuFresne's Auto Service Big News

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, 2026

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ACROSS

5) Nut collector
6) Emu's cousin
7) Bullwinkle, for one
8) Centaur, in part
9) Aquarium favorite
10) Sea spouter
12) Barnyard bird
16) Fox's prey
17) Furry swimmer
18) Bird with flippers
19) Aussie hopper

DOWN

1) Monarch, e.g.
2) Slowpoke
3) Lizard's relative
4) Quick change artist?
5) Desert stinger
11) Everglades denizen
13) Alley ____
14) Spotted stalker
15) Odor emitter

Tell me what you think. Do you like the Sudko or the Crossword puzzle better. Email me at TeesWorld23@gmail.com

Tee

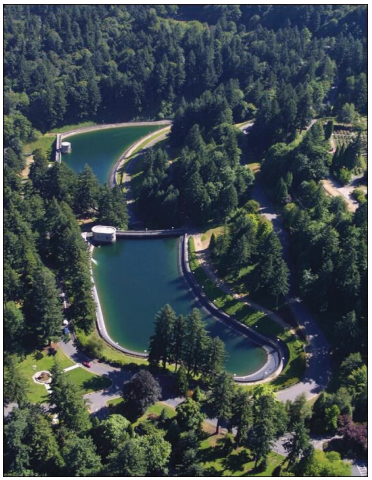
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DuFresne's Auto Service Big News

Washington Park Reservoir-Has Reopened!!

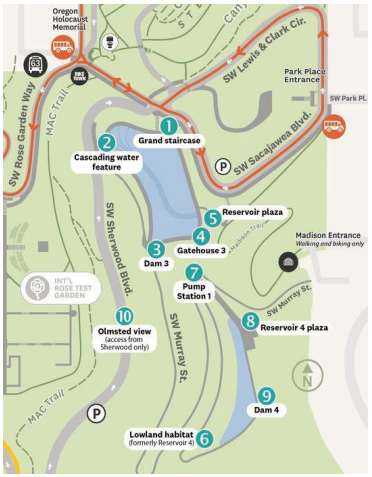
Take the 1 mile loop self guided tour.

Washington Park has been a key part of Portland's water system since the 1890s. A public space sits on top of the underground Washington Park Reservoir. Use this self-guided tour to learn about the history and engineering of the reservoir site.





The self-guided tour will take you through the reservoir site and its educational displays. Follow along to learn about the history, construction, and engineering of the reservoir.





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Coupons

Are your headlight lenses foggy?

Improve your Winter Driving!



~~$149.99~~

$129.99

Expires Oct 31st



Adopt a Shelter Dog Month





Don't Take Chances W/Brake Fluid

Topping Off Brake Fluid Can Be Hiding A

STOP DANGEROUS Brake Problem

FREE Brake Inspection With A Brake Fluid Flush

Brake Fluid Flush

Expires Oct 31st

$20.00 OFF

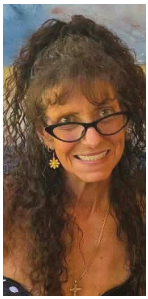




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DuFresne's Auto Service Big News

secrets From Nancy & Tee's Kitchen







Pineapple & Honey Pork Chops

Ingredients

4 Pork Chops
Salt & Pepper
1 Tbls Olive Oil
1 tsp Butter
4 Garlic Cloves
1 Onion, Sliced
1 Red Bell Pepper, Chopped
1 1/2 C Cubed Pineapple
2 Tbls Honey
Fresh Cilantro
Green Onion





Season pork chops w/ salt and pepper. (you can use pork steaks also) Heat large skillet or electric fry pan medium –high heat with olive oil. And the onion, red bell pepper and chopped garlic to the skillet and sauté for 2 minutes. Add pork chops and cook on one side 4-5 minutes until golden in color. Flip and push them to the side. Make the sweet & sour sauce, by adding the butter and pineapple chunks into the empty space, Stir together. Add the honey and mix again. Coat the pork chops with the mixture. Cook the chops in the sauce for about 3-5 minutes until the chops reach internal temp 145 degree. Take off heat and let rest 5 minutes. Serve over rice and garnish with cilantro and green onions.

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October 2026 Edition

25% Off Any Service For Active Or Retired Military Thru October 31th-2026

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

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DuFresne's Auto Service Big News

Free Giveaways



Bracelets , Lapel Pins and Stickers, while they last

According to the American Cancer Society women at average risk for breast cancer should start getting mammograms at age 40.

- **Age 40-44:** Women can choose to get annual mammograms.
- **Age 45-54:** Women should get annual mammograms.
- **Age 55 and older:** Women can get mammograms every 2 years, or continue annual mammograms if they wish.

How can you get a low-cost or free mammogram?

Contact Places Below For Information.

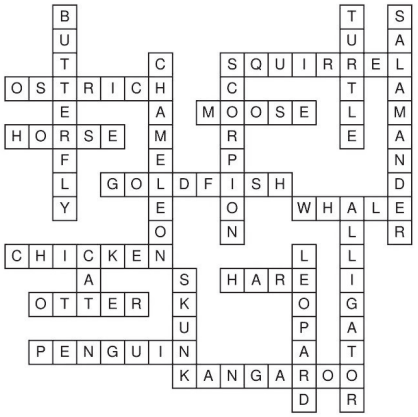
- National Breast and Cervical Cancer Early Detection Program (NBCCEDP) ...
- Susan G. Komen Foundation
- National Breast Cancer Foundation. ...
- American Breast Cancer Foundation. ...
- Grant programs and patient financial assistance. ...

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Crave the Coast

Get a taste of Oregon's northern coast at this food-focused festival that extends from Astoria to Neskowin. Previously a single-day event, the festival now runs through the entire month of October with culinary events and weekly prize drawings. Participating restaurants, markets, and artisans will offer signature "Crave Dishes" made with locally sourced ingredients.

Crave the Coast is your invitation to savor the North Coast Food Trail.



Seaside, Astoria, Cannon Beach Manzanita, Nehalem, Wheeler, Garibaldi, Bay City, Tillamook, Netarts, Pacific City, Neskowin

Thank you for trusting us with your friends & family!

Pedro Alegra, Miriam Hunter, Wendy Russell

Customer of the Month

Ponniah Ilavarasan

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

★★★★★★★★

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