

**August 2019
Edition**

**Revving Your Mind
Not just Your Engine**



Inside This Edition:

- Living Lively
- WOW...What A Testimony
- Gas Mileage Hacks
- The Stumpers
- The Savings Hub
- Skillet Beef Tamales
- Where The Wind Blows

**From Your Friends at
Du Fresne's Auto Repair**

Laugh Out Loud



**I've noticed the squirrels
are beginning to gather
nuts for winter. Are your
friends missing too?**



Got Questions?



**CONTACT
US**

Holiday Insights

- Admit Your Happy Month
- Family Fun Month
- Dog Days of Summer (Through Aug. 11)
- National Golf Month
- Romance Awareness Month
- Aug 1: National Mountain Climbing Day
- Aug 2: National Ice Cream Sandwich Day
- Aug 3: Campfire Day
- Aug 4: Friendship Day
- Aug 4: U.S. Coast Guard Day
- Aug 5: Work Like A Dog Day
- Aug 6: Wiggle Your Toes Day
- Aug 7: Chinese Valentine's Day
- Aug 9: Book Lover's Day
- Aug 11: Son and Daughter Day
- Aug 13: Left Handers' Day
- Aug 15: Relaxation Day
- Aug 17: National Thrift Shop Day
- Aug 19: Aviation Day
- Aug 21: Senior Citizen's Day
- Aug 23: Ride The Wind Day
- Aug 27: Just Because Day
- Aug 31: National Eat Outside Day

Hours of Operation

**Monday - Friday 6AM - 5:30PM
Saturday 8AM - 5PM**

**Want Some Savings?
Don't Miss
This Month's
Exciting Deals!
Hurry, Look Inside!**

(503) 646-2940 ■ DuFresnesAutoRepair.com

Living Lively

Life should be many things, but it should seldom be boring. It should be filled with learning, sharing, achievements, humor, success, adventure and wonder. Every day can be filled with opportunities if we open up enough to find the joy in life.

Ponder this thought for a moment...what if you knew this would be your last day of life? Would it become more precious in your eyes? Would you stop to see the wonder and beauty? Would you think of your loved-ones and friends differently and more dearly? Would you want to enjoy every last second of your life to the fullest?

Well today is a new day and with luck on your side, you still have many wonderful, joyful days ahead of you. Put a pep in your step and find the humor in all things. Allow yourself to let loose for some fun and playtime. Don't allow life to become stagnant or boring.

Think of things you enjoyed as a kid. Did you have a toy box full of things to build, things to pretend, things to hug, things to solve, things to draw and things to read? Whatever you enjoyed back then will surely bring a smile and happy thoughts. Why don't you bring some fun back into your life. Allow yourself to make room for playtime in your grown-up world. It will improve your health, release stress and bring a good dose of laughter medicine into your world. Be free & enjoy!

hello
AUGUST

*"To succeed in life, you need three things: a wishbone, a backbone and a funny bone."
~ Reba McEntire*

WOW...What A Testimony!

John Chan: "Very helpful, friendly and thorough. Car repair is not something I look forward to, but these folks are as painless as can be!"

Jeff & Sandra Lewis: "The folks at DuFresne's are awesome. We have been going there for years and people like Marco are the reason we will be going for years to come!"

Amy Webb Sherwood: "Very thorough and courteous. Will definitely use their services again and will recommend to friends."

Duane&Laura Peters: "Once again you guys rock. Brought our daugh-

ter's car in for oil change and a very strange noise that happened literally overnight. Although you couldn't replace the part since it was discontinued, you were able to diagnose it and stop the noise. This was done on short notice and we were very grateful since she was only home for 2 days from college and it started when she got home (thank goodness and not at college). Will keep on coming to see you folks for our car needs."

Chelsea Rose Williams: "I have had a wonderful experience every time I have taken my car here. They are clear, straightforward & hard-

working folks & I love that it is within walking distance of my home so I can easily bring it over to be serviced. They always have fit me in, even in a rush & everything they have done has been very affordable & great! Wonderful customer service as well."

Bruce Wilkinson: "Just a delight to deal with, this is the third car we have trusted DuFresnes with & each time we are treated like family. Marco once again got our rig ready to roll on a road trip. We will keep coming back for more."

Gas Mileage Hacks

As we all know, gas can be expensive. But it doesn't always have to be. There are some ways to squeeze more miles per gallon every time you fill up. Here are just a few for you to think about.

1. Clean air filters

- Air filters are important to the efficiency of the engine to circulate air. The flow of fresh air mixes with the gasoline to create energy that moves your wheels. The right amount of air mixed with gasoline will improve the performance of your vehicle considerably.
- Having proper, clean airflow can save you almost \$.15 per gallon. Replacing air filters is an excellent way of utilizing gas and getting the most out of your fill up. It also reduces emissions coming out of your car, which will help keep the environment cleaner.

2. Fill your tires up

- Tires that are not properly inflated do not roll easily, requires more engine power and uses more gas. However, you're in luck. Tire pressure is one of the easiest checks to perform! Not only are filled tires safer and last longer but will give you the most out of your fill-up. Get in the habit of checking the air pressure once a week and filling it up whenever it falls under the manufacturer's recommended pressure. However, do not buy into the myth that overinflating your tires saves you money on gas! Such a mistake can cause damage to your tires – which will leave you with a hefty repair bill.

3. Switch to synthetic oil

- A synthetic oil change lasts longer than conventional oil and provides a higher return on investment. Synthetic oil flows easier in cold weather, you do not need to change synthetic oil as often, it provides better chemical and shear stability, resistance to oxidation, thermal breakdown, oil sludge problems, and provides a longer engine life. Most importantly, you improve your gas mileage because it is thinner and reduces resistance.

4. Adjust your driving habits

- This one is obvious but serves as an important reminder. Have you heard of hypermiling? This new style of driving entails pushing no more than 55 miles per hour on the highway and maximizing the range of your vehicle on each tank of gas. When hypermiling, you will want to map out the best route for your trip. Don't look for the shortest route...look for the one with the least amount of hills and stop lights.
- Also, using cruise control on the highway helps you maintain a constant speed, which saves gas in most cases.

We hope these hacks help get you the most out of your gas tank. One last hack hint is to check out <https://gasbuddy.com/> to locate the best gas prices in your area. Happy Savings!



Get to Know Your Dashboard Lights

Dash lights are nothing new, but the messages are. The following list of warning lights are the most common lights used by auto manufacturers. Not all warning lights are universal. Always refer to your owner's manual when you're not 100% sure what the light indicates.



Many warning lights indicate that a fault has occurred inside the vehicle's system, but it doesn't pinpoint the item or system that has failed. In these cases, a code reader or scan tool can help determine the part that needs to be replaced.



Check Engine Light Scan

We'll scan the code and help you determine your next course of action!

\$25 OFF Diagnostic of Your Check Engine Light
Expires August 31, 2019

Make Your Appointment Today!



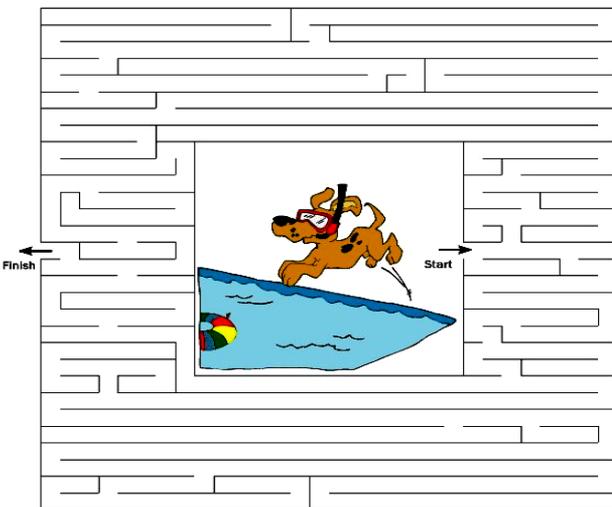
The Stumpers

SUDOKU:

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.

		9	6			2		
8			1	2	7			5
	2	5	7	9		4	3	
			4		9	8	5	
		2				9		
	5	3	1		7			
	1	4		7	6	3	8	
2		7	8	4				9
		8			1	5		

AUGUST



MAZE:

You must find your way out in one line.

Now...

No cheating or erasing. :)

Hint...

Sudoku answers included within this edition.



\$25.00 Battery Rebate

July & August, 2019



Get \$25 Back via Prepaid Visa® Card*
on the purchase and installation of a qualifying NAPA Battery
— **And Give Back** to the Intrepid Fallen Heroes Fund —
Donate a portion of your rebate, up to its entirety, to the Intrepid Fallen Heroes Fund.



*Ask your Service Advisor for details. Offer valid July 1 - August 31, 2019.



The Savings Hub

B-B-Q



\$2.00 OFF

Propane



**Min 4 Gallons
Expires Aug 31st**

I 
Saving
Money



**Approved
Auto Repair**

Auto Repair
You Can Trust



10% Off Labor

Up To \$50.00

Can not be combined
with any other offer



Expires:
August 31



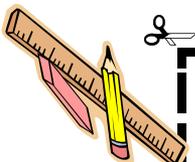


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Let us Help You Keep Your Vehicle Running Smoothly
for all Those Trips to School & Sports!

Save
\$20.00!



Back To School Car Care Package ONLY

\$54.99 Conventional
\$74.99 Synthetic
+5.00 environmental charge

- ◆ Top Off All Fluid Under The Hood
- ◆ Complete Tire Rotation, Check Tread Depth On All Tires & Adjust Air Pressure To Corrected Specifications, Balance Front tires.
- ◆ Inspect All Belts & Hoses For Cracks
- ◆ & Proper Tension
- ◆ Premium Lube, Oil And Filter Change
- ◆ Inspect Battery Terminals & Connections

Exp: 08/31/2019



Back To School All In One Saver Package ONLY

\$84.99 Conventional
\$109.99 Synthetic
+5.00 environmental charge

- ◆ Top Off All Fluid Under The Hood
- ◆ Complete Tire Rotation, Check Tread Depth On All Tires & Adjust Air Pressure To Corrected Specifications, Balance Front Tires
- ◆ Inspect All Belts & Hoses For Cracks & Proper Tension
- ◆ Premium Lube, Oil And Filter Change
- ◆ Inspect Battery Terminals & Connections
- ◆ Check Heating & Cooling Systems
- ◆ Check Controls
- ◆ Check Drive Belts & Hoses
- ◆ Performance System Test
- ◆ Leak Test All Components & Connections (Refrigerant & Dye Extra)

Exp: 08/31/2019

Save
\$92.99!

All the ways

DuFresne's Auto Service

makes it easy to book your next appointment!

- E-mail TeesWorld23@gmail.com
- From our web site at
DuFresnesAutoRepair.com
- On our Facebook Page
- Call us at (503) 646-2940



Skillet Beef Tamales

Easy, Cheesy and Healthy Too.

Ingredients

- 1 pound lean ground beef (90% lean)
- 1/3 cup chopped sweet red pepper
- 1/3 cup chopped green pepper
- 2 cups salsa
- 3/4 cup frozen corn
- 2 tablespoons water
- 6 corn tortillas (6 inches), halved and cut into 1/2-inch strips
- 3/4 cup shredded reduced-fat cheddar cheese
- 5 tablespoons fat-free sour cream



Directions

1. In a large nonstick skillet coated with cooking spray, cook beef and peppers over medium heat 6-8 minutes or until beef is no longer pink and vegetables are tender, breaking up beef into crumbles; drain. Stir in salsa, corn and water; bring to a boil.
2. Stir in tortilla strips. Reduce heat; simmer, covered, 10-15 minutes or until tortillas are softened. Sprinkle with cheese; cook, covered, 2-3 minutes longer or until cheese is melted. Serve with sour cream.

Freeze option:

Freeze cooled meat mixture in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally and adding a little water if necessary. Serve with sour cream. Yield: 5 servings.

**Because of you, we are
able to continue servicing
our amazing guests!**

**THANK YOU
To Our Referrals
Customer
of the Month**

**Cory & Kelly Gill
Gail Conway
Julie Moore**

**Every customer is special
and each month,
someone makes our
day much brighter.**

**Customer
of the Month**

**Larry & Shelly Brown
Our Famous downtown
Larry Brown**

Where The Wind Blows

August is a wonderful time to sit back, relax and enjoy the scenery. What better way than by a steam locomotive. You can kick back, watch the views and even treat yourself to a special dining experience. Life is too short. Hop on a train and see where life takes you. Here's a few to get you started on your journey.

Strasburg Rail Road Pennsylvania

If you find yourself next to an Amish horse and buggy standing in front of a burgundy-red train station waiting for a steam locomotive, you are most likely waiting for a ride on America's oldest shortline railroad. The Strasburg Rail Road steams deep into the Amish farmlands of Pennsylvania's Dutch country, presenting riders with the opportunity to ride the rails and dine in America's only wooden dining coach.

Mount Washington Cog Railway New Hampshire

Beginning at Mount Washington's western slope, The Mount Washington Cog Railway, also called "The Cog," climbs approximately 3,500 feet up to the highest summit in New England. It is history's first mountain-climbing cog railway and the second steepest in the world. The railway takes a little less than three hours round trip to the summit, where the view spans the mountains and valleys of New Hampshire, Maine, Vermont, Canada and the Atlantic Ocean.

Cass Scenic Railway West Virginia

The origin of the Cass Scenic Railroad can be traced back to the bold, pioneering men and women of West Virginia who dedicated their lives to building a lumber empire. Originally built at the turn of the century, today the Cass Scenic Railroad State Park gives riders from far and wide the chance to experience the vast West Virginia wilds and ride on a steam-driven locomotive.

Mount Hood Railroad Oregon

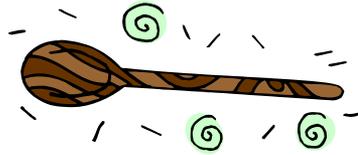
Departing from Hood River, Oregon, 60 miles east of Portland, the Mount Hood Railroad offers coach and first class seats and dining for a wide array of trips. In addition to incredible views of Mount Hood and Mount Adams, the railway also presents engaging on-board entertainment, from mystery dinner theaters and musical tributes to fictitious train robberies.



Sudoku Stumper Answer

3	7	9	6	5	4	2	1	8
8	4	6	3	1	2	7	9	5
1	2	5	7	9	8	4	3	6
7	6	1	4	2	9	8	5	3
4	8	2	5	6	3	9	7	1
9	5	3	1	8	7	6	2	4
5	1	4	9	7	6	3	8	2
2	3	7	8	4	5	1	6	9
6	9	8	2	3	1	5	4	7

Secrets From Nancy & Tee's Kitchen



Let us know if you liked
this on Facebook.



Smoked Chicken



Beer Butt Holder



Rub Ingredients:

1/4 cup brown sugar

1/4 cup coarse salt

2 Tbsp garlic powder

1 Tbsp cayenne pepper

1/4 cup smoky paprika

2 Tbsp black pepper

2 Tbsp onion powder

Wisk all ingredients together. Rub all over chicken and put back in fridge for at least a few hours.

Ingredients:

1 whole chicken

1/8 cup minced garlic

6 oz concentrate apple juice

- * Place apple juice and garlic in empty pop or beer can. If you have one, place pop can in a beer butt chicken holder. Place chicken over the can.
- * If cooking in oven preheat over to 375 degrees cook till chicken is internal heat of 165. Take out and let rise to 180.
- * If using a smoker you will need apple wood chips for smoking chicken. Preheat smoker to 225. Cook till chicken reaches internal temp of 165. Take out and wrap in foil while temp rises to 180. If you want a crispier skin, skip wrapping it in foil. Place in oven or BBQ until crispy.

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is sent by your friends at
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